

## Riverside Community Health Project Programme of Activities

5th September – 16th December 2022



## First Words Together

### Would you like to:

- Help your baby or toddler learn to talk?
- Get ideas for supporting communication?
- Receive five free toddler books?
- Spend quality time with your child?

Enjoy exploring rhymes, stories and games to play with your child once a week for five weeks!

If you would like more information or if you would like to book a place onto this programme please contact:

Jade Mciver - Children & Families Practitioner  
Email: [jade@riversidechp.co.uk](mailto:jade@riversidechp.co.uk)  
Melissa Moran - Children & Families Practitioner  
Email: [melissa@riversidechp.co.uk](mailto:melissa@riversidechp.co.uk)  
Tel: 0191 2260754



## How to find Riverside Community Health Project



### Riverside Community Health Project

Carnegie Building  
Atkinson Road  
Benwell  
Newcastle upon Tyne  
NE4 8XS  
0191 226 0754

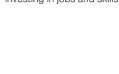
[admin@riversidechp.co.uk](mailto:admin@riversidechp.co.uk)  
[www.riversidechp.co.uk](http://www.riversidechp.co.uk)

Monday - Friday (9.00am - 3.30pm)

Registered Charity: 1028632  
Company Number: 02869470

 Home Office

 Newcastle City Council  
 European Union European Social Fund  
Investing in jobs and skills

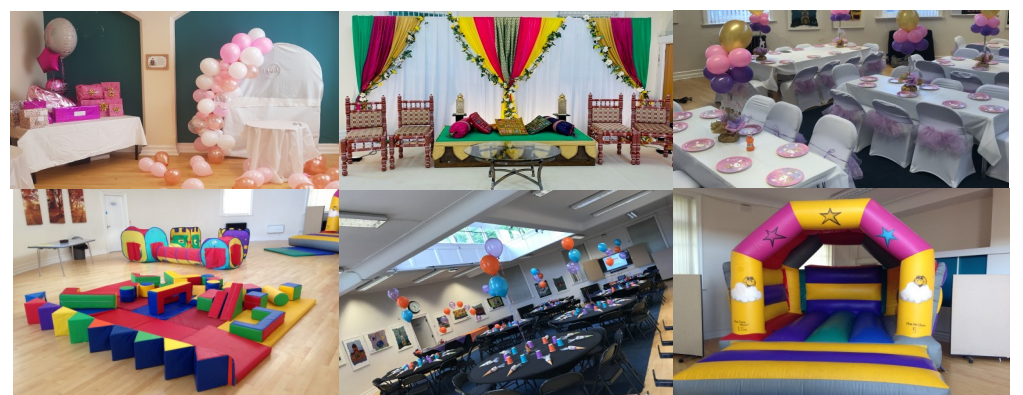
 KIM MCGUINNESS  
NORTHUMBRIA  
POLICE & CRIME  
COMMISSIONER  
 HOW  
ACTION FOR  
CHILDREN  
WORKS

 European Union  
European Social Fund

## Room Hire

At Carnegie Building we have a range of rooms available for hire for meetings, conferences, staff training sessions, community groups, children's parties and family celebrations.

All our rooms have a TV and Wi-Fi



### Need a bigger space?

Thinking about holding a larger event? Our Beecham Hall is a versatile space, making it perfect for corporate training sessions, board meetings, conferences and more. With a capacity of 20 -100 delegates; guaranteed to give your guests a day to remember. For more information please visit our website [www.riversidechp.co.uk](http://www.riversidechp.co.uk) or call us on 0191 241 3079

# Activity Timetable



Training



Under 5 Activities



Advice and Support



Wellbeing

| Monday                                                                                                                                                                                            | Tuesday                                                                                                                                                                            | Wednesday                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | Thursday                                                                                                                                                                       | Friday                                                                                                                                                        |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>EUSS Support</b><br>(Appointment only- funded until 30th September 2022)<br>Support and Advice around current and new applications to the European Union Settlement Scheme<br>9.30am - 12.30pm | <b>Functional Skills English</b><br>(Booking required)<br>Entry Level 1, 2 and 3<br>Functional Skills Level 1 and 2.<br>Course provided by CECOS College London<br>9.30am - 2.30pm | <b>Level 3 Diploma in Early Years Workforce</b><br>(Booking required)<br>Course provided by Resources North East Ltd<br>9.30am - 2.30pm                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Breakfast Stay &amp; Play</b><br>(Everyone Welcome)<br>(6 months - 4 years)<br>A fun-filled play session with a free healthy breakfast included<br>9.15am - 10.30am         | <b>ESOL</b><br>(Booking required)<br>Entry Level 1, 2 and 3<br>Functional skills Level 1 and 2.<br>Course provided by CECOS College London<br>9.30am - 2.30pm |
| <b>Introduction to Beauty Therapy</b><br>(Booking required)<br>Accredited Beauty Therapy course provided by CECOS College London<br>9.30am - 2.30pm                                               | <b>Functional Skills Maths</b><br>(Booking required)<br>Entry Level 1, 2 and 3<br>Functional Skills Level 1 and 2.<br>Course provided by CECOS College London<br>9.30am - 2.30pm   | <b>Conversation Class</b><br>(Booking required)<br>A basic English class for speakers of other languages.<br>Course provided by CECOS College London<br>9.30am - 2.30pm                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                               | <b>Conversation Class</b><br>(Booking required)<br>A basic English class for speakers of other languages.<br>Course provided by CECOS College London<br>9.30am - 2.30pm        | <b>Level 2 Supporting Teaching in Schools and Colleges</b><br>(Booking required)<br>Course provided by CECOS College London<br>9.30am - 2.30pm                |
| <b>Digital Skills</b><br>(Booking required)<br>Entry Level 3 IT course provided by CECOS College London<br>9.30am - 2.30pm                                                                        | <b>Welfare Rights Advice</b><br>(Appointment only)<br>Benefits support and advice<br>9.30am - 2.30pm                                                                               | <b>Cake Decorating</b><br>(Booking required)<br>Sugar crafting course provided by WEA<br>9.30am - 12.30pm                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                             | <b>Boogie Bairns</b><br>(Everyone Welcome)<br>(8 weeks - 2 years 3 months)<br>A fun-filled musical session with songs and rhymes<br>1.00pm - 2.00pm                            | <b>Romanian Women's Group</b><br>(Open group)<br>Friendly social group for Romanian women<br>10.00am - 12.00pm                                                |
| <b>Level 3 Diploma in Early Years Workforce</b><br>(Booking required)<br>Course provided by Resources North East Ltd<br>9.30am - 2.30pm                                                           | <b>Conversation Class</b><br>(Booking required)<br>A basic English class for speakers of other languages.<br>Course provided by CECOS College London<br>9.30am - 2.30pm            | <b>EUSS Support</b><br>(Appointment only- funded until 30th September 2022)<br>Support and Advice around current and new applications to the European Union Settlement Scheme<br>12.30pm-3.00pm                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       | <b>Men's Pie Club</b><br>(Booking required)<br>Local men making pies, having a chat, tackling isolation, boosting mental health and improving social skills<br>1.00pm - 2.00pm | <b>Community Interpreting</b><br>(Booking required)<br>An introduction to community interpreting. Course provided by WEA<br>9.30am - 12.30pm                  |
| <b>Czech/Slovakian Women's Group</b><br>(Open group)<br>Friendly social group for Czech & Slovakian women<br>12.30pm - 2.30pm                                                                     | <b>Level 1 Creative Crafts</b><br>(Closed group)<br>Sugar crafting and cake decoration. Course provided by WEA<br>9.30am - 12.30pm                                                 | <b>One Off Sessions</b><br><br>The following sessions will be running on dates to be confirmed- please ask staff for more information by dropping in at reception, calling 0191 2260754 or emailing emma@riversidechp.co.uk<br><br><b>Baby Massage</b> - Certificated 5 week course to attend with your baby provided by Riverside Community Health Project<br><br><b>First Words Together</b> - Certificated 5 week course to attend with your young child & receive free books. Provided by Riverside Community Health project<br><br><b>Paediatric First Aid</b> - Certificated 2 day training sessions provided by Nick Lillie Social Care Training<br><br><b>Level 1 &amp; Level 2 Food Hygiene</b> - Accredited 1 day training sessions provided by Healthworks Newcastle<br><br><b>Understanding Autism</b> - half-day training sessions provided by North East Autism Society |                                                                                                                                                                                |                                                                                                                                                               |
| <b>Toddle Time</b><br>(Everyone Welcome)<br>(1 years - 3 years)<br>A fun-filled play session for you and your toddler<br>1.00pm - 2.30pm                                                          | <b>My Baby &amp; Me</b><br>(Everyone Welcome)<br>(8 weeks - 12 months)<br>Floor-based play and interaction to promote building secure attachments<br>10.30am - 11.30am             |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                |                                                                                                                                                               |
| <b>Food Cycle</b><br>(Everyone Welcome)<br>Free nutritious meals for everyone to enjoy. Sit in or takeaway.<br>6.00pm - 7.00pm                                                                    | <b>Time to Talk</b><br>(Open group)<br>Women's only drop-in group. Have a cuppa, chat, and make new friends<br>1.00pm - 2.00pm                                                     |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                                       |                                                                                                                                                                                |                                                                                                                                                               |