

# ACTIVITIES FOR OVER 50S IN GATESHEAD

Fun, affordable ways to keep fit, meet people, and learn new skills

## THESE BOOTS ARE MADE FOR DANCIN'

If you're looking for a way to have fun while you keep fit, look no further than line dancing! You'll make some great friends and can improve your health at the same time. Did you know that line dancing can help improve your cardiovascular health and give you more energy? Those who take part in the classes we support tell us that they also feel more confident, less stressed, and more flexible.



Gilly Hope from BBC Radio Newcastle recently came along to take part in the beginners' class held at our Deckham hub. Led by Victoria Nicholls, the class is very popular, with attendees from all over Gateshead taking part.

Gilly and her producer, Michael, really enjoyed the class and did a fantastic job for a couple of beginners. To hear from Victoria, Gilly, Michael, and some of the people who take part in the class, you can listen to the interviews on the [BBC Sounds website](#).

If you're curious about line dancing, come along and give it a go! Wear comfy clothing and trainers and bring a sense of humour! No experience is required.

Sessions are held:

- Thursdays from 1 to 1:45 at Rowlands Gill Community Centre (FREE through 18 July, then £4)
- Fridays from 10 to 11 (improvers) and 11:15 - 12 (beginners) at Gateshead 50+ in Deckham (£4)

For more information, please ring Victoria on 07498 357858.



GATESHEAD  
50+

We are a charity offering fun and affordable ways for over 50s in Gateshead to socialise, exercise, and learn.

To find out what's on in your area, ring 0191 438 1721 or visit [www.gatesheadopa.org.uk/whats-on](http://www.gatesheadopa.org.uk/whats-on)



GATESHEAD  
OLDER PEOPLE'S  
ASSEMBLY

Gateshead 50+  
178 Split Crow Road  
Deckham  
NE8 3UB



## TRY SOMETHING NEW!



### SwingFit with Ruth

Monday (£6)  
10:30 - 11:30, Barley Mow Village Hall  
For info: Ruth 07786 543118



### Hubbub Afternoon Club

Alt. Wednesdays (£3.50)  
1:30 - 3, Field Club, High Spen  
For info: MHA 01207 56.3825



### Seated Exercise

Monday (£2)  
11:45 - 12:30, Blaydon Leisure Centre  
For info: 0191 433 5770



### Sewing Bee

Wednesday (FREE)  
2 - 3:30, MakerPlace, Central Library  
0191 433 8420



### Never Too Old to Rock

Monday (FREE)  
5:30 - 7:30, Gateshead 50+ Deckham  
For info: 0191 438 1721



### Memory Cafe

2nd Thursday (FREE)  
10:30 - 12:30, Ye Olde Cross Ryton  
liz.smith@rytoncrosscsorg.uk



### Knit and Natter

Tuesday (FREE)  
12:30 - 2:30  
Felling Volunteer Library  
For info: 0191 433 6402



### Pickleball

Thursday (FREE)  
10:45 - 12:15, Gateshead 50+ Deckham  
For info: 0191 438 1721



### Rowlands Gill & District Flower Club

Wednesday  
7:30 start, 1st Tues. (FREE)  
St. Anne's Church Hall, Winlaton  
For info: Pam 0191 413 2366



### Lunch Club

Saturday (various)  
11 - 2, Croftside Community Lounge  
For info: Age UK 0191 477 3559



# You may be eligible to claim Attendance Allowance

Attendance Allowance is extra money you can claim if you might need help with your care needs or regular supervision.

It's not means-tested, so you can claim it whatever your income or savings and you don't have to spend your Attendance Allowance on care.

**Are you over State Pension age?**

**Do you have a physical or mental health condition or disability?**

**Would you have benefitted from help with your care needs or supervision from someone else for at least six months? (You can claim whether or not you actually receive this help or supervision.)**

To find out if you qualify, contact Malcolm Nevin on 07936 349819 or [malcolm.nevin@nea.org.uk](mailto:malcolm.nevin@nea.org.uk)



Action for Warm Homes

# IF YOU'RE FEELING LONELY...

It's perfectly natural to feel lonely sometimes, but feeling lonely much or all of the time can be bad for your health. The [Campaign to End Loneliness \(CEL\)](#) defines loneliness as, "a subjective, unwelcome feeling of lack of loss of companionship. It happens when there is a mismatch between the quantity and quality of the social relationships that we have, and those that we want".

Studies show that loneliness can increase one's risk of premature death, anxiety, depression, and dementia. A lack of social connection can raise one's risk of premature death as much as smoking 15 cigarettes a day.

That's the bad news. The good news is that there are things we can do to alleviate loneliness and it's never too late to start. Here are some tips from the [Mental Health Foundation](#):



Keep yourself busy by doing things you enjoy. It's important to fill your time in positive, active ways. Gardening, walking, and crafts are good ways to start. And consider trying a new hobby or two!



Look for others who share your interests as this is a good way to make new friends. Look for local groups on Facebook or ask at your local library.



Stimulate your mind. Listen to podcasts or audiobooks, sign up for online courses, or do things like crossword puzzles. It's also nice to keep the radio on while you're at home.



If you're feeling really down or struggling with loneliness, consider talking therapy. Speak to your GP for a referral or visit the [NHS website](#).



Get moving. You can exercise at home, go for walks, or join some local classes. Exercise releases hormones that can lift your mood and lower stress levels.



If you use social media, consider joining groups linked to your interests. You'll be able to chat with others who enjoy taking part in the same hobbies.



Make an effort to engage with people. Say hello to people when you're out running errands. Chat with people you meet as you go through your day.



If you're able, consider adopting a pet. You'll find that looking after them will add some structure to your day and you'll both benefit from the company and unconditional love.

86% of the people who come along to our activities say they've made friends with whom they now socialise. Why not take a look at the [activities](#) on near you? Today's a great day to get started!



# Walk to Wellness July



<p><b>Friday 5th July</b></p>	<p><b>BALTIC</b> Meet: Baltic Square, South Shore Road, Gateshead, NE8 3BA Time: 11:30am Distance: Approx 3 miles</p>	<p>From the Baltic, we will cross the Millennium Bridge and head to Ouseburn, before returning back to Newcastle Quayside and heading towards the Swing Bridge.</p>
<p><b>Friday 12th July</b></p>	<p><b>ROKER</b> Meet: St. Peter's Metro Station, Monkwearmouth, SR5 1BA Time: 11:30am Distance: Approx 4 miles</p>	<p>Meeting at St. Peter's Metro, we will head to the marina via St. Peter's Church, eventually arriving at Roker Beach.</p>
<p><b>Friday 19th July</b></p>	<p><b>CAUSEY ARCH</b> Meet: Causey Arch Car Park, Marley Hill, NE16 5EJ Time: 11:30am Distance: Approx 2 miles</p>	<p>We will explore the beautiful woodland path along the Causey Burn, reaching the arch built between 1725 and 1726. Causey Arch is considered to be the oldest surviving single arched railway bridge.</p>
<p><b>Friday 26th July</b></p>	<p><b>SWALWELL</b> Meet: Outside Poundstretcher, Swalwell, NE16 3DJ Time: 11:30am Distance: Approx 3 miles</p>	<p>Meeting at the car park outside of Poundstretcher, the walk will explore the surrounding areas of Swalwell including the River Derwent and Derwenthaugh Riverside Park.</p>



For more information ring: 0191 438 1721  
 Email: [getinvolved@gatesheadopa.org.uk](mailto:getinvolved@gatesheadopa.org.uk)  
 Text: 07488 454 686 to join our WhatsApp group

Delivered with the support of





# DOORSTEP SELLERS

## *How to protect yourself*

When someone knocks on your door offering to perform a job or sign you up for a service, it's easy to feel pressured to make a decision on the spot.

To avoid uncomfortable situations and protect yourself from scams:

Display a 'No Cold Callers' sign on at your front door. This should stop salespeople in their tracks. If you choose to answer the door, you can tell the salesperson to leave and not return. If they ignore you, they are committing a criminal offence.

Don't deal at the door at all. If a salesperson is offering something in which you might be interested, tell them you won't be purchasing or signing up for anything today. Ask them to leave their details, then do some research or speak to a friend or family member before proceeding.

Know your rights. If you purchase goods or services worth more than £35, the seller must provide you with a written notice giving you the right to cancel within 7 days. If they do not do so, they are committing a criminal offence.

Know where to go for help. If you find yourself in a sticky situation or need to report a salesperson who has committed an offence, contact Gateshead Fair Trading Service on 0191 433 3987.



# GATESHEAD 50+ Q & A

## Is Gateshead 50+ a charity?

Yes. We are a registered charity (no. 1155832) and have been working with and for over 50s in Gateshead since 2002.

## What do you do?

We want to help make Gateshead a great place to grow older. To do that, we set up free and low-cost opportunities for over 50s to socialise, exercise, and learn. Keeping active, maintaining strong social connections, and learning new things will help you maintain your health, wellbeing, and independence.

## How do you offer so many things free of charge? What's the catch?

No catch! We don't want cost to be a barrier to participation, so, wherever possible, we secure funding to help us offer free classes, day trips, cinema and theatre tickets, learning opportunities, and more.

We are funded by a variety of trusts and foundations. These include the National Lottery, the Greggs Foundation, and the Tudor Trust. A list of our current funders is available on our [website](#).

## What's Gateshead 50+? What happened to Gateshead Older People's Assembly?

Legally, our charity is still called Gateshead Older People's Assembly, but our trading name is Gateshead 50+. We use this sub-brand as it helps people understand that we're open to anyone over 50. Since we started using the Gateshead 50+ logo, the average age of our beneficiaries has gone down significantly, so we know it works!

## How do I become a member?

We are not a membership organisation. To take part, simply come along to one of our activities!

## How can I find out what's going on?

- sign up to receive our monthly newsletter (you're reading it now!)
- join our [Friends of Gateshead 50+](#) group on Facebook
- visit the [What's On](#) section of our website

## Where are you based?

We maintain a wellness hub for over 50s in Deckham, where we support the delivery of nearly 100 classes and activities each month. As we serve all of Gateshead, we set up new classes and groups suitable for over 50s all across the borough.

## Why should I get involved?

We regularly survey those who take part in our activities. They tell us they

- feel happier
- visit their GP less frequently
- socialise with others they met at one of our activities
- feel their physical and mental health have improved
- feel more confident
- feel more connected to their community



# July Activities in Deckham



Monday	Tuesday	Wednesday	Thursday	Friday
<p>1</p> <p>11 - 11:45 Dancercise 12 - 12:45 Strength &amp; Balance 1:30 - 3 Staying Steady (referral) 2:30 - 4:30 Walking Football (D) 5:30 - 7:30 Never Too Old to Rock</p>	<p>2</p> <p>10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers 2:45 - 3:45 Ukulele Group (£5)</p>	<p>3</p> <p>10 - 12 Social Group (£2) 11:30 - 12:15 GetLow (dance fitness) 12:30 - 1:15 Gentle Circuits</p>	<p>4</p> <p>10:30 - 12:30 Craft Group (£1) 11 - 1 Art Group (£1)</p>	<p>5</p> <p>9:30 - 10:15 ZOOM Active at Home 10 - 11 Improver Line Dance (£4) 10-12 Walking Football (D) 11:15 - 12 Beginner Line Dance (£4) 11:30 start Health Walk 12 - 1:15 Backyard Cricket</p>
<p>8</p> <p>11 - 11:45 Dancercise 12 - 12:45 Strength &amp; Balance 1:30 - 3 Staying Steady (referral) 2:30 - 4:30 Walking Football (D) 5:30 - 7:30 Never Too Old to Rock</p>	<p>9</p> <p>10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers 2:45 - 3:45 Ukulele Group (£5)</p>	<p>10</p> <p>11:30 - 12:15 GetLow (dance fitness) 12:30 - 1:15 Gentle Circuits</p>	<p>11</p> <p>10:30 - 12:30 Craft Group (£1) 10:45 - 12:15 Pickleball 11 - 1 Art Group (£1) 1:30 - 2:30 Seated Yoga</p>	<p>12</p> <p>9:30 - 10:15 ZOOM Active at Home 10 - 11 Improver Line Dance (£4) 10 - 12 Walking Football (WH) 11:15 - 12 Beginner Line Dance (£4) 11:30 start Health Walk 12 - 1:15 Backyard Cricket</p>
<p>15</p> <p>2:30 - 4:30 Walking Football (D) 5:30 - 7:30 Never Too Old to Rock</p>	<p>16</p> <p>10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4)</p>	<p>17</p> <p>10 - 12 Social Group (£2) 11:30 - 12:15 GetLow (dance fitness) 1:30 - 3 Curling</p>	<p>18</p> <p>10:30 - 12:30 Craft Group (£1) 10:45 - 12:15 Pickleball 11 - 1 Art Group (£1) 1:30 - 2:30 Seated Yoga</p>	<p>19</p> <p>10 - 11 Improver Line Dance (£4) 10 - 12 Walking Football (D) 11:15 - 12 Beginner Line Dance (£4) 11:30 start Health Walk 12 - 1:15 Backyard Cricket</p>
<p>22</p> <p>1 - 3 Staying Steady (referral) 2:30 - 4:30 Walking Football (D) 5:30 - 7:30 Never Too Old to Rock</p>	<p>23</p> <p>10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers</p>	<p>24</p> <p>10 - 11:15 Curling 11:30 - 12:15 GetLow (dance fitness) 1:45 - 3:30 Super Quiz</p>	<p>25</p> <p>10:30 - 12:30 Craft Group (£1) 10:45 - 12:15 Pickleball 11 - 1 Art Group (£1) 1:30 - 2:30 Seated Yoga</p>	<p>26</p> <p>9:30 - 10:15 ZOOM Active at Home 10 - 11 Improver Line Dance (£4) 10 - 12 Walking Football (WH) 11:15 - 12 Beginner Line Dance (£4) 11:30 start Health Walk 12 - 1:15 Backyard Cricket</p>
<p>29</p> <p>11 - 11:45 Dancercise 12 - 12:45 Strength &amp; Balance 1 - 3 Staying Steady (referral) 2:30 - 4:30 Walking Football (D) 5:30 - 7:30 Never Too Old to Rock</p>	<p>30</p> <p>10:30 - 11:30 Tai Chi (£4) 11:45 - 12:45 Tai Chi (£4) 1 - 2:30 Gateshead 50+ Singers</p>	<p>31</p> <p>10 - 11:15 Curling 10 - 12 Social Group (£2) 11:30 - 12:15 GetLow (dance fitness) 12:30 - 1:15 Gentle Circuits</p>		

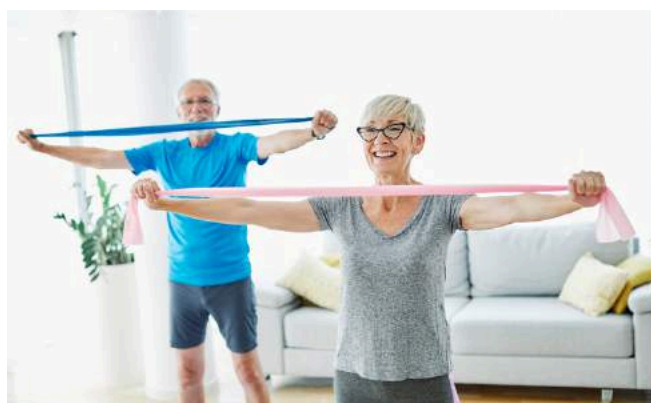
Gateshead Older People's Assembly / Gateshead 50+ is a charity (Reg. No. 1155832). We support activities for over 50s all across Gateshead. To see what's on near you, please visit [www.gatesheadopa.org.uk/whats-on](http://www.gatesheadopa.org.uk/whats-on)



All sessions are free unless otherwise indicated.

To see this month's walking schedule: [www.gatesheadopa.org.uk/whats-on/walk-to-wellness](http://www.gatesheadopa.org.uk/whats-on/walk-to-wellness)  
Friday walking football sessions alternate between our Deckham hub (D) and Washington Hub (WH).

178 Split Crow Road  
Deckham  
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[www.gatesheadopa.org.uk](http://www.gatesheadopa.org.uk)  
0191 438 1721



Join our  
free  
**ZOOM**  
class!

Our Active at Home class will keep you moving in the comfort of your own home. Taking part can help you improve your balance, flexibility, and stamina.

**Fridays, 9:30 - 10:15**

To register, please email [getinvolved@gatesheadopa.org.uk](mailto:getinvolved@gatesheadopa.org.uk)  
Please include your address -- we'll post you a free exercise band!





# YOU'RE NEVER TOO OLD TO ROCK!

If you're interested in learning to play guitar, bass, or drums, join us every Monday night from 5:30 to 7:30 at our Deckham hub. We have professional instructors on site and instruments are available if you don't have your own. We learn a new song every few weeks and break into bands to perform (sometimes in local venues!).

Last month, we surveyed those who come along. Here are some highlights from their feedback:

- 92% have made friends with whom they now socialise
- 79% feel less isolated
- 83% say their mental health has improved
- 88% feel more confident
- 100% would recommend Never Too Old to Rock to a friend

I feel less isolated due to meeting so many people the same age as me. It has provided me with friends and is an excellent hobby. My mental health has improved greatly and it has made me more self confident.



I work from home so have little personal interaction with colleagues and, as I have got older, I have less of a social life, so Never Too Old to Rock provides a perfect environment to combat isolation. It feels positive, empowering, and fun. It has become part of my life and allows me to rekindle my love of guitar and performing.

## JOIN OUR FACEBOOK GROUP

One of the best ways to stay up to date with our activities and events is to join our Facebook Group. You'll also be able to keep in touch with our fabulous instructors and others who take part in our activities and classes.

To join, click [here](#) or search for Friends of Gateshead 50+ on Facebook



## POP INTO OUR PANTRY

The next time you visit our Deckham hub, don't forget to take advantage of our pantry. It's always stocked with a selection of personal hygiene products and store cupboard essentials. We even have a few treats for your pets!

Our pantry is a great way to try new products and save some money. The pantry is restocked every morning and you're encouraged to help yourself to two items each time you visit us.

Don't forget -- you can also help yourself to free refreshments before and after each class and take advantage of our free book/DVD/CD lending libraries, too!

## ACTIVITIES FOR OVER 50S IN YOUR AREA

In addition to delivering nearly 100 activities at our Deckham hub each month, we support the delivery of activities for over 50s all across Gateshead!

To see what's on near you, take a look at our Gateshead-wide activities guide, which includes our own activities as well as those from other organisations supporting older people in our borough.

To view the activities guide, visit our [website](#).



# ABOUT US

Gateshead 50+ has been serving Gateshead residents aged 50+ since 2002. We are a registered charity and we work to ensure you have access to opportunities to maintain your health, wellbeing, and independence.

Thanks to our funders, we are able to set up affordable (and often free) wellness classes and social activities all across Gateshead. We do this based on demand, so if there's a class or activity you'd like to see running in your area, please email [getinvolved@gatesheadopa.org.uk](mailto:getinvolved@gatesheadopa.org.uk)

Whenever you see either of these logos, you can be assured that you're taking part in an activity designed especially for you:



You'll always receive a warm welcome when joining one of our activities. And don't worry about being the new person -- we see new faces nearly every day, so you won't be the new person for long!

Those who take part in our classes tell us their physical and mental health have improved along with their energy levels and confidence. In fact, 100% say they would recommend our activities to their friends and family.

We hope you'll join us soon.

**Gateshead Older People's Assembly**  
**178 Split Crow Road**  
**Deckham**  
**Gateshead**  
**NE8 3UB**

**0191 438 1721**  
**[www.gatesheadopa.org.uk](http://www.gatesheadopa.org.uk)**

**Registered charity number 1155832**

