

John Willie Sams Centre Dudley Community Hub and Library Newsletter

New Men's Group

Fridays, 10.30am - 12pm

First group Friday 21 March

Salute Café, John Willie Sams Centre

At a loose end? Looking for company? Then pop along. All welcome.

Salute Her UK Charity Medium Night

Wednesday 2 April, 6pm - 10pm

£10.00 per ticket – booking essential

Tickets available from Salute Café Monday to Friday, 10am - 2pm

One to one reading, healings available, full holistic shop.

All proceeds will go to Salute Her UK, which is a charity dedicated to providing support to female veterans

The evening is for entertainment purposes only

Coming soon

Easter Holiday Free Drop-in Crafts at Dudley Library

Join us for some free eggs-ellent arts and crafts in our craft room, based within the library.

Tuesday, Thursday and Saturday during the Easter Holidays

Opening Times

Tuesdays 9am - 1pm and 2pm - 5pm

Thursdays 9am - 1pm and 2pm - 5pm

Saturdays 9am - 1pm (closed Saturday 19 April)

No booking required, free event

All children under 8 must be accompanied by an adult



Quadrant Leisure Easter Kids Club

Wednesday 16 April 9.15am - 1.30pm

Fun and games for children aged 6 to 10 years old.

Children will be supervised and taking part in a variety of group games, music, dance, arts and crafts, as well use of the youth room with access to board games, table football, Xbox and PlayStation.

Children will make their own snack lunch (or may bring their own) and each child will be presented with an Easter egg at the end of the event.

Limited tickets available, priced at £7.50 per child.

Visit website to book www.quadrantleisure.org

Easter Holiday Bookable Craft session at Dudley Library

Join us on Thursday 17 April, 10.30am - 12pm for some eggs-ellent Easter arts and crafts.

Free event - booking required

Book your seat with the library staff or telephone (0191) 643 2030

All children must be accompanied by an adult

John Willie Sams Centre, Market Street, Dudley, Cramlington, NE23 7HS (0191) 643 2030

E-mail: johnwilliesamscentre@northtyneside.gov.uk

Opening hours: Monday - Friday: 8.30am - 9.00pm

Saturday: 9.00am - 5.00pm



North
Tyneside
Council

Dudley Library



Dudley Library opening hours
Tuesday 9am – 1pm and 2pm – 5.30pm
Thursday 9am – 1pm and 2pm – 5.30pm
Saturday 9am – 1pm
Telephone number (0191) 643 2035



Not a library member? – it is free to become a member of North Tyneside Libraries, simply complete an application form, which is available from any library – up to date proof of address is required.

New books

Look out for the new books request list that is published each month. Why not take a look on the new books stand in the library to see what we have been getting new in from other libraries as well as brand new titles.

Love to Read?

North Tyneside Libraries 'Love2Read' card allows you to borrow 20 books at a time and make unlimited reservations – all for an annual fee of £5.00.

Interested? – contact **Dudley Library** on **(0191) 643 2035** or speak to a member of library staff.

Free use of the People's Network computers for all library members.

Printing and photocopying charges

10p per A4 page for black and white prints and 30p per A4 page for colour prints.

All libraries have free Wi-Fi throughout the building to give you access on your mobile, laptop or tablet device.

Warm Welcome offer in Dudley Library

includes free use of Wi-Fi, free access to a PC, comfortable chairs, board games and puzzles, toys and crafts for children.

Tuesdays and Thursdays 2pm – 5pm, Saturdays 9am – 12.30pm
– free hot drink and biscuits



Dudley Library Children's Craft Room

Dudley Library craft and playroom has a selection of new toys and games available for you to use.

We still have board games, jigsaws, colouring and crafts available – all free to use when the library is open.

All children must be supervised by an adult.



Rhymetime

Tuesdays 10am

Fun, free, 30-minute interactive session enjoying songs and rhymes in a friendly, supportive environment.



Storytime

Thursdays 10am

Enjoy a story, then craft and create something to take home with you!
Free session.

Sessions are term time only. Please look out in the library for extra children's activities. All children aged 8 years and under must be accompanied by an adult.

Weekly Programme

Monday

Thursday

Reception	8.30am – 9.00pm	Reception	8.30am – 9.00pm
QFit gym	8.30am – 8.30pm	QFit gym	8.30am – 8.30pm
Ladybird Children's	9.00am – 3.00pm	Dudley Library	9.00am – 1.00pm
Nursery (term time only)			2.00pm – 5.30pm
Slimming World	9.30am – 11.00am	Ladybird Children's	9.00am – 3.00pm
QFit Pilates	10.00am – 11.00am	Nursery (term time only)	
Salute cafe	10.00am – 2.00pm	Storytime	10.00am – 10.30am

Adult Archery	10.00am – 11.30am
Salute cafe	10.00am – 2.00pm
Luncheon club	11.30am – 1.30pm
Adult Archery	11.45am – 12.45pm
Baby clinic	1.30pm – 3.00pm
Dance Unlimited	4.00pm – 6.30pm

Tuesday

Friday

Reception	8.30am – 9.00pm	Reception	8.30am – 9.00pm
QFit gym	8.30am – 8.30pm	QFit gym	8.30am – 7.30pm
Dudley Library	9.00am – 1.00pm	Ladybird Children's	9.00am – 3.00pm
	2.00pm – 5.30pm	Nursery (term time only)	
Ladybird Children's	9.00am – 3.00pm	Salute cafe	10.00am – 2.00pm
Nursery (term time only)		QFit Dance Gold	10.30am – 11.30am
Inbetweenies (term time only)	9.30am – 11.30am		
Rhymetime	10.00am – 10.30am		
Salute cafe	10.00am – 2.00pm		
QFit BoxActive	10.30am – 11.15am		
QFit Active Gold	11.30am – 12.15pm		
QFit Tai Chi Qigong	1.30pm – 2.30pm		
Dudley art & craft group	1.00pm – 4.00pm		
Inspire Youth Group	4.00pm – 6.00pm		

Saturday

Reception	9.00am – 5.00pm
Dudley Library	9.00am – 1.00pm
QFit gym	9.00am – 1.00pm

Wednesday

Reception	8.30am – 9.00pm
QFit gym	8.30am – 8.30pm
Ladybird Children's	9.00am – 3.00pm
Nursery (term time only)	
Salute cafe	10.00am – 2.00pm
QFit Pilates	10.30am – 11.30am
QFit Seated Pilates	11.45am – 12.30pm
Walking group	1.00pm – 3.30pm
One to one drop in clinic (appointment only)	1.30pm – 7.00pm



Free North Tyneside Council helpline telephone available in John Willie Sams Centre reception.

Weetslade Ward Councillors' Surgeries

2nd Friday of the month

9.30am – 10.30am

1st Saturday of month

10.15am – 11am

No appointment required.

Car park

When using John Willie Sams Centre facilities, please use the 72-space floodlit car park.

The car park is located adjacent to the building behind Borderline taxi, Market Street.

Customer Services

We now provide appointments with an advisor at John Willie Sams Centre.

Appointments can be made by contacting

0345 2000 106

PROPS

A specialist service for people whose lives are affected by someone else's alcohol or drug use. Free, confidential support is available. Their helpline is open every day, including weekends, 9am – 9pm, call (0191) 226 3440 or come to their drop in every other Thursday, 10am – 12pm, starting 2 January.

Slimming World

Mondays 9.30am

Come along to this friendly and supportive group.

For more information visit the website www.slimmingworld.co.uk

Dudley Luncheon Club

Every Thursdays 11.30am – 1.30pm

Come along for a home cooked lunch and a chat. For further information please leave your details at reception and a member of the group will contact you. Nominal charges apply.

Dudley Arts and Social Hub

Meet every Tuesdays 1.00pm – 4.00pm

An informal and friendly group of people of all ages who enjoy arts and crafts. There are no instruction periods, although there are always plenty of tips and advice from fellow members on painting and drawing. Nominal charge to cover room hire and refreshments. For further information please leave your details at reception and a member of the group will contact you.

The QFit Gym

Monday to Thursday 8.30am – 8.30pm

Friday 8.30am – 7.30pm

Saturday 9am – 1.00pm

Last admission is 30 minutes prior to closing time.

Timetable of exercise classes inside

Various exercise classes and membership packages available - for further information contact **QFit Gym** on (0191) 250 0166 or e-mail: bookings@qfitgym.uk website: www.qfitgym.uk Facebook: @qfitgym

Community Adult Archery Sessions

Thursdays

10am – 11.30am

11.45am – 12.45pm

for more information contact

Sport North Tyneside on (0191) 643 7447



Baby clinic

Every Thursday 1.30pm – 3pm

No appointment needed – just drop-in at any time during the session to get your baby weighed and speak with your local health visitor.

North Tyneside Citizens Advice

How to access Citizens Advice services :

- Call the adviceline on **0808 278 7822** – open **Monday to Friday, 9am – 5pm.**
- Visit their website at ntcab.org.uk and complete a contact form and someone will call you back.
- Download their App – theirs is the App with the North Tyneside logo.

Dudley Walking Group

Every Wednesdays 1pm – 3.30pm

Group leave the centre for a local walk and return to the centre for refreshments. Nominal charge applies. For further information please leave your details at reception and a member of the group will contact you. Walking boots or walking trainers and a waterproof coat/jacket should be worn.

Play time sessions

Would you like to listen to a story and take part in fun activities from messy play to songs and rhyme? Come along to this friendly session.

**Fridays (term time only),
9.30am – 11am**

Nominal charge applies

Working Well North Tyneside

Confidential, tailored support to help you progress in work and life.

Tuesdays 10am – 2pm

Free support with job and skills, confidence, money, health and wellbeing.