

WHAT'S ON

AGEING BETTER
MIDDLESBROUGH

MARCH 2022

Welcome to the final edition of Ageing Better Middlesbrough's What's On Guide

Although we finish at the end of March 2022, we have enjoyed working hard with you and our partners over the last 7 years to achieve a lasting legacy for our town.

Organisations in this guide will continue to offer opportunities to get out and about, make new connections and see old friends. You will find details of groups and activities, organised by activity type and venue.

We hope that you enjoy reading about the wide range of things to do in Middlesbrough and are inspired to try one or two out. We advise you call the activity or group to confirm details are correct before attending.



**Farewell Ageing Better Middlesbrough
Welcome to Age Friendly Middlesbrough**

Arts & crafts

Middlesbrough u3a

Alfresco Art,

restarting in March 2022 after winter break. Venue varies month by month.

Various Days

Neil Cooke 01642 590439,

email: cookekn@gmail.com or

Marjorie Homer 01642 210693.

Easterside Community Hub

Broughton Avenue, Middlesbrough, TS4 2RP 01642 513150

Craft Class Wednesday

17.00 - 18.30

Grove Hill Community Hub

Bishopton Road, Grove Hill, Middlesbrough, TS4 2RP Age UK Teesside - Tina Bonner on 01642 803328

Grove Hill Phoenix Social

Tuesday 14.00 -15.30

1st Tuesday of the month

Hemlington Lake and Recreation Centre

Cass House Road, Middlesbrough, TS8 9QW

Tel: 07419 742284

Aim4Art

Tuesday 10-3

Robert.blenkarn@ntlworld.com

Ladies of the Lake Sewing Group

Tuesday

18.00 – 20.00

07934275109 Julie McLean

julie.mclean43@googlemail.com

Lakeside Art

Monday 10-3

The Barn, Nuneaton Drive, TS8 9DA

janlewis1950@gmail.com

Langdon Square,

Coulby Newham, Middlesbrough, TS8 0TF 01642 599723

AG Craft Group

Tuesday 18.30 - 20.30

Coulby Croppers (Scrap Booking)

Saturday – second in month 10.00 - 16.00

Jean Sharrocks

07850 416517

Coulby Croppers meet on the second Saturday of every month. This is an informal group who meet and like to get creative with paper.

Crafty Ladies

Friday 12.00 – 14.00

Flower Arranging

Monday 13.00 – 15.00, Wednesday 9.30 - 11.30 Thursday 13.00 - 15.00

Linthorpe Community Centre

Linthorpe Road Middlesbrough, TS5 6JG

Tel: 01642 822310

Art and Design Classes

Monday 14:00- 16:00 Graham Canwell 01642 813683 - £5 charge

Gossip and Stitch

Thursday 13.00 - 16.00

Joy Wilson 01642 310704

Quilters Group

Friday 9.00 – 15.30

Sewing Group

Thursday 13.00 – 16.00

Marton Community Centre,

Cypress Road, TS7 8PZ

armanimick@hotmail.com

Crafty Capers Marton

Monday 13.30 - 15.30

Cost £1 per session includes a tea/coffee and biscuit. Call 07903 347154 to check space.

Brushstrokes Art Group

Tuesday 13.00 – 15.00

Marton Library

The Willows, Middlesbrough, TS7 8BL

Marton_library@middlesbrough.gov.uk

Tel: 01642 300255

Contact Marton Library for more details and to add your name to the list as these groups may be full.

Knit and Natter

Thursday 14.00 – 16.00

Memorial Hall

Meldyke Place

Stainton

Middlesbrough, TS8 9AU

Tel: 01642 591292

Art Group

Monday 13.30 – 15.30

Ann on 01642 591292

Stainton Stitchers Sewing Group

Thursday 10.00 – 14.00 Cost: £5.00

Veronica 01642 287968

North Ormesby Community Hub

Derwent Street, North Ormesby,

Middlesbrough, TS3 6JB

Tel: 01642 207271

Arts & Crafts Group

Monday 13.00 - 15.00

Cost: £1 Cost includes room hire and refreshments

St Barnabas Church Hall

1 St Barnabas Road, Middlesbrough, TS5 6JR

The Lydia Group

Friday – last in month

14.00 – 16.00

Sheila Barker

01642 595441

A group of ladies meet to have a short service followed by lots of knitting, chat, and cups of tea.

St Cuthbert's Parish Centre

Stokesley Road, Marton,

Middlesbrough, TS7 8JU

Fellowship and Crafts

Wednesday 10.30 01642 316201

St Margaret's Church Hall,

The Oval, Brookfield, Middlesbrough, TS5 8EZ

www.stmargaretsbrookfield.org.uk

Betty Spragg

01642 284841

The Art Group

Thursday 10.00 – 13.00

Community Ventures

The Greenway Centre, Thorntree, Middlesbrough TS3 9PA

01642 989254

Tea and Cake

Tuesday 1-2.30

Creative Crafts

Thursday 1-3

Calm Crafts

Thursday 10-12

Sunnyside Community Centre

(Thirteen Housing), Sunnyside, Coulby Newham, Middlesbrough, TS8 0RF

Coulby Craft Group

Wednesday 13.00 - 15.00 Terry on 07887707737

The Lodge

408 Marton Road, Middlesbrough, TS4 2PB Tel: 01642 226198

Art/Craft

Thursday 14.00 - 16.00

The Oaks Community Centre

Hemlington, Middlesbrough, TS8 9PY

Craft Session

Thursday 13.00 – 15.00

The Trinity Centre

Market Place, North Ormesby,

Middlesbrough, TS3 6LD

www.trinitycentre.org Tel: 01642 286122

Teesside Flower Club

Wednesday - first in month 19.00 – 21.00

Enjoy an evening of flower arranging by a variety of experienced national and internationally acclaimed flower arrangers, who also entertain with stories of their experiences. Visitor fee is £5 Gallery

Photo group

Tuesday 19.30 from September to May
www.galleryphotogroup.co.uk

The group is open to people of all ages and welcome people with a wide range of photographic interests.

Thorntree Community Hub

Birkhall Road, Thorntree,

Middlesbrough, TS3 9JW

Tel: 01642 246827

Natty Knitters

Tuesday 9.30 – 16.00

Thorntree Roses (Crafts)

Tuesday 9.30 – 11.00

Computers, Games & Entertainment

Everyday Computing

Do you want to learn some basic computer skills, create emails, and find out about internet safety? Middlesbrough Community Learning run free 4-week Everyday Computing courses at Community Hubs in Middlesbrough. Contact your local hub to find out more:

Tuesdays

Middlesbrough Central Library.

Contact 01642 729002

Tuesdays Grove Hill Community Hub/Library.

Contact 01642 278444

Wednesdays North Ormesby Community Hub/Library.

Contact 01642 243581

Wednesdays Newport Community Hub/Library.

Contact 01642 802892

Wednesdays Easterside Community Hub/Library.

Contact 01642 513150

Thursdays at Thorntree Community Hub/Library.

Contact 01642 246827

Anchor, Oakwood Court

Gypsy Lane, Marton, Middlesbrough, TS7 8TA Tel: 07483 946038

Bingo Night

Tuesday 19.00 – 20.30

Easterside Community Hub

Broughton Avenue, Middlesbrough, TS4 2RP

Tel: 01642 513150

Bingo

Thursday 13.00 – 15.00

Linthorpe Community Centre

Linthorpe Road, Middlesbrough, TS5 6JG

Tel: 01642 822310

Scrabble Club

Thursday 19.00 – 22.30

North Ormesby Community Hub

Derwent Street, North Ormesby,

Middlesbrough, TS3 6JB

northormesby_hub@middlesbrough.gov.uk

Tel: 01642 207271

Computer Help Drop in

Wednesday 13.00 - 15.00 &

Thursday 13.00 - 15.00

Computer for Beginners Wednesday

9.30 – 12.30. Course runs on a 4-week basis, call the hub for details.

The Lodge

408 Marton Road, Middlesbrough, TS4 2PB Tel: 01642 226198

Games Group

Friday 14.00 – 16.00 Play board games, socialise and meet new people

Trinity Friendship Centre Acklam,

Middlesbrough, TS4 3AF

Anna.bell@mha.org.uk 01642 319537

Bingo Friday

13.00 – 15.00 There is a small entrance charge of £2. Bingo books are 50p. Flyer 20p each Break at 14.00 for Tea/Biscuits.

Staying Put Agency

Cavendish House

TS4 3EB

Rekindle

Monday to Friday 9-5

Appointment Only

spa_rekindle@middlesbrough.gov.uk

01642 729392

Delivering basic digital skills to adults in Middlesbrough post codes.

Delivery is via one-to-one sessions, with some group availability when suitable.

Device loan and demo of equipment is available.

Support and advice is also available for those with sensory loss.

Middlesbrough Community Learning

PC Basics - Free to residents in the Tees Valley area that covers, setting up a desktop computer, connecting to the internet, how to use the computer, searching the internet safely, how to get and remove programs & using the internet to find help.

Multiple Venues/Days Hubs/libraries throughout Middlesbrough and the Multimedia Exchange building in Town. 2-hour session.

Available slots AM (9:30 - 11:30)

& PM (13:30 - 15:30)

Please contact us to book

Telephone: 01642 811400

Email: info@mcls.ac.uk

Streets Ahead

109-111 Parliament Rd,
Middlesbrough TS1 4JE

Tea and Tech

We will shortly be introducing an extra element into our coffee and craft sessions. For some people technology may be a scary idea and we are trying to help slowly introduce people to how useful it can be to keep your family updated! Following our craft sessions, we will be taking small steps to introduce technology even just as simple as taking a picture of your completed craft so you can show your family. Why not pop along and give it a go!

Redcar & Cleveland Adult Learning Service - Digital Skills

Redcar and Cleveland College

Monday
09:30 - 11:30
Tuesday
09:30 - 11:30
13:00 - 15:00
18:00 - 20:00

Saltburn Community Art Centre

Monday
13:15 - 15:15

Kirkleatham Local Learning Centre

Thursday
13:00 - 15:00

For more details, please call
01642 771197

Exercise & Sport

Acklam Rugby Club

Talbot Park, Saltersgill Avenue,
Middlesbrough, TS4 3PR
Tel: 07588458358

Walking Rugby

Thursday from 19.00 Rugby without the running, tackling and the mud. Great fun that is suitable for all abilities with very simple rules. The focus is on a fun and friendly experience. No specialist kit required. Trainers or walking shoes and a warm top. Wear layers because you will warm up quickly once you get going.

Albert Park

Park Road North
Middlesbrough, TS1 3LB
albertoffice@parkrun.com
Tracey Quinn on 07904 089818

Albert Park Run

Saturday 9.00 – 11.00 It is a 5km run – it is you against the clock. Everyone runs for their own enjoyment. Please register before your first run and join in whatever your pace. Every week runners grab a post park run coffee in the park café (next to the finish).

Anchor, Alderwood Retirement Village

Coulby Newham, Middlesbrough, TS8 0SZ Contact Shirley on 07795514045

Exercise Class

Wednesday Morning 10.30 -11.30

Carpet bowls

Friday Morning 10.30 – 11.30am

Dormans Club

Oxford Road, Middlesbrough, TS5 5DT 01642 823813
www.dormansclub.co.uk

Line Dancing

Monday and Thursday 19.00 - 23.00
Tuition given on Monday and live act on Thursday.

Old Time Dancing

Wednesday 19.00 -23.00

Easterside Community Hub

Broughton Avenue, Middlesbrough, TS4 2RP
Tel: 01642 513150

Active for Life

Tuesday 11.00 – 12.30

Chair-based Exercise

Monday 10.45 - 11.45 £2 per session

Table tennis

Tuesday 14.00 - 15.30 Cost: Currently free, bring own refreshments. Everyone welcome regardless of ability. Very friendly group. Just drop in. Call 07954 321826 or email peter.critchley1@ntlworld.com

Tai Chi / Health Qigong

Monday 12.45 - 13.45
£2 per session

Gleneagles Court

Saltersgill, Middlesbrough, TS4 3LR
Tel: 0300 111 1000

Chair Based Exercise

Thursday 10.00 Cost £2 Join the team for light chair-based exercise. Everyone is welcome.

Goals

Stockton Road, TS5 4AF Tees Valley

Walking Football Club

Monday 17.45 - 19.00 and Thursday 17.45 - 19.00 £4 per session to cover pitch fees. Call Andy on 07514 347702
The Walking Football Club want to encourage people 50 and over to stay active, build confidence and feel included.

Grove Hill Community Hub

Bishopton Road, Grove Hill,
Middlesbrough, TS4 2RP Age UK
Teesside - Tina Bonner on 01642 803328

Carpet Bowls

Monday 10.30 – 14.30 A fun, social group. Bring a packed lunch. Booking is essential.

Chair Dance

Wednesday 10.00 - 11.00 Cost: £2
01642 566511

or info@nouveauwellbeing.com This is an enjoyable music session includes a range of gentle exercise and routines without leaving your chair. A vibrant mix of dance styles to suit all abilities & tastes.

Habinteg Community Centre

6 Cresswell Close, Hemlington,
Middlesbrough TS8 9QB
swifttees2013@gmail.com

Swift-tees Running Group

Tuesday 9.15, Wednesday 18.15 and Saturday 09.00 A community-based running group set up to encourage people of all ages and abilities to get active and enjoy the physical, mental, and social benefits of running. There are more than 200 members, and the group is very friendly and supportive. Ten trained Run Leaders organise various activities from the Habinteg Community Centre near Hemlington Lake. Swift-tees runners can take part in the Park Run (5km) at Stewart Park. Anybody from Ageing Better Middlesbrough is very welcome.

Meath Street Resource Centre

Meath Street, Middlesbrough, TS1 4RY
info@the-resource-centre.com
www.actes.co.uk/resource-centre Tel: 01642 255001

Health Through Activity

Friday 10.00 – 11.15

Langdon Square

Coulby Newham, Middlesbrough, TS8 0TF Tel: 01642 599723

Body Toning

Wednesday 18.30 – 19.30

Sequence Dancing

Friday 13.30 - 15.30, Saturday 19.30 – 22.00

Take Heart

Monday 10.00 – 11.30 / Tuesday 9.30 – 12.30 / Wednesday 9.30 – 11.30
Continue your route back to good health at one of the maintenance classes following the hospital Phase III cardiac rehabilitation course or referral by your GP.

Latin in Line

Tuesday 19.30 - 20.30 / Thursday 17.00 - 18.00 Contact Joanne on 07950 409854 Learn to dance, exercise your body and mind. No partner or experience needed. Dances include the bachata, cha cha cha, samba, jive, salsa and many more.

Heart and Soul

Friday 19.00 - 20.00 teaching sequence dancing and modern ballroom, 20.00 - 22.00 social time and dancing. Singles and couples are welcome to join this fun and welcoming group. Any new starters are welcome to join the group for a free taster session, which you need to book in by text, call or email: 07740 265956, hartandsouldancing@gmail.com

Pilates

Tuesday 17.30 - 18.15 Thursday 9.30 - 10.15 Cost: £3.50 Booking essential. Call Vic on 07736 469293

Yoga

Monday 18.00 - 20.00 (two classes), Thursday 18.00 - 20.00 (two classes), Friday 9.30 - 10.30

Linthorpe Community Centre

Linthorpe Road, Middlesbrough, TS5 6JG
Tel: 01642 822310

Keep Fit for over 50's

Wednesday 9.30 - 11.00

Line Dancing

Monday 19.30 - 22.00

Line Dancing Social Group

Tuesday - first in month 19.30 - 22.00

Modern Sequence Dancing

Tuesday 13.30 - 15.30

Cost: £2 Ring George Nolan on 01642 230098. Cost includes a cuppa and a biscuit. There is a free raffle. Everyone welcome.

Pilates

Monday 17.30 - 18.30

Tea Dance

Tuesday 13.45 - 15.45

Methodist Resource Centre

54 Borough Road, Middlesbrough, TS1 2JH
Enter through Café or ring Church buzzer for entry. Terry Doyle on 07971 105082

Tai Chi

Thursday 15.00 - 16.00

Memorial Hall

Meldyke Place Stainton, Middlesbrough, TS8 9AU
Tel: 01642 591292

Pilates: Beginners

Tuesday 17.45 - 18.45

Thursday 19.15 - 20.15

Improvers

Monday 17.45 - 18.45

Thursday 18.10 - 19.10 Intermediate

Thursday 17.00 - 18.00 Karen Gillett on 01642 961203 or 07884 201234

or pilates@karen-jane.com

www.nystudio.co.uk Cost: £30 for 5-week course. New starters are very welcome and will learn by exploring the basic movements and principles of Pilates. Classes are small so booking is essential.

Table Tennis

Tuesday and Friday 10.00 - 11.00 Tel: 01642 590781 Equipment is available for new starters.

Healthy Exercise

Wednesday 10.00 - 11.00 Cost: £2.50 Chair based exercises for older people with a qualified instructor.

Carpet Bowls

Wednesday 14.00 - 16.00 Cost: £2.50 Brian Davies on 01642 271348 There are three games of five ends with a break for tea, biscuits, and a chat. All are welcome. First timers get the first week free.

Line Dancing

Wednesday 19.00 - 20.00 Cost: £4.50

Ballroom Dancing

Wednesday 18.00 - 19.00 & 20.00 - 21.00 Val on 01642 839404 for more information.

Middlesbrough Sports Village

Alan Peacock Way, Middlesbrough, TS4 3AE

Sporting Chance Gym Session

for men over 50

Tuesday 13.00 - 14.00 Cost: £2 Jeffrey Saxton on 07443 612793 or visit www.mbroSPORTINGC.CO.UK

Over Fifties Youth Club

(T.O.F.Y Club)

Monday, Tuesday, Wednesday, and Thursday 10.00 - 12.00. Cost: £2. First two sessions are free. 03004 560550

or nigelb54@hotmail.co.uk The club is for men aged 50 and over. The men meet to do exercise and socialise. Contact Nigel for more information or just turn up to a session and speak to Nigel or Billy.

Newport Community Hub

St Pauls Road, Middlesbrough, TS1 5NQ

www.middlesbrough.gov.uk/communityvenues Tel: 01642 802892

Carpet Bowls

Tuesday 13.45 - 15.45 Cost: £1

Kick Boxing

Tuesday 19.15 - 20.15

All ages welcome.

Badminton

Wednesday 18.00 - 20.00

Dancing Boots

Wednesday 12.00 - 13.30

Contact Margaret Thomas on 01642 821648

North Ormesby Community Hub

Derwent Street, North Ormesby, Middlesbrough, TS3 6JB
Tel: 01642 207271

Tai Chi for rehabilitation

Thursday 10.00 - 11.00 Cost: £2

Carpet Bowls

Friday 10.00 - 12.30 Call in for more information.

Breathercise Teesside

Tuesday 14.30 - 15.30 You will need a referral from your doctor. Gentle chair-based exercise with qualified trainer for people who suffer from Chronic Obstructive Pulmonary Disease (COPD) or any other debilitating respiratory illnesses. From 14.00 - 14.30 there is time for chat and refreshments.

Nur Fitness

4 Burlam Road, Middlesbrough, TS5 5AE (entrance from Road Road, on top of Teacher Time.)

www.nurfitness.co.uk

Shazia on 07972 301543 or snoor75@hotmail.com

Pilates (ladies only)

Tuesday 09.30 - 10.30 Cost: £3

Kettlebells (ladies only)

Thursday 09.30 - 10.30 Cost: £3

Zumba (ladies only)

Tuesday 09.30 - 10.30 £3

Ormesby Table Tennis Club

Cargo Fleet Lane, Middlesbrough,
TS3 8PB 01642 322223

50 Plus

Monday and Thursday 10.00 - 12.00

Disability Wednesday

10.00 - 12.00 and 19.00 - 21.00

Wheelers (Wheelchair players)

various sessions, please contact
01642 322223 for more information.

Pallister Park Centre

Ormesby Road, Middlesbrough, TS3
7AP Facebook – Pallister Park bowling
group. Pallister Park Bowling Club

Outdoor bowls

You are more than welcome to pop in
at the green at Pallister Park Centre for
a chat on a Monday 10.00 – 12.00 or
Thursday 10.00 – 12.00.

Middlesbrough Community Bowls Outdoor

Monday 10.00 – 12.00 Indoor –
various days. Marion Milburn 01642
273778. The group is run by
volunteers for people who are 60+.
They play both outdoor bowls and
indoor bowls. Outdoor bowls are
played from April to October at
Pallister Park. Indoor bowls from
October to March at different venues.

St Margaret's Church Hall

The Oval, Brookfield, Middlesbrough,
TS5 8EZ

Keep Fit Friday

10.00 – 11.30 Brenda Hockney on
01642 487703 Brookfield Line

Dancing and Social Group

Thursday 19.30 – 21.30 This group is
currently full, but please call to put
your name on a waiting list. Contact
Judith Cook on 01642 290487

Pilates

Thursday 18.15 – 19.15
Christine Johnson on 07775 087275

St Margaret's Carpet Bowls Club

Wednesday 13.15 - 15.15
Ann Stones on 01642 593960

Tai Chi

Tuesday 10.45 – 12.00
Pam Hedge on 01642 532800

Yoga

Monday 18.30 – 20.00
Emma Lawrence on 07944 593441

Zumba

Wednesday 18.00 – 19.00
Mary Gallagher on 01642 592723

St Mary's Church Hall

Green Lane, Middlesbrough, TS5 7RX
www.stmarywestacklam.org.uk

Indoor Bowls

Thursday afternoon 13.30 – 16.00

Stewart Park

The Grove, Marton, Middlesbrough,
TS7 8AR

Park Run

Saturday 9.00 – 11.00
It is a 5km run – it is you against the
clock. Everyone runs for their own
enjoyment. Please register before
your first run and join in whatever your
pace. It is entirely organised by
volunteers.

Email: stewarthelpers@parkrun.com
to help. Every week they grab a post
parkrun coffee at Henry's Café.
www.parkrun.org.uk/stewart.

Swerve Table Tennis Club

Kirkham Row, Middlesbrough, TS4
3EE www.swervettc.com Paul
Warters on 01642 827282 or
paul@swervettc.com

Adult Squad

Tuesday 10.00 – 12.00 /
Friday 10.00 – 12.00

Community Table Tennis for men over 50

Tuesday 13.00 – 14.00 Cost £1.50

Zumba Gold

Monday and Saturday evenings Cost:
Members £3.00 / non-members £3.50
Call Glyn on 07512 661895 or Age UK
Teesside on 01642 803328 Get active
with great people at the dance party
workout for the young at heart. Age
UK Middlesbrough 50+ residents of
Middlesbrough can claim six free
classes plus discounts.

Middlesbrough Sporting Chance

mbrosportingc.co.uk
Please send an email to enquire about
joining our organisation or you can
email, text or phone Peter
paormerod@hotmail.com
Mobile 07958498571

Our membership is growing but we do
not want to be restrictive. We are there
to help the older men of
Middlesbrough maintain a healthy
lifestyle through our exercise sessions
and to help their wellbeing through
our social activities.

The Studio Acklam

265a Acklam Road. Middlesbrough,
TS5 7BP thestudioacklam@gmail.com
or Tel: 07935 234407

Exercise, Movement and Friendship Group

Tuesday 11.00 – 12.00
Wednesday 14.00 – 15.00
Cost £2, term time only. Weekly
sessions of gentle exercise. A relaxed
class for mature ladies to maintain
fitness among friends. Enquiries and
new members are welcome.

The Trinity Centre

Market Place, North Ormesby,
Middlesbrough, TS3 6LD
Tel: 01642 286122

Trinity Tea Dance

Friday 13.30 – 15.30
Cost: £2 Would you like to be more
active, feel healthier, have fun, and
meet new friends? Then come along
to the Trinity Tea Dance.

Sportivity

Tuesday 14.00 - 15.30 fortnightly Cost
£2 per sessions, free for Carers. This
Dementia Friendly group starts with a
cuppa and a chat about sporting
memories before getting active with
chair-based exercise and sport. For
people of all abilities

Trinity Methodist Church

Stainsby Road, Middlesbrough,
TS5 4JS

Walks

Tuesday 10 – 11
Venue arranged on weekly basis

Mixed Activities

Wednesday 10 – 11

Thorntree Community Hub Birkhall

Road, Thorntree, Middlesbrough, TS3
9JW Tel: 01642 246827

Taekwondo

Monday 18.30 – 20.00

St Mary's Church Hall

Nunthorpe

Keep Moving Teesside! Chair Based Yoga and Exercise

Wednesdays 1:30-2:30pm

£5 a session

info@amalateesside.com

phone 07774600440

Holy Name of Mary Church Hall

The Avenue, Middlesbrough, TS5 6QT

Yoga for Older Adults

Mondays 9:15-10:15am

This class includes kneeling, sitting, standing and tabletop postures. 6-week programme, pre booking essential.

info@amalateesside.com

phone 07774600440

Hemlington Lake & Recreation Centre

Zumba

Wednesdays 5:45pm – 7:30pm

07824338625 Alison

Sandie Fitness Class

Tuesday 10-11 0775932662 Sandie

Dance Mix

Friday 10-12 07950409854 Joanne

Walking Groups

Inward Bound

157 Stockton Road Middlesbrough, TS2 1BY

01642 964756

Mellow Mondays

Fun friendly walk including meditation and a friendly therapy dog: Meet at entrance of Stewarts Park at 11:00am

Hemlington Recreation Centre

TS8 9QW

Monday - first and third of each month
Meet at 10.30am.

It's a very gentle walk around Hemlington Lake for 30-45 minutes.
David.Scriven@mencity.org.uk for more details.

More activities/groups details can be found on the website:

<https://mencity.org.uk/>

Age UK walking Groups

Phoenix Walks – Middlesbrough

Stewart Park

Mondays & Thursdays 11 – 1

Meet in the car park

Walk 'N' Talk

Hemlington Lake

Thursdays 1.30 pm

Please meet outside Hemlington library.

For more information or to sign up, please call Tina on

01642 80 55 00. All walks are weather

permitting; if you are unsure, please call first to check a walk is going ahead.

Stepping Out - Stockton

All depart Ragworth Neighbourhood Centre, St Johns Way, Stockton, TS19 0FB at 9.30am and return at Ragworth

by approx. 4.00pm. There is a small charge to cover the travel costs (£8 for

members; £10 for non-members if places available). Booking is essential

– call 0752 832 6094 or email steppingoutinstockton@gmail.com

from 3 weeks before for members and 1 week before for non-members.

18th March Jesmond to Newcastle

3.2 miles A linear walk-through Jesmond Dene, Armstrong & Heaton Parks, Shieldfield & Northumbria Uni to the City Centre.

22nd April Harrogate

3.4 miles (A week late to avoid Good Friday) A circular walk-through Valley Gardens & Pinewoods to Harlow Carr returning via Otley Rd, Pinewoods & Valley Gardens to town centre.

20th May Appleby in Westmoreland

1.9 miles A circular walk Borough gate passing St Anne's Hospital & Appleby Castle before crossing R Eden returning along Bondgate to recrossing the river. A final loop around the cricket field & gym to return to the centre of the town.

17th June Sandsend to Whitby

2.3 miles A linear beach walk from Sandsend to the bandstand in Whitby.

15th July Whitley Bay to Tynemouth

2.8 miles A linear walk from Spanish City along the promenade through Cullercoats and across long sands finishing outside Tynemouth Castle & Priory.

19th August Marsden to South Shields

2.8 miles A linear walk from Marsden Grotto along the cliff top path & promenade finishing opposite South Marine Park.

16th September Kirkby Stephen 3.4

miles A circular walk beside the River Eden towards Nateby and returning on the dis-used South Durham and Lancashire Union Railway via Hartley.

21st October Knaresborough

2.7 miles A circular walk out beside River Nidd and back through trees to Castle Grounds.

18th November Rawcliffe Bar to York

2.5 miles A linear, flat walk close to the River Ouse concluding at Lendal Bridge on the edge of the city centre.

Food & Eating Out

Acklam Library Coffee Morning

10am – 12noon

3rd Tuesday of the month

Anchor, Oakwood Court

Gypsy Lane, Marton, TS7 8TA

Tel: 07483 946038

Luncheon Club

Monday to Friday 11.30 - 13.30

Cost £6 for main and dessert with a drink.

Grove Hill Methodist Church

Marton and Farndale Road, Middlesbrough, TS4 2PT

Lunch

Thursday 11.30 – 13.00

Coffee Morning

Drop in Saturday 10.00 – 12.00

Marton Community Centre

Marton Phoenix Social

14.00 – 15.30

4th Tuesday of the month

Memorial Hall,

Meldyke Place, Stainton, Middlesbrough, TS8 9AU

Coffee Morning

Saturday 10.00 – 11.30 Coffee, biscuits, and a good natter. All are welcome.

North Ormesby Community Hub

Derwent Street, North Ormesby, Middlesbrough, TS3 6JB Tel: 01642 207271

Over 50's Lunch Club

Friday 11.30 – 14.30 Cost: £1.50 includes room hire, tea, coffee. A chance for people aged over 50 to come along and make new friends each week. Members bring a lunch (usually a sandwich) with them. After this play bingo chargeable).

Mind Coffee Drop in

Tuesday 15.30 – 18.30 Cost: £1

Lunch n Social

Tuesday 11.00 – 14.00 Cost: £4 Age UK Teesside - Tina Bonner on 01642 803328 or

tina.bonner@ageukteesside.org.uk
www.ageuk.org.uk/teesside Make new friends in a stimulating and social environment where you can play, dominoes, scrabble, musical bingo, and chess or tackle a jigsaw. Or for the more competitive there is ten pin bowling, golf, or table tennis.

St Cuthberts Church

Stokesley Road, Marton, Middlesbrough, TS7 8JU Tel: 01642 316201 www.stcuthbertmarton.org.uk

Thursday Lunch Club

every Thursday 12.30

Cost: £4 for a two-course meal and refreshments. Please call to book

St Timothy's Church

Crosscliffe, Middlesbrough, TS8 9JJ Tel: 01642 590496

Drop in Café

Monday - Saturday 9.00 - 13.00

The Oaks Community Centre

Otterhill Court, Hemlington, TS8 9PY

Coffee Morning

Thursday 10.00 - 11.00 Go along for coffee and make new friends. Everyone welcome

The Trinity Centre

Market Place, North Ormesby, Middlesbrough, TS3 6LD
www.trinitycentre.org Tel: 01642 286122

Cloister Café

Tuesday 9.00 – 13.00 Take a break from shopping on market day and enjoy a cuppa, fresh home baking, bacon/sausage butties and more. A friendly welcome awaits you.

Thorntree Community Hub

Birkhall Road, Thorntree, Middlesbrough, TS3 9JW
thorntree_hub@middlesbrough.gov.uk
www.middlesbrough.gov.uk/communitvenues Tel: 01642 246827

Coffee Morning

Wednesday 9.30 - 11.30

Woodside Wellbeing Hub

Cavendish Rd, Middlesbrough TS4 3EB

One Pot Cooking

16th March 2022 – 12.30pm – 2.30pm

13th April 2022 – 12.30 – 2.30pm

11th May 2022 - 12.30 – 2.30pm

Please ring Shirley to check and book a place 01642 368945

Garden & Upcycling

Berwick Hills Community Allotments

Sarah Marrison 01642 815663
sarah.marrison@groundwork.org.uk

Jellystone Gardens Grove Hill

A safe social space to enjoy a bit of gardening or just a chat & quiz

Weekly 2pm – 4pm

For further information or to book a place, please call Tina 01642

805500/mobile 07834 181188

Middlesbrough Men's Shed

Monday to Friday 10.00 -13.00

Got time on your hands? Swap it for dirt. Join the Men's Shed to use, share or learn practical skills and make some new mates at the same time. Tools will be available on site, but feel free to bring your own.

Frade Shop

Belle Vue, 426 Marton Road
TS4 2PT

Shaun on 01642 245927

Middlesbrough U3a

Gardening group

Visits and trips to gardens and garden centres as arranged

Various Days

Neil Cooke 01642 590439

Marjorie Homer 01642 210693.

Memorial Hall,

Meldyke Place

Stainton, Middlesbrough, TS8 9AU

Village Friends

Thursday morning Alan Little on 01642 598234 The Friends of Stainton and Thornton Green Spaces is a local group of volunteers who maintain and improve the public open space around the villages. Most of the physical work is carried out on Thursday mornings.

The Trinity Centre,

Market Place

North Ormesby, Middlesbrough, TS3 6LD Tel: 01642 286122

Community Allotment

Tuesdays 10.30 - 12.30

Friday 9.30 – 11.30

Interested in gardening? Enjoy growing your own veg? Come and join this exciting community allotment.

The Trinity Holistic Centre

James Cook University Hospital, Marton Road, Middlesbrough, TS4 3BW trinity.holisticcentre@stees.nhs.uk
southtees.nhs.uk/services/trinity-holisticcentre Tel: 01642 854839 The Trinity Centre offers emotional and psychological support to people with cancer and other long-term conditions – and supports their families. They have several low levels and raise beds that require attention. If you are interested in helping, ring for more information.

Health & Wellbeing

Acklam Green Centre

Stainsby Road, Middlesbrough, TS5 4JS
01325 365265

info@meditationindarlington.org

www.meditationindarlington.org

Meditation and Mindfulness

Monday 19.30 - 21.00 Cost: £5 or four classes for £15

Grove Hill Community Hub

Bishopton Road, Grove Hill, Middlesbrough, TS4 2RP

Age UK Teesside - Tina Bonner on 01642 803328

Chair Exercise and Reminiscence

Wednesday 10.00 - 11.00

Chair exercise is a fun seated workout for people living with Dementia, including a vast range of gentle exercises without leaving your chair. Join in and have fun with friends whilst reminiscing about past times.

Inward Bound

157 Stockton Road Middlesbrough, TS2 1BY

Relaxation and meditation

Wednesday 19.00-20:45

Cost £5 Telephone Jan to book a place 01642 964756

Feel Good Friday

Live Well Centre, Dundas Shopping Centre, Middlesbrough

Relaxation & Meditation

13.00 – 14.30

Cost: Donations

Text/Call Marie 07828709512

North Ormesby Community Hub

Derwent Street, North Ormesby,
Middlesbrough, TS3 6JB
Tel: 01642 207271

Health & Wellbeing Family Drop in

Monday 9.30 – 11.30 Cost: Free

Arts & Crafts

Thursday, term time 9.30 – 11.30
Cost: Free

History

Langdon Square,

Coulby Newham, Middlesbrough,
TS8 0TF
Tel: 01642 599723

Family History

Thursday 13.30 – 15.30

The Stephenson Locomotive Society (SLS)

Tuesday -third in month 19.00 onwards. Cost: Annual subscription first year £10 subsequent years £25. Visitors are welcome. The SLS is a Society that will give you the in-depth coverage of matters relating to locomotives and railway operation both old and new.

www.stephensonloco.org.uk

Tel: 01642 780658

Middlesbrough Bowling Club

Cornfield Road Middlesbrough, TS5 5QL
Tel: 01642 817444

Philatelists (Stamp Collectors)

Wednesday 19.00 – 21.00

Middlesbrough u3a

History group

On Zoom for the present
2nd and 4th Tuesday each month
9:45 to 11: am

Local and Social History Group

On Zoom at present
1st and 3rd Tuesday each month
10 – 12pm
Neil Cooke 01642 590439, email
cookekn@gmail.com
Marjorie Homer 01642 210693.

Music

Blythholme Social Club

38 Yarm Road, Stockton on Tees, TS18 3NG

Dad's Music (and Mams too)

Tuesday - fortnightly
14.00 – 16.00

Cost: £1 per session (includes a free raffle ticket).

Eric Turner 01642 895862 or
turnereric@icloud.com The group meets to play old type music from the 40's to the 80's. Tea and biscuits are served at the interval.

Grove Hill Methodist Church

Farndale Rd, Middlesbrough TS4 2PT

MOSIAC Singers

(This is a harmony Choir)

Thursday 19.30 – 21.30
Mrs J Bennington
01642 314951 for more details

Dormans Club

Oxford Road, Middlesbrough,
TS5 5DT 01642 823813
www.dormansclub.co.uk

Live Jazz Night

Thursday 19.00 - 23.00 Join the Tees Hot Club for an evening of live jazz music. Live Entertainment Friday and Saturday evenings. Call or visit website for information.

Langdon Square

Coulby Newham, Middlesbrough, TS8 0TF
langdonsquare@outlook.com
www.langdonsquare.co.uk Tel: 01642 599723

Teesside Music Theatre

Monday 19.15 – 21.45

Memorial Hall

Meldyke Place, Stainton,
Middlesbrough, TS8 9AU

Accordion Workshop

Saturday fortnightly 14.00 – 16.00
Keith Wake 01287 638665
All abilities welcome – must have an accordion.

Middlesbrough Friends Meeting House

131 Cambridge Road Middlesbrough,
TS5 5HL.

Middlesbrough Happy Ukulele Group

Thursday 19.00 - 20.30 Cost: £3
Tel: 01642 294580

Beginner's course

18.30 - 19.00
Call for more information. The main group varies in ability from enthusiastic beginners to talented amateurs. The group has more than a dozen men and ladies who enjoy

music. Some of them sing as well. They always have a good time.

Middlesbrough Town Hall

Albert Road, Middlesbrough, TS1 2QJ
01642 729729

Middlesbrough Town Hall Community Choir

Monday (term time only) 13.00 - 14.30 and/or 19.00 – 21.00 Cost: £3.50 (includes a free cup of tea/coffee) A fun and friendly singing group for all ages and abilities led by local international Opera singer Emily Smith and singer Dave Pisaro. The classes introduce - or extend good vocal technique through a mixture of world and folk songs, opera, and musical theatre. No experience necessary and you don't need to be able to read music. The group also takes part in live performances. Singing is proven to improve health and wellbeing, so come along and feel uplifted.

Playlist for life

Personal playlists can help reduce anxiety, improve your mood, make difficult tasks more manageable and bring back memories that can help families and carers connect. Visit www.playlistforlife.org.uk

or pick up a workbook and leaflet at community venues such as Carers Together, local libraries, The Livewell centre or your dementia hub.

North Ormesby Community Hub

Derwent Street, North Ormesby,
Middlesbrough, TS3 6JB
Tel: 01642 207271

Keyboard Class

Thursday 10.00 – 12.30 Cost: £1 All Welcome (keyboard needed)

St Andrew's United Reform Church

Gypsy Ln, Cypress Rd, Marton-in-Cleveland, Middlesbrough TS7 8NQ

Second Wind Band

Friday 13.30 - 15.30
School term time only. An informal wind band led by an experienced band leader. For those who have played an instrument in the past. Small weekly charge to cover cost of the hall. Bring a music stand and your own instrument. Call 01287 636232.

St Cuthbert's Church

Stokesley Road, Marton,
Middlesbrough, TS7 8JU
Doug Emmerson on 01642
593158/07753 193197
www.nationalassociationofchoirs.org.uk

Kaleidoscope Singers

Monday 19.30 – 21.30

St Mary's Cathedral

Community Hall, Dalby Way, Coulby
Newham, Middlesbrough, TS8 OTW
dorothy.fellowes@hotmail.co.uk

Music for the Mind

14.00 - 15.30 March 14th, April 11th, May
9th, June 13th, July 11th, Aug 8th
Come and join us for tea and
cake/biscuits followed by fun and
enjoyment. For details you can ring
01642 710179 YOU CAN ALSO FIND
US VIRTUALLY BY THIS LINK:
the Middlesbrough Diocese YouTube
link singing starts around 2.30pm
<https://www.youtube.com/channel/UCrHHOTloR8TPdwQEC8IIPVw>.

The Trinity Centre

Market Place, North Ormesby,
Middlesbrough, TS3 6LD
Tel: 01642 286122

North Ormesby Minstrels

Sunday 19.30 – 21.30
Get involved in amateur dramatics,
enjoy the fun with drama, singing and
dancing.

Teesside Symphony Orchestra

Wednesday – except first in month
19.45 – 21.45 Enjoy rehearsing and
performing with others. For musicians
at grade eight standard.

Reading Groups

Acklam Library

Acklam Road, Middlesbrough, TS5
7AB Tel: 01642 817810
Friday – first in month 10.00 – 11.00
Due to demand and limited places,
please contact the library to add your
name to the list.

Marton Library

The Willows, Marton, Middlesbrough,
TS7 8BL Tel: 01642 300255
Monday – monthly 16.00 – 17.00
Contact the library for more details.

Rainbow Library

Coulby Newham, Middlesbrough, TS8
OTJ Tel: 01642 727052
Friday – first in month 14.00
Contact the library for detail

Waterstones

17 Newport Crescent, Captain Cook
Square, TS1 5UA

Book Club Sunday

last of every month at 10.30
Join the monthly book club at
Waterstones Middlesbrough. There is
no joining fee, and it includes up to
20% discount on selected titles
(please speak to staff for more details).
For more information pop into the
store or call: 0843 290 8493

Volunteering

Middlesbrough & Stockton Mind

COMMUNITY MINDED

We can help you make a difference
Are you interested in volunteering but
don't know if it's for you? Have you
always wanted to make a difference
or get involved in your local
community? Are you looking to build
your confidence and discover your
own strengths and skills? If you live in
Middlesbrough or Stockton then our
project, Community Minded, could be
just for you. WE'D LOVE TO HEAR
FROM YOU 01642 257020. You don't
have to commit too much of your time
or complete a complicated
application, and it's ok if you're
struggling with your confidence.

Other Groups/Activity Hubs/Courses

Woodside Wellbeing Hub

Cavendish Rd, Middlesbrough TS4 3EB
Contact Shirley for details
Phone: 01642 516601
The Wellbeing Hub has a vast range
of weekly activities and drop-in
sessions, Monday to Friday, including
– Singing, Crafts/Painting, one pot
cooking, Coffee & chat, Creative
writing & many more.

Eston & Normanby Social Club

High Street, Eston

Nexstep

Every Wednesday 20.00
Carole on 07914 350250 or
www.nexstep.org.uk Have you
recently moved to the area and want
to meet new people? Have you lost a
partner and feel lonely? Do you want
to boost your social life? The club
offers you an opportunity to meet
friends and widen your social life. They
are a club for single people aged 40+
but are not a dating agency. People
can join as temporary members for
£10 for three months.

Katwalk Kimberley's

Riverside Park, Middlesbrough
They are running free basic sewing
classes, for further info and to book,
please ring Abigail on 07774
4077406.

2b Creative Health

Hillstreet Shopping Centre
If you're 65 and over, live in or near to
Middlesbrough with access to
transport, and wish to engage in a
community as well as develop your
skills in the arts, come down to our
Engage project in partnership with 2B
Arts & Crafts!
Starting Wednesday the 26th of
January 1-4pm and continuing every
Wednesday at the same time there on
after for 10 weeks, so hurry, it's free!
Tea, coffee and biscuits are also on
offer to those who participate.
2bcreativehealth@gmail.com

Social

Easterside Community Hub

Broughton Avenue, Middlesbrough,
TS4 2RP Friendship Group Friday
13.00 – 14.00
Vera Stephenson on 01642 273772.
The group play bingo, have quizzes,
and go on lots of outings. They also go
to the theatre.

Langdon Square

Coulby Newham, Middlesbrough, TS8
OTF
Tel: 01642 599723

Langdon Ladies

Wednesday - last in month 19.00 –
21.00

Linthorpe Community Centre

Linthorpe Road, Middlesbrough, TS5 6JG Tel: 01642 822310

Royal Voluntary Service

Wednesday – first in month 14.00 – 16.00
Tel: 01642 822310

BT Pensioner Group

Wednesday – second in month
13.30 – 16.00

Park Methodist Ladies Group

Wednesday – second and fourth in month
19.00 – 21.00

Scrabble Club

Thursday 19.00 – 22.00

National Federation of Occupational Pensioners

(M'Bro branch)

Wednesday - second in month
14.00 – 16.00

Jenny Dowsett on 01642 828844 or jennifer380@btinternet.com
social activities, trips, and meals out.

Marton Community Centre

Cypress Road, Marton-in-Cleveland, Middlesbrough, TS7 8PZ. 01642 322738

Coffee Morning Saturday

first in month 10.00 - 12.00

Marton Good Companions

Every other Wednesday 13.00 - 15.00
£2.50 The group meet for quizzes, games/speakers, and activities. Contact MHA Middlesbrough Live at Home Scheme on 01642 319537.

Marton Library

The Willows, Marton, Middlesbrough, TS7 8BL

Tel: 01642 300255

Poetry Group

Friday fortnightly 10.00 – 11.30

Middlesbrough Rugby Club

Green Lane, Middlesbrough

Cleveland Outlook

Monday 19.30 – 21.30

Glenys on 01642 312792 or Patrick on 01429 836282

A mixed social group who meets most Monday evenings to participate in an interesting and varied programme of activities.

Langdon Square

Coulby Newham, Middlesbrough, TS8 0TF Tel: 01642 599723

Alcohol Anonymous

Wednesday 18.30 - 19.30

Friday 18.30 - 19.30

Sign and Social

Tuesday 10.00 - 14.00

Meet other people with hearing loss for a coffee and chat.

Deaf Blind Befriending Group

Tuesday – fourth in month.

10.00 - 14.00

Meet other people who have both visual and hearing loss along with their family members/carer. Action on Hearing Loss are available to provide information and support.

Deaf Wellbeing Group

Wednesday – first in month 11.30 - 13.30

Discussion group led by a local mental health nurse talking about a range of topics relating to wellbeing.

Lip Reading Class

Thursday 9.00 - 11.30

Meath Street Resource Centre

Meath Street, Middlesbrough, TS1 4RY
Tel: 01642 765574

Tees Valley Asian Welfare Forum

Tuesday and Thursday 10.30 – 14.00

A charitable, voluntary community organisation that offers multicultural day care service to the frail, elderly and disabled Asian people in the Tees Valley area. They offer enriching activities such as light exercise classes, aroma therapy, gardening and more. Refreshments and catering are provided and a pick-up and drop off service.

Middlesbrough Sports Village

Alan Peacock Way, Middlesbrough, TS4 3AE

Teesside Stroke Club

Thursday

10.00 - 11.00

12.00 – 13.00

13.30 – 14.30

Ted Docherty on 01642 280614 or 07977 137836

The club offers support and friendship to stroke survivors. There is also a social side to the club meeting for tea/coffee and a chat. The club holds regular carpet bowling sessions at a local social club as well as cooking demonstrations. They also hope to offer further social activities in the future.

St Mary's Centre

82 – 90 Corporation Road, Middlesbrough, TS1 2RW

Mr D Harding on 01642 892126 or Mrs C Brady on 01642 724057

Teesside Ex-Carers Group

Monday – twice a month

Looking for more members to join this friendly group.

Young @ Hart

Thursday – third in month

14.00 - 16.00

This monthly LGB&T social group hosted by Hart Gables is for people 40 and over. They provide a safe space for people to express themselves and make friends with peers. Go along for a coffee/tea and a chat in a friendly environment. Contact 01642 675509

Community Nursing - Learning Disabilities Dementia Group

John Reed: 01642 303903 Tuesday – first of the month

This group was designed to help support carers of those living with learning disabilities and dementia. Mental health support group.

Mental Health Support Groups

Off The Ground Coffee Shop

Grange Road, Middlesbrough TS1 5AS

Men Tell Health 'Speak Easy'

Thursday - fourth of the month. The meetings last about an hour, starting at 18.00. 'Speakeasy' groups offer a safe, supportive, and confidential space for men to come together to talk about whatever is troubling them. Whether that is work, relationships, money, family, or loneliness, all are welcome to come together and talk about it. The groups are free. Other groups are set up in Redcar and Stockton.

Jack Hatfield Sports Centre

Rockingham Court, Acklam Road,

Middlesbrough, TS5 7BN

Terry on 07887707737

or bythewayt@hotmail.co.uk

Teesside Prostate Cancer Support

Monday – fourth in month

18.30 – 20.30

The Prostate Cancer Support Group is run by patients and their families for people affected by prostate cancer. The group provides the opportunity to talk to other people going through the prostate cancer experience.

Linthorpe Methodist Church Community Café

54 Borough Road, Middlesbrough, TS1 2JH Middlesbrough
Bi-polar UK Support Group Thursday – fourth in month 19.00 The group offers support and information in a friendly, safe, and confidential setting for anyone affected by bi-polar. Family members, partners and carers are all welcome.

The Lodge

408 Marton Road, Middlesbrough TS4 2PB Tel: 01642 226198

Support Group

Friday 10.00 – 12.00

Beyond the Binary

Wednesday 13.30 - 15.30 Hearing Voices Support Group Tuesday 12.30 – 13.30

Women's Group

Thursday 11.30 – 13.30

A support group for women. Come along and meet new people. Access activities, support, advice, and information on wellbeing. Recovery support available too.

North Ormesby Hub

Derwent Street, North Ormesby, TS3 6JB Tel: 01642 243581

Time to Talk

Thursdays, 11.30 - 2:00

Time to talk is a men's drop-in session with the aim of offering support in a relaxed environment. Tea, coffee, and refreshments will be available.

Gleneagles Film Club

The Meeting Room
15 Gleneagles Court Beechwood
TS4 3LR Tuesdays Starts 13.30 - 17:00 allowing for a 15-minute tea break between 2 & 3pm.

The Film Club have been running for nearly 14 years and we have hundreds of titles to choose from comprising a wide variety of Situation Comedies; Drama; Romantic, Comedies, Classic & Comedy Westerns; Kids Movies; Nature & Sport. There is a modest £1 fee to cover refreshments.

Armchair Exercising

Starts 10am prompt on Thursdays and lasts for an hour. Afterwards you are welcome to coffee/tea and biscuits and a slice of cake (to replace the calories just burned off)

A modest £1 fee to cover refreshments.

Wildlife/Animals

Middlesbrough Bowling Club

Cornfield Road, Middlesbrough, TS5 5QL www.teesbees.co.uk Tel: 01642 701638

Beekeepers

September – April
Monday – third in month

For more information on how to become a member or register to attend a beginner's course, contact Tees Bees.

The Hebrew Prayer House

(In Linthorpe Cemetery) Ayresome Green Lane, Middlesbrough
Dorothy Humphreys on 01642 883761

Friends of Linthorpe Cemetery Wednesday 12.00 – 14.00

The Friends meet every week in the winter at The Hebrew Prayer House, Ayresome, Green Lane and in the summer, they alternate between the HPH and The Old Mortuary Information Centre in the west of the Cemetery toward the Nursery Lane entrance.

Unicorn Centre

Stainton Way, Hemlington TS8 9LX

Tea with a Pony

Unique experience to take tea and cake and make friends with a pony at the Unicorn Centre a purpose-built horse-riding school for people with disabilities.

Future Dates:

Thursday 17th March,
Thursday 28th April,
Thursday 19th May
Arrive between 1pm and 1.30pm finish 2.30pm to book a place and further details phone 01642 576222.



Quotes about previous What's on Guides

“

More aware of opportunities

“I am amazed how much there is out there for me.” (2016) “I have got all the information I need that I never had before.” (2018)

Feeling part of something bigger

“Regular magazine keeps me informed what's going on in the area. I like to read the newsletter to be aware of what is going on in the community.” (2017) “Knowing that there is contact with the outside world and being given the opportunity to be a part of it. (2018)

Encouraging participation

“I have found out there are a lot more activities available than I thought. It encouraged me to think about joining in an activity.” (2017) “It has made me aware of many activities/groups going on around me, of which I can become part of. A whole new life one can encompass after retirement or after the loss of a partner.” (2018)

Offering Reassurance

“I know ABM is there if I need help.” (2017) “Nothing has occurred yet but damn confident I could get help if needed. (2018) “I know that I could come to any events if I was lonely.” (2018)

Sharing knowledge

“I have been able to pass on the information on activities that Ageing Better have supplied the area in Middlesbrough with - Well impressed.” (2017) “I talk to people about the work of ABM and its benefits, also put current 'What's On' and 'Taster Sessions & Events' on notice board of block of retirement apartments where I live, to publicise your work...” (2018)

Greater knowledge about loneliness

“A better understanding and awareness of what is happening within Middlesbrough and how many people are alone. Even a person in a nursing home may feel alone at times without immediate family around” (2018) “Challenges my beliefs on what it's like to be lonely but still part of a big group/family. How to speak out. How to make more effort to be part of things, groups, conversations, to go a little further by myself (courage).” (2018)

”



Open Monday to Friday from 8.30am to 3pm

The Hope Foundation • 1 Grange Road • Middlesbrough • TS1 5BA
01642 232220 • info@hope-foundation.org.uk
• www.hope-foundation.org.uk



CAFE ACTIVITIES



MONDAYS
1PM-3PM



TUESDAYS
10AM-12PM



WEDNESDAYS
1PM-2PM



THURSDAYS
10AM-11:30AM



FRIDAYS
10AM-12PM



LUNCH, QUIZ AND A CHAT
FRIDAYS 1-3PM

DEVICE LIBRARY

Borrow laptops, tablets, Chromebooks, data & WIFI dongles, Alexa Devices and assistive technology for those living with sensory loss



MONDAY TO FRIDAY
9AM TO 3PM

CYBER CAFE

Free internet access for emails, online services, or general internet browsing
Please book in advance

SUPPORT @ HOPE 2 WORK

TUESDAYS AND THURSDAYS
1PM TO 3PM

Our job club offers **digital devices** and support for job search:
Cover letters - job applications - CV updates
Hot jobs in the Middlesbrough area
Match your skills to jobs in Middlesbrough and across Teesside
Learn how to use **social media** to job search
Set up an email, facebook, twitter or LinkedIn account

ESSENTIAL DIGITAL SKILLS



USE DIGITAL DEVICES, HANDLE
INFORMATION AND COMMUNICATE
SAFELY ONLINE

A 4-week course to gain essential digital skills and entry level and level 1 IT qualifications

FurbDIT

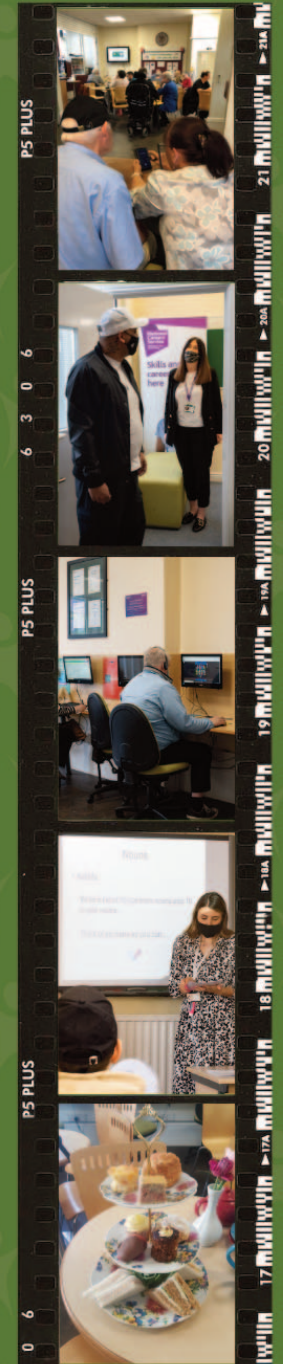
FOR MORE INFO SCAN THE QR CODE
WITH YOUR SMARTPHONE OR TABLET



FurbDIT is a partnership working to reduce digital poverty. We collect unwanted devices and IT equipment, refurbish it and breathe new life into it for community benefit.



CHECK OUT OUR WEBSITE FOR ALL
THE LATEST INFORMATION ABOUT
WHAT'S GOING ON AT HOPE



Additional Information:

For more information about What's On in Middlesbrough, including adult/short courses, visit these websites:

Everyone Active - www.everyoneactive.com/centre/middlesbrough-sports-village/

Love Middlesbrough – www.lovemiddlesbrough.com

Middlesbrough College – www.mbro.ac.uk

Middlesbrough Community Learning – www.mcls.ac.uk

Middlesbrough Matters - www.middlesbroughmatters.co.uk

The Northern School of Art – www.northernart.ac.uk



Disclaimer:

Disclaimer: We have done our best to ensure that all the information contained in this publication is correct at the time of going to print in February 2022. Details may occasionally change. Due to the uncertainty of the Covid pandemic some groups/activities may not have restarted or are starting later in the year.