Volunteer for your local park

Regular volunteering opportunities, including a range of conservation and horticultural tasks, or gain photography, marketing or events experience. Email parks@northtyneside.gov.uk for a volunteering application form (state which park).

Northumberland Park
Every Friday, 10am: Friends Gardening Group, at the Medieval Herb Garden.

Rising Sun Countryside Centre
Thursdays

Richardson Dees Park
Wednesdays

Killingworth Lakeside Park
Volunteer Days
Thursday afternoons
Volunteer days: Saturdays July 16, September 10 and November 19

For more information email parks@northtyneside.gov.uk
Fancy a challenge? Enjoy the great outdoors

Northumberland Park
Richardson Dees Park
Rising Sun Countryside Centre

Richardson Dees and Northumberland Park Sculpture Trails
Try out Richardson Dees Park’s fantastic free sculpture or plant hunter trails, or follow Northumberland Park’s Story of the Pow Burn Imps sculpture trail. Pick up the illustrated trail booklets from each café.

Rising Sun Countryside Centre Clue Trails
£1 per pack
Watch the seasons unfold as you follow our clue trails. Complete with clues, map and pencil in a waterproof wallet. All you need for a self-led adventure! Available from the café.

Orienteering Maps, Walk, Run or Cycle!
£3 per pack
Navigate around all three parks with our orienteering maps. We have permanent courses set by the Newcastle and North Tyneside Orienteers. Return your completed card with an SAE to the address provided to receive a certificate.

Baby Sensory
Rising Sun Countryside Centre, Holystone Room
Fridays, 10am – 11am (6 to 13 months) or 11.15am to 12.15pm (birth to 6 months)
Introduce your baby to the magical world of sensory learning, wonder, exploration, and extraordinary delights. All mats and equipment provided. To book a free taster, or for more details, contact Lisa Reed on Tel: 0777 5188501 or email newcastlewest@babysensory.co.uk

Park Run
Rising Sun Countryside Centre, Centre Grounds
Saturdays, 9am
A free timed 5km run every Saturday. Register in advance at www.parkrun.org.uk/risingsun. Please park cars in the Asda overflow car park. Enjoy breakfast or a coffee in the Café after your run.

Yoga
Rising Sun Countryside Centre, Holystone Room
Saturdays, 10am – 11.30am
£7.50 drop in or £5 when booking a block. Enjoy a regular class to stretch and strengthen, find out about back care techniques and enjoy mindfulness and relaxation to help you unwind, a perfect way to start your weekend! To book or for more details, contact Loraine on Tel: 07733 246950 or email quartzyoga@gmail.com
NEW Pregnancy Yoga
Rising Sun Countryside Centre, Holystone Room
Second Saturday each month, 11.45am – 1.15pm

£7.50 or £6.50 when booking three or more. Yoga during pregnancy helps restore your energy, increase strength and stamina and improves your posture. Learn relaxation and breathing techniques, which will help in labour as well as to improve your sleep. Enjoy time to bond with your baby and meet other mums-to-be.

Classes are led by a diploma-qualified British Wheel of Yoga Teacher specialising in pregnancy and yoga for healthy lower backs. For more details contact Loraine on Tel: 07733 246950 or email quartzyoga@gmail.com

Make What You Want
Rising Sun Countryside Centre, House of Objects
Every Saturday, 10am – 12 noon

£4per child
Suitable for 3+ years
Bring along your children to get creative with recycled materials. For more details Tel: (0191) 266 2269 or email diane@houseofobjects.org

Age Takes Centre Stage – Active October
Northumberland Park, North Shields
1pm - 3pm for all
Thursday October 6,
(National Poetry Day Special)
Thursday October 13
Thursday October 20
Thursday October 27

Join a special series of activities as part of North Tyneside’s annual festival for people aged 50 and older. Meeting in the Visitors Centre in the heart of the park, enjoy a mix of indoor and outdoor activities making the best of whatever the autumn weather may offer! See park notice boards for details, or email northumberland.park@northtyneside.gov.uk

Age Takes Centre Stage – Archery and Orienteering
Wallsend Parks, Richardson Dees Park,
Duffy Memorial Fountain
Wednesday October 12, 2pm – 4pm

Take part in a shorter version of our orienteering course and test your aim with an easy-to-use archery kit.

Please note: Parents must attend all events in a ratio of 1 adult for every 3 children unless otherwise stated
‘The Adventures of Alice and a Mad Hatter’s Tea Party’

Rising Sun Countryside Centre, Holystone Room
Sunday October 9, 11am – 12.30pm

£15 per child (aged 3 to 9 years)
Eventsulove, in collaboration with LP Dance in Education, present ‘The Adventures of Alice and a Mad Hatter’s Tea Party’. Includes dancing, games, a VIP guest visit, a scrumptious Tea Party and bespoke goodie bag. Free childcare for ages 4-8 years or adults are welcome to stay and enjoy the fun! (Children under four must be accompanied by an adult.)

This event is delivered by qualified school teachers. Tickets can be purchased via www.eventsulove.co.uk. For details please contact info@eventsulove.co.uk or Tel: 07766 722753.

Spooktackular Disco

Springfield Park Community Centre
Saturday October 22, 3pm - 5pm

£3 per child, £1 per adult
Come along to our Halloween disco party for games and dancing. Book early to avoid disappointment. Contact Linda on Tel: 0191 266 2988 or 07803 518468 or contactus@springfieldcommunity.org.uk

Build and Fly a Kite

Rising Sun Countryside Centre, Environmental Education Building
Tuesday October 25, 10.30am – 2.30pm

£4.50 per child (children aged 5 years and over)
Spend the morning making and decorating your kite. Then climb up the hill in the afternoon to fly it! Bring a packed lunch or enjoy delicious treats from our café.

Winter Craft Bird Feeding Workshop

Marden Quarry, meet at the car park
Wednesday October 26, 10.30am – 11.30am

Churchill Playing Fields, meet at the Adult Learning Pavilion, Wednesday October 26, 2pm – 3pm

Northumberland Park, Visitor Centre Community Room, Thursday October 27, 10.30am – 11.30pm or 2pm – 3pm

£1 per child
Create attractive feeders to keep the birds happy all winter long. Learn about what you can do to help wildlife over the colder months and find out which brave creatures may still be visiting your garden or park. To book, contact the Park Warden on 07976 307378 or email northumberland.park@northtyneside.gov.uk

Rising Sun Friends Litterpick

Rising Sun Countryside Centre, meet outside the Café
Monday October 10 and Friday October 28
10am

All are welcome to join our friendly group and help keep Rising Sun Country Park beautiful for everyone.
Den Building
Rising Sun Countryside Centre, Environmental Education Building
Thursday October 27, 10.30am – 12pm
£3 per child (for ages 5 years and over)
Explore the woods and build a den using natural materials. Wear long sleeves and trousers, strong footwear or wellies and bring a waterproof.

Exploring Autumn
Rising Sun Countryside Centre, Environmental Education Building
Thursday October 27, 1.30pm – 3pm
£3 per child. Go on an autumn expedition to explore lesser known sights and sounds around the country park.

Pumpkin Play Day
Wallsend Parks
Richardson Dees Park Pavilion
Friday October 28, 11am – 3pm
£1 - £2 per activity
Turn up in your spookiest outfit and carve your own pumpkin to take home for the Halloween weekend! Join in with your fellow friends to find all the characters in the pumpkin treasure trail hidden around the park, try your arm at the skull shack to win a prize, putt the glow-up golf balls at our ghostly golf course and shoot some spirits on our haunted junior archery targets. We’ll be serving sweet pumpkin soup from the Verandah Café and hot fruity slime from a real fired cauldron – yum!

Please note: Parents must attend all events in a ratio of 1 adult for every 3 children unless otherwise stated.
NEW Sand Art Craft Session
Rising Sun Countryside Centre, Holystone Room
Sunday October 30, 11am – 12pm

£4.50 per picture (all ages)
Bring out your child’s creative streak with sand art.
An eco-friendly, fun, creative, colourful and (almost) mess-free activity! Choose a pre-glued picture to colour with sand. All pictures will be put in a protective sleeve to take home for you to proudly display. We have pictures for all abilities and interests. To book, contact Lynn Bramley at coloursanduk@gmail.com or Tel: 07830 120963.

Pre-Halloween Bat Trail
Springfield Park, Forest Hall, bowling hut
Sunday October 30, 11.30am – 2pm

For the little ones, dress the children up in their best spooky costume and help the warden find the batty bats in the trees. Vote for your best batty cartoon bat and join our Halloween fancy dress line up at 1pm.

Please note: Parents must attend all events in a ratio of 1 adult for every 3 children unless otherwise stated

Light Painting Photography Workshop
Wallsend Parks, Richardson Dees Park Pavilion
Wednesdays November 2, 9, 16 and 23
6pm – 9pm

£25 for four weeks (must be booked as a block)
Want to create a photo like this? Book on to this unique four week course to learn from a local expert in light painting techniques and create your own illumination equipment at home. The sessions are structured in different locations within the park, as well as a wet weather back up. Artwork produced will be displayed in an outdoor gallery space within Richardson Dees Park. (A DSLR camera with a 20 second exposure capability and tripod is required.)
To book, Tel: (0191) 643 2241.

Autumn Colour Nature Art
Wallsend Parks, Richardson Dees Park Bandstand
Saturday November 12, 1pm – 2.30pm

£1 per child
Make your own Autumn pictures and crafts to take home using sticks, leaves and textures collected from the park.

Rising Sun Friends Litterpick
Monday November 14
Friday November 25
See October 10 for details.
Enjoy the view at a park café

Freshly baked scones daily
Hearty soup of the day
Lunchtime specials

Toasted paninis
*Fish and Chip Fridays

Rising Sun Country Park Café
Open 9am – 2.30pm Monday to Friday
3.30pm until 31 October
9am - 3.30pm Saturdays
10.30am - 3.30pm Sundays

Northumberland Park Glasshouse Tea Room
Open 10am – 2.30pm Monday to Friday
3.30pm until 31 October
10am – 3.30pm weekends

Verandah Café
10.30am – 2.30pm Monday to Friday
(Closed from November to February)

Freshly baked scones daily
Hearty soup of the day
Lunchtime specials

Toasted paninis
*Fish and Chip Fridays

Bacon or sausage hot breakfast bap
or a full English breakfast**

Please note opening times may vary due to the weather. Call 0191 643 2242 to confirm opening.
Santa’s Grotto

Rising Sun Countryside Centre, Environmental Education Building
From December 7 to December 18
Weekends: 11am – 3pm, Weekdays: 4pm – 6pm

Cost: £8 per child, £15 for two siblings, £22 for three siblings, £30 for four siblings
(Booking is for a half-hour slot)

Visit Santa in his green Grotto adorned with twinkling Christmas lights in the Celtic Village. Children receive a present and make some Christmas crafts using natural materials collected from the Country Park. You can also enjoy some warm festive juice around our campfire as the children try to find where Rudolph and his reindeers are hiding.

Christmas Lunches

Rising Sun Countryside Centre Café
December 7 to December 21

Two courses £17.95, or £8.95 for children
Three courses £20.95, or £10.50 children

Bring the family for a yuletide Christmas lunch with all the trimmings in our fully decked out rooms with real Christmas trees. New this year, lunches are bookable at weekends too. Book early to avoid disappointment. Non-refundable deposit of £5 per person on booking. Tel: 0191 643 2242.

NEW weekend bookings
**December**

**Christmas Carols from the Bandstand**

Northumberland Park, North Shields  
Thursday December 1, 10am – 12pm, 1pm – 3pm  
Thursday December 8, 10am – 12pm, 1pm – 3pm  
Thursday December 15, 10am – 12pm, 1pm – 3pm

Wrap up warm and join the celebrations. Children from local schools will perform a selection of Christmas carols from the beautiful Victorian Bandstand. Complete your visit by enjoying seasonal treats in the Glasshouse Tea Room for that extra special warm festive feeling.

**Sand Art Craft Session**

Rising Sun Countryside Centre, Holystone Room  
Sunday December 11, 11am – 12pm

See October 30 for details.

**Christmas Fun and Festivities**

Springfield Park Community Centre  
Sunday December 11, 3 pm – 5pm

£3 per child, £1 per adult.  
Join us for party games, dancing and lots of fun! Book early to avoid disappointment.  
Contact Linda on Tel: 0191 266 2988 or 07803 518468 or contactus@springfieldcommunity.org.uk

**School Carol Service**

Wallsend Parks, Richardson Dees Park Bandstand  
Wednesday December 14, 1.30 pm – 3 pm

Wrap up warm and join the celebrations. Children from local schools will be singing a selection of Christmas carols from the beautifully decorated Bandstand. Why not also grab a hot drink and a mince pie at the Verandah Café for that warm festive feeling.

**Christmas Tree Decorating**

Benton Quarry, meet at the car park  
Saturday December 17, 11am  
Springfield Park, meet at the bowling hut  
Monday December 19, 11am

Help the Warden decorate a tree in the park, then see how many of Santa’s cartoon reindeers you can spot around the park. Contact alan.thurgood@northtynside.gov.uk or Tel: 07976 307347.

**This Girl Can Fun Run**

Saturday December 3, 9am

Enjoy a relaxed, friendly, non-competitive 5km fun run (or walk) for women, followed by a hot drink and a mince pie. An opportunity to start running in groups within the North East #TGCFunRun. To register, email sport@northtyneside.gov.uk
**Children’s Activity Parties**

**Outdoor Parties**

Go on a bear hunt

Build dens in the woods

*NEW* Cook in our cosy Arctic Cabin

*NEW* Hunt for treasure

**Indoor Parties**

Meet the animals with Party Animals

Do arts and crafts with Creation Station

Decorate cupcakes with Lovecakes

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**Arctic Cabin Party**

Children love to experience the cosy cabin for a small party or a fun day out for family and friends. Includes an hour’s campfire cooking activity. Suitable for up to eight children, accompanied by two adults. Available at weekends between 11am and 2pm.

**Room-hire-only Children’s Parties**

We hire party rooms from £34 (two hours).

Contact us for a party pack …
risingsun@northtyneside.gov.uk
Tel: 0191 643 2241

*Our leisure centres offer parties too, ask at your local centre for details.*
January

**RSPB Big Garden Birdwatch Survey**

Northumberland Park, North Shields
Saturday January 28, 11am – 12pm
Sunday January 29, 11am – 12pm

Wallsend Parks, Richardson Dees Park Bandstand
Saturday January 28, 12.45pm – 2pm

Rising Sun Countryside Centre, outside the café
Sunday January 29, 10.45am – 12pm

Be part of the world’s biggest birdwatch! Our wardens will be on hand with surveys and any help you need as you count the birds you spot in the park. You will also be able to make a pinecone bird feeder. Information from our collected surveys will be submitted online to contribute to the RSPB’s figures for monitoring the bird population. Come suitably dressed with sturdy footwear and bring a waterproof jacket (and binoculars if you have them).

February

**NEW Sand Art Craft Session**

Rising Sun Countryside Centre, Holystone Room
Sunday February 5, 11am – 12pm

See October 30 for details.

**Bird Box Building**

Rising Sun Countryside Centre, Environmental Education Building
Tuesday February 21, 10am – 12pm

£4.50 per child (aged 5 years and over). Get ready for spring by building a wooden bird box to take home and put up in your own outdoor space. There will be hammers, nails and saws so adults may be needed to help!

**Caring for Birds**

Rising Sun Countryside Centre, Environmental Education Building
Tuesday February 21, 1.30pm – 3pm

£3 per child. Come along and make some bird feeders to take home.

**Tree Top Seed Stations**

Wallsend Parks, Richardson Dees Park play area
Wednesday February 22, 11am – 12.30pm

£1 per child. Join us to make a variety of natural feeders to help our feathered friends through the winter. You can hang your feeder high up in the bird rope hanger above the play area or take it home for your own garden.
Conferencing at Rising Sun Countryside Centre

A tranquil setting for your meeting, conference or event, with stunning views of the Country Park.

Our conferencing rooms are fully equipped with free Wifi, digital projector and widescreen, PA system and microphone (Holystone Room). Resources are included in our room hire prices. Day Delegate Packages are available and include unlimited refreshments and a hearty, home-cooked lunch.

For a Conference Pack with full details, contact Reception, Tel: 0191 643 2241 or email risingsun@northtyneside.gov.uk

Jungle Adventures
Rising Sun Countryside Centre, Holystone Room
Sunday March 6, 11am – 12pm
£6 per child (ages 3 – 8 years)

Eventsulove, in collaboration with LP Dance in Education, present Jungle Adventures – based on ‘The Jungle Book’. Join us for a creative dancing adventure and games as we travel through the jungle meeting lots of familiar faces. Free childcare for ages 4-8 years or adults are welcome to stay and enjoy the fun! (Children under four must be accompanied by an adult.)

This event is being delivered by qualified school teachers. Tickets can be purchased via www.eventsulove.co.uk. For details please contact info@eventsulove.co.uk or Tel: 07766 722753.

Volunteer Open Day
Wallsend Parks, Richardson Dees Park Bandstand
Wednesday March 22, 10.30am – 1pm

Join us on a friendly taster session for volunteering in Wallsend Parks. Find out how you can help with gardening and conservation tasks, meet some of our volunteer team and share some soup over an open fire. Free hot and cold drinks also provided from the Verandah Café.
How to find us

Are you part of a local group or organisation?

Looking for a regular meeting venue?

Rising Sun Countryside Centre has a selection of rooms available at evenings and weekends, suitable for use by children’s organisations, craft groups, fitness professionals, charities, business networks and more!

The outdoor country park can also be hired; and those hiring our rooms have access to the fantastic outdoor space too.

- Modern rooms
- Accessible facilities
- Refreshments available
- Free Wifi
- Free parking
- Bus stops and Metro nearby

Prices from £15 per hour (between 6pm and 7.30pm weekday evenings) Please enquire for weekend rates (between 11am and 3pm).

We’d be delighted to have a chat about your requirements. Email risingsun@northtyneside.gov.uk or call (0191) 643 2241.
Bookings

Rising Sun Countryside Centre Bookings
Unless otherwise stated contact Rising Sun Countryside Centre
Reception Tel: (0191) 643 2241 or email risingsun@northtyneside.gov.uk

Payment must be made in advance to secure bookings. No refunds.
Bookings can be made over the phone with a credit or debit card.

Northumberland Park Bookings
See individual events for booking details.
Unless otherwise stated email:
northumberland.park@northtyneside.gov.uk
Northumberland Park is supported by the Heritage Lottery Fund and the Big Lottery Fund.

Wallsend Park Bookings
See individual events for booking information
For all other event enquiries Tel: (0191) 643 7897
or email wallsendparks@northtyneside.gov.uk.
Wallsend Parks are supported through the Heritage Lottery Fund and the Big Lottery Fund through the jointly funded ‘Parks for People’ programme.

@NTCouncilTeam
North Tyneside Parks
www.northtyneside.gov.uk