

# OUR North Tyneside

Killingworth Lake sunset – Keith Fenwick



North Tyneside Council

ADVERTISEMENT



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# A message from the Elected Mayor

**Welcome to the winter edition of the Our North Tyneside magazine, I hope you have all had a safe and enjoyable summer. As always, the summer months were packed with plenty happening in our Borough, with big events, developments and exciting things taking place across North Tyneside.**

I am pleased to share with you more wonderful things happening this winter. There is lots for families to get involved with in the lead up to the festive season alongside news on our ambitious plans for North Shields, Wallsend and the North West of the Borough.

Most importantly, this magazine has lots of information on support that is available for families, businesses, and communities this winter. On **page 32** you can find information on social supermarkets, winter fuel payments, pension credits and our Warm Welcome scheme.

Winter is a challenging time for so many of us. If you need some extra

help, it is there, and we will carry on working with our partners in the voluntary and community sector to do what we can for you, your family or your business.

As part of this community support, we have created new Community Hubs in our Borough, offering a range of services and guidance – as well as our libraries, skills training and a variety of organisations. You can find out more about our Community Hubs on **page 5**.

On **page 4** you can read about our Royal Visitor, HRH Princess Anne, who spent time with our Youth Justice Service where she learnt more about the work they do with North Tyneside's Young People.

Starting on **page 18** is an update on our work to make North Tyneside cleaner, greener and safer, including our Neat Streets initiative, an update on the second phase of our seafront sustainable transport route and some advice on how to have an eco-friendly Christmas.

And finally, starting on **page 12** is a bumper, festive What's On guide with lots of events, performances and things for you and your family to enjoy this autumn and winter.

I hope you enjoy reading this edition. I would like to take this opportunity to wish you a healthy, happy and peaceful festive season and wish you all the very best for the New Year.

*Norma Redfearn.*

**Dame Norma Redfearn DBE  
Elected Mayor of North Tyneside**



## Sign up to our monthly newsletter

The Our North Tyneside newsletter includes news, events and opportunities for you to have your say. The newsletter is produced monthly to provide the most current information directly to your inbox.

Please subscribe at [my.northtyneside.gov.uk/newsletter](https://my.northtyneside.gov.uk/newsletter).

We will continue to deliver the printed magazine to every household three times a year.



# North Tyneside welcomes royal visitor

**North Tyneside enjoyed a Royal visit in October as The Princess Royal met with award-winning Youth Justice Worker Justin Laidler and his team at the Riverside Family Hub.**

HRH Princess Anne was given a tour of the hub and spent time with our Youth Justice Service, where she was keen to learn about the fantastic work they do to support young people in the Borough.

The visit comes after an award win for Justin, whose all round excellence and ability to inspire hope were recognised by the Butler Trust at their awards ceremony.

His hard work earned him the highest accolade of the evening as he was announced as the winner of the Princess Anne Outstanding Achievement Award 2023-24.

In her role as Patron of the trust, the Princess Royal visited North Tyneside to once again congratulate Justin on everything he has achieved and unveiled a plaque to commemorate her visit.

Speaking at the visit, Justin said: "It's an honour to have Her Royal Highness visit the team in North Tyneside as they have all been an integral part of my journey over the last 21 years and supported me through every high and low."



Princess Anne congratulates Justin Laidler at Riverside Family Hub

# New community hubs and libraries

**Imagine a place where you can pick up a book, join a mindfulness session, get your blood pressure checked and get advice on a range of topics—all in one visit.**

The Council has brought this vision to life with the launch of its new Community Hubs and Libraries\*, transforming six of our Customer First Centres into welcoming spaces where residents can connect and find support on how to access services in one convenient place.

Located in Dudley, Killingworth, Longbenton, North Shields, Wallsend, and Whitley Bay, the newly rebranded hubs go beyond traditional library services.

In addition to books and events, they offer early advice on how to get housing support, welfare assistance and health services.

Families can benefit from baby clinics, Rhymetime, and early learning programmes aimed at giving children the best start in life.

And by partnering with organisations like Age UK, The Carers Centre and Citizens Advice the Council aims to build a network of support that strengthens community ties and improves residents' wellbeing. Whether you're dropping in for advice or just a cup of tea, the hubs are designed to make everyday life easier for residents.

To make them even more welcoming and easy to find, new signage has been installed at each location, clearly marking them as Community Hubs and Libraries where residents can access the full range of services and support.

## **\*Community hub locations**

- Northumberland Square, North Shields
- York Road, Whitley Bay
- The Forum, Wallsend
- White Swan Centre, Killingworth
- Oxford Centre, Longbenton
- John Willie Sams Centre, Dudley



# Our Ambition for North Shields

## Bedford Street

Work is starting on a major scheme of improvements, with smart new paving, mature trees and modern seating. The pedestrian area will be extended to improve safety and create extra outside space for businesses. The Clock Tower outside the Beacon Centre will be demolished as part of the scheme. There will be access to all shops throughout the works, which are

due to finish in mid-2025. Bedford Street remains open for business.



## Stephenson Street gateway

Work on the gateway into North Shields at Stephenson Street / Albion Road is now complete, creating a more welcoming entrance to the town. The new layout offers a safer route for cyclists and pedestrians to the town centre and Fish Quay with upgraded traffic signals, footpaths and crossing points.

## Riverside Embankment Walkway

The Riverside Embankment Walkway will provide a step-free route between North Shields town centre and the Fish Quay, making it easier for people to travel between the two parts of town. The route of the walkway is complete and the scheme is on track for an estimated completion date of December 2024. An official opening event will follow in 2025.

## North Shields 800

The winning logo design for the celebrations has been announced after a public poll. North Shields 800 will feature a calendar of exciting events throughout 2025. These include heritage and arts projects, a spectacular parade of sail and a blessing of the fishing fleet.



## 11-12 Northumberland Square

A pair of derelict Grade II listed Georgian townhouses have been brought back from the brink and transformed into six stunning homes.

Numbers 11 and 12 Northumberland Square had suffered years of decay and damage, with caved in roofs, fallen ceilings and vandalism.

Built around 1810, the grandeur of the buildings has been restored with modern living spaces, new sash windows, stylish fitted kitchens and eco-efficient heating systems.

It follows the successful redevelopment of former offices at 13-16 Northumberland Square into 28 homes and completes the sympathetic restoration of the historic square in the centre of North Shields.





## North Shields Cultural Quarter

aims to grow the creative economy of North Shields, supported by the North East Combined Authority.

**North Shields**

**Cultural Quarter**



An Artists' Agency event

### Globe Gallery comes home

The Globe Gallery has come home to its original premises in North Shields. The prominent corner building at 97 Howard Street sits in the heart of North Shields Cultural Quarter. It features exhibition space and a community room for artist workshops and health and wellbeing projects. Just across the road are the newly-refurbished Exchange 1856 theatre, North Tyneside Business Centre, Pinwheel, North Tyneside Music Education Hub and Helix Arts.

### Generator's Creative Business Support

Designed to help creative individuals and businesses thrive, with masterclasses, workshops, 1:1 guidance, networking events, e-learning and drop-in sessions.

### Bursary programme

The North Shields Cultural Quarter bursary programme is open to applications with a deadline of 30 November 2024. Grants of up to £1,000 are available to help artists and creative businesses based in North Tyneside gain new skills and pursue business ideas.



The Pop Up Gallery

### Artists' Agency

Artists' Agency from Helix Arts is a long-term programme to support artists and creatives in North Tyneside. It offers tailored mentorship, networking opportunities, and peer-to-peer support to help artists build sustainable careers in the arts. The programme will provide at least 12 hours of support to 70 participants over the next three years.

### Projects and events

An exciting programme of projects and events continues, with funding and support from North Shields Cultural Quarter. These include a pop-up gallery featuring 15 local artists, a six-month storytelling project about the River Tyne, in-conversation events with leading figures from the music industry, contemporary dance performances, digital projections and a series of video podcasts.



Curious Caravan performance

Find out more at [nscq.co.uk](https://nscq.co.uk)

# Our Ambition for the North West



## Consultation events

One hundred people attended consultation events across the North West of the Borough in summer 2024. People were asked about the look and feel of their village, community activities, services and facilities. Another 140 people completed an online survey.

## Village plans

The Council is working with residents on village plans for Killingworth, Annitsford, Dudley, Fordley, Camperdown, Burradon, Wideopen and Seaton Burn. New signage, landscaping, road markings and public art will be added. There will be improvements to Fryer's Millennium Green in Burradon and Keegan Park in Killingworth, and support for a new Friends of Annitsford Pond group.

## Waggonways

Work starts in 2025 on resurfacing some sections of the historic waggonways that link the North West villages, as well as improving drainage and wildlife habitats along these important sustainable routes.

## Transport

As part of our Transport Strategy for the North West of the Borough we will work with transport operators, the voluntary sector and other partners on potential improvements to public transport links. We will work with the North East Combined Authority on the feasibility of a new station on the East Coast Main Line in the Killingworth area, improve active travel routes and explore options for cleaner and shared vehicles.

## Community grants

Organisations and residents in the North West of the borough can still apply for grants of up to £1,000 through the UK Shared Prosperity Fund – Communities and Place, until 31 December 2024. The money can be used to set up new social groups, organise community events or activities, share local history or create community gardens. Apply at [voda.org.uk/ukspf](https://voda.org.uk/ukspf)

## Community Bus Project

A new community bus project has received £10,000 through the UK Shared Prosperity Fund Medium Grants programme.

The bus will provide transport for residents, helping them access services, attend day trips, and support local sports teams.

The funding was awarded to New Fordley Juniors with the bus supplied by local firm Bowman Travel. Larger projects such as Woodlands Park Association, Newcastle Dog and Cat Shelter and Westmoor Community Centre have been awarded funding to enhance their facilities.



The new community bus

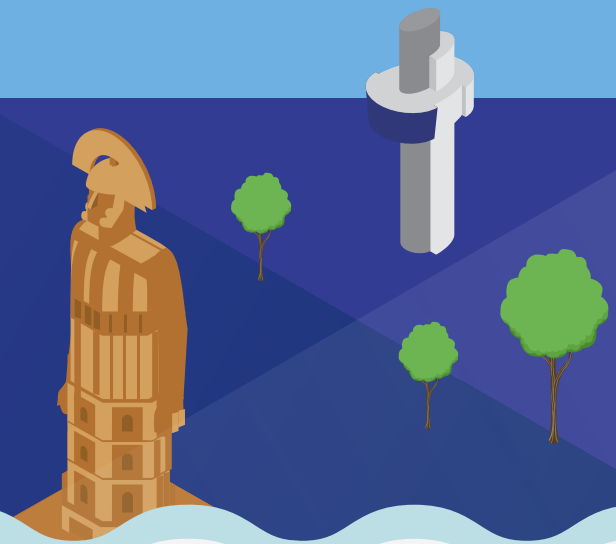


## Killingworth Lake

Improvements are on the way for Killingworth Lake Park including a multi-use games areas, café hub, new planting to help biodiversity, and footpath improvements.



# Our Ambition for Wallsend



## Work is underway on Active Travel Route

**As part of our work to turn Wallsend into a vibrant and connected place, work has started on an active travel route in the town centre.**

This will create a safe, active travel route in Wallsend, improving access for pedestrians and cyclists between Segedunum Roman Fort and Museum and Wallsend High Street. It will improve access for families, pushchairs, wheelchairs, bikes, scooters and all active travel modes of transport.

The work will involve:

- Footpath improvements along the route on Wooley Street, and Maude Gardens that connects

High Street West to the A187 Buddle Street.

- New crossing points on Buddle Street – this will take pedestrians and cyclists to the Segedunum site and connects to the National Cycle Route (NCN 72).
- A new crossing point at Wallsend Bus Station.
- Upgrading the landscaping areas in Wallsend Bus Station.

The works will be carried out by our strategic partner Capita.

A contraflow system and temporary traffic lights will be in place on the A197 Buddle Street/Station Road junction at all times, until the project is complete.

Bus stops will not be affected by the works, however due to the temporary traffic lights we expect there to be delays during peak times.

We apologise in advance for any inconvenience caused during the works, we will work closely with bus providers to minimise this impact.

Local pedestrian diversions will be in place close to the works area, please follow on site signage.

## The future of Segedunum

**Thank you to everyone who took part in our recent consultation on the future of Segedunum Roman Fort and Museum and how we can improve visitor experience.**

Along with Tyne and Wear Archives and Museums, we are working to improve Segedunum to make it an even better place to visit and ensure that our World Heritage Site is an attraction that people from Wallsend and North Tyneside can be proud of.

A lot of work is already going on behind the scenes, and we're looking forward to bringing you more exciting news in the coming months.



Illuminated sheep at Segedunum Roman Fort and Museum. Photo courtesy of Colin Davison

## With brand new facilities in Wallsend, there's never been a better time to learn



The Council's adult learning service has recently moved into brand new facilities in Swans Centre for Innovation in Wallsend and has already welcomed learners onto a wide range of courses.

Whether you are preparing for work, starting a new career or developing your skills, there is something for you with a wide range of courses from health and social care to digital skills, English and maths.

We know that learning is about more than just building skills and gaining experience, so our courses

support wellbeing, boost confidence, build friendships and help you to realise your true potential.

We recognise that each learner is unique, so we work with you to create a personalised study programme that suits you. Whether you're looking for daytime, evening or online classes, we offer the flexibility you need to manage learning around other commitments – whatever your stage in life.

You will receive outstanding support from our passionate student services and learning support teams for everything from help with childcare and course fees to one-to-one

appointments with our wellbeing mentor.

For further information, telephone 0191 643 2288, email curriculum.support@northtyneside.gov.uk or visit

[www.skillsnorthtyneside.org.uk](http://www.skillsnorthtyneside.org.uk)



Swans Centre for Innovation

## Want to unlock your full business potential?

Delivered by



North Tyneside Council



The Business Factory

Whether you're looking to turn your idea into a business or develop an existing one, The Business Factory will be able to provide you with the right guidance and support to help you on your journey.

### YOUR TICKET TO SELF-EMPLOYMENT

Come along to our event to find out more about the support available from The Business Factory.

Book your place **at [businessfactorynt.co.uk](http://businessfactorynt.co.uk)**

Delivered by



North Tyneside Council



The Business Factory

FRIDAY  
17 JANUARY  
Whitley Bay  
Big Local Hub

# Our North Tyneside Voice



## Get involved and have your say

**Our North Tyneside Voice is an easy way for you to get involved with North Tyneside Council, to have your say and share your views.**

The website hosts consultations and updates on a range of subjects including:

- Proposed changes to Council services
- Plans for regeneration schemes
- The Council's annual budget
- Ideas for new activities and projects

Register on the site and the team will get in touch whenever there's an opportunity for you to have your say. If you know someone who isn't online but would like to join in, they can still get involved by calling the team on 0191 643 2828.

Along with online surveys and consultations, we always have paper copies at the 'Have Your Say' displays in our community hubs.

- Northumberland Square, North Shields
- York Road, Whitley Bay
- The Forum, Wallsend
- White Swan Centre, Killingworth
- Oxford Centre, Longbenton
- John Willie Sams Centre, Dudley



For the latest information on housing-related engagement opportunities for council tenants, please go to page 25.

## Have your say on the North East Local Transport Plan

North East Mayor, Kim McGuinness' vision for a green, integrated transport system that works for all is outlined in the North East Local Transport Plan. It is her blueprint for a connected network that is simple, affordable, and built to last. The goal is to make travel across the North East greener, safer, and more reliable, ensuring it's accessible to everyone, both physically and financially.

But most importantly, this plan is about you and your needs, so we want to hear from you. Do our solutions address your challenges? Have we missed anything? Share your thoughts at [northeast-ca.gov.uk/localtransportplan](http://northeast-ca.gov.uk/localtransportplan).

**NE** North East  
Combined  
Authority

# Our North Tyneside Voice



**Sign up today** and we will contact you every time we have an opportunity for you to share your views on our services. Scan the QR code to get started or call us on the number below.



Email: [engagement@northtyneside.gov.uk](mailto:engagement@northtyneside.gov.uk)  
Telephone: 0191 643 2828





# What's On

All details are correct at the time of going to print. Please check event information closer to the time and before making your journey.

For more information see [www.visitnorthynteside.com](http://www.visitnorthynteside.com)

## Wallsend Winter Events

Selected dates,

November – December

Author events, children's live theatre, Christmas character appearances and more.

For full programme see [www.visitnorthynteside.com](http://www.visitnorthynteside.com)

## Tynemouth Station Christmas Market

Weekends in November and December, 9am – 3.30pm

Visitors to the popular market can shop for Christmas gifts and quirky stocking fillers from around 200 unique, independent stalls.

[www.tynemouthmarkets.com](http://www.tynemouthmarkets.com)

## Newcastle Quays Christmas Market

16 – 17 November, 19 – 22 December  
Newcastle Quays Retail Park, North Shields

Stalls, entertainment, food and drink, and a Santa's grotto (December market only).

[www.newcastlequays.com](http://www.newcastlequays.com)

## Tynemouth Village Christmas Shopping Night

21 November, until 8pm

Selected Tynemouth businesses will be opening late and offering discounts, mulled wine, mince pies and a raffle (with proceeds going to charity). Search for Tynemouth Village Christmas Shopping Night on Facebook.

## Spanish City Christmas Market

22 – 24 November

Spanish City, Whitley Bay

A variety of traditional, craft, gift and food stalls.

[www.spanishcity.co.uk](http://www.spanishcity.co.uk)

## Whitley Lodge Christmas Tree Lighting

28 November, from 3.15pm

Whitley Lodge Shops

Tree lighting, local school choir and Santa's grotto.

## Whitley Bay Late Night Christmas Shopping

28 November

Whitley Bay town centre, selected businesses

Festive shopping, food, drink and offers.

[www.whitleybaychamber.co.uk](http://www.whitleybaychamber.co.uk)

## Elf Express

30 November – 23 December  
(selected dates/times)

Stephenson Steam Railway

Take a trip on board the Elf Express – meet Chief Elf as well as Santa Claus himself and enjoy an interactive Christmas performance before jumping on board a heritage locomotive. There will be live entertainment, refreshments and a gift from Santa.

[www.stephensonsteamrailway.org.uk](http://www.stephensonsteamrailway.org.uk)

## Christmas Fayre

30 November, 11am – 3pm

The Rising Sun Countryside Centre

Rides, stalls, wreath making, walkabout Santa (12pm – 3pm), Mrs Claus and refreshments.

Free entry, some activities payable.

For further information call 0191 643 2244.

## Park View Santa's Grotto

30 November and 7 / 14 / 21

December, 10.30am – 2.30pm

Park View Shopping Centre, Whitley Bay

Shoppers can get in the Christmas spirit and visit Santa on selected days throughout December. These events are organised by the Rotary Club of Whitley Bay who will be raising funds for local causes.

## Fiesta Whitley Bay

1 December, 11am – 3pm

Whitley Bay town centre

Market stalls, street food, fun activities and live music.

[www.fiestawb.com](http://www.fiestawb.com)

## Cullercoats Community Advent

1 – 30 December, 5.30pm – 9pm daily

Throughout December, residents and businesses in Cullercoats will host festive window or garden displays. Each evening a new display will be illuminated and revealed in the style of a 'living' advent calendar. Search for Cullercoats Community Advent on Facebook.

## Quorum Business Park Christmas Fair

4 December, 11am – 2.30pm

Quorum Business Park

Over 40 stalls, street food and mulled wine. [www.quorumpark.com](http://www.quorumpark.com)

## Cobalt Christmas Market

5 December, 11am – 6pm

Cobalt Business Park

Local traders and free Santa's grotto. [www.morecobalt.co.uk](http://www.morecobalt.co.uk)

## Blue Genie Entertainment presents 'Peter Pan'

6 December – 4 January

Playhouse Whitley Bay

Starring Darren Day and North East comic Steve Walls, this year's all-singing and all-dancing panto will be packed with lots of laughs.

[www.playhousewhitleybay.co.uk](http://www.playhousewhitleybay.co.uk)



## North Shields Christmas Market

7 – 8 December, 10am – 5pm

Saturday, 10am – 4pm Sunday

Northumberland Square and Howard Street, North Shields town centre

The popular, annual market returns with over 70 stalls along Howard Street offering a wide variety of goods including gifts, homeware, crafts and artisan produce. There will also be entertainment, live music and fairground rides for children.

A pop-up food and drink village can be found in Northumberland Square – there will be lots of seating as well as

mulled wine and a wide selection of tasty street food.

Search for North Shields Christmas Market on Facebook.

## Festive Fun at the Beacon Centre

7 – 8 December, 11am – 2.30pm

The Beacon Centre, North Shields

Festive characters, crafts and games.

[www.thebeaconcentre.co.uk](http://www.thebeaconcentre.co.uk)

## Santa at St Mary's

7, 8, 21, 22, 23, 24 December

(various times)

St Mary's Lighthouse, Whitley Bay

A visit to Santa in his grotto including gift and creative crafts.

Booking essential. £12 per child.

To book, visit <https://bookwhen.com/ntc-lighthouse>

## Cinderella Pantomime

14 – 24 December

The Exchange Theatre, North Shields

Join a whole host of hilarious and colourful characters on an enchanted journey of magic.

[www.theexchange1856.com](http://www.theexchange1856.com)

## Woodlawn School Pudding Fun Run

26 December, 10.30am

Links, Whitley Bay

Work off Christmas Dinner with this annual charity fun run, organised by Woodlawn Parents & Friends Association and North Shields Polytechnic Club.

[www.nspoly.co.uk](http://www.nspoly.co.uk)

## Winter Warmers

28 – 29 December, 11.30am, 12.30pm, 2pm and 3pm

Stephenson Railway Museum

Beat the post-Christmas blues with a journey on a heritage train.

[www.stephensonsteamrailway.org.uk](http://www.stephensonsteamrailway.org.uk)



## New Year's Day Morris Dancing

1 January, 12noon

Ship Inn, Monkseaton

The award-winning morris dancers return with their traditional annual dance.

[www.monkseatonmorrismen.co.uk](http://www.monkseatonmorrismen.co.uk)

## Cinderella

10 – 19 January

Tynemouth Priory Theatre

A traditional pantomime at the charming Priory Theatre.

[www.priorytheatre.co.uk](http://www.priorytheatre.co.uk)

## Whitley Bay Pantomime Society present Sleeping Beauty

14 – 19 January

Playhouse Whitley Bay

The award-winning Whitley Bay Pantomime Society are back with their annual production.

[www.playhousewhitleybay.co.uk](http://www.playhousewhitleybay.co.uk)

## The Seed Social North Tyneside Seed Swap and Potato Day

22 February, 10am – 2pm

Whitley Bay Big Local, Whitley Bay

# What's on at the PLAYHOUSE

## WHITLEY BAY

### The Sensational 60s Experience

Friday 8 November 2024

7.30pm

This brand new show with the definite feelgood factor will transport you back to that magical decade that was the 1960's.

### Tygers of Pan Tang

Saturday 9 November 2024

7.30pm

World famous North Tyneside rock collective return home after 45 years!

### Cramlington Train Wreckers

Wednesday 13 November 2024

7.30pm

From the team behind smash-hit plays *Wor Bella*, *Hadaway Harry*, *Carrying David*, *Mr Covan's Music Hall* and *The Great Joe Wilson* comes another incredible, forgotten story about the North East

### Hancock's Half Hour: The Lost TV Episodes

Tuesday 19 November 2024

7.30pm

Commemorating 100 years of Tony Hancock, and 70 years of 'Hancock's Half Hour', take a trip to 23 Railway Cuttings, East Cheam and join Kenneth, Hattie, Sid and 'The Lad Himself' for three classic episodes of this ground-breaking, timeless comedy.

### Kerry Ellis: Queen Of The West End

Wednesday 20 November 2024

7.30pm

Kerry Ellis is the Queen of the West End. From *My Fair Lady* to *We Will Rock You*, from *Les Miserables* to *Wicked*, in both the West End and on Broadway, she has starred in musical theatre's biggest roles, making shows her own and earning her numerous awards.

### Christmas Choir Concert for Age UK North Tyneside

Thursday 28 November 2024

7pm

Some of North Tyneside's best-loved choirs will take to the stage this November in support of Age UK North Tyneside.

### The New Adventures of Peter Pan

Friday 6 Dec 2024 – Saturday 4 Jan 2025

Various Times

Following our most successful panto ever – Join us for our 2024 production of *The New Adventures of Peter Pan* at the Playhouse Whitley Bay! Come and see why Playhouse pantos really are the best.

### Ward Thomas

Wednesday 22 January 2025

7.30pm

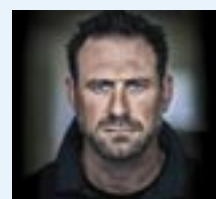
Gold selling country duo Catherine and Lizzy Ward Thomas make their Whitley Bay debut!

### The Dazzling Diamonds

Thursday 9 January

7.30pm

The Dazzling Diamonds make a triumphant return with a brand-new comedy variety drag show. This show contains adult themes and strong language.



### Jason Fox: Life At The Limit

Tuesday 28  
January 2025  
7.30pm

Star of TV's

*SAS: WHO DARES WINS* talks about his distinguished career with a breath-taking story of Special Forces soldiering; a chronicle of operational bravery, adventure and courage on and off the battlefield.

For full listings, further information and to purchase tickets:

- Visit [www.playhousewhitleybay.co.uk](http://www.playhousewhitleybay.co.uk)
- Visit the PLAYHOUSE Box Office: Open Monday – Friday 10am to 4pm, Saturday 10.30am to 2.30pm, plus event days.

# BorrowBox

**Did you know, you can access free eBooks, eAudiobooks, eMagazines and eNewspapers from the digital library BorrowBox?**

BorrowBox offers:

- thousands of eBooks and eAudiobooks including the latest bestsellers in both fiction and non-fiction, for adults and children
- eMagazines and eNewspapers, including daily copies of the Journal and the Chronicle
- up to six eBooks, six eAudiobooks and six eMagazines on your account at any one time, for a period of up to three weeks

- automatic return of items at the end of the loan period
- the ability to tailor the app to suit your reading preferences and needs, including compatibility with VoiceOver (iOS) and TalkBack (Android) for visually impaired users

All you need to use the app is a tablet, phone or computer with internet access and a North Tyneside Libraries membership number and PIN.

To get started, find the app in your app store, search for North Tyneside Libraries and sign in with your library ticket number and PIN, and away you go!

Not a member yet? No problem. To join the library simply visit one of our branches or you can sign up online by searching 'Libraries' on the Council's website.



## Veterans' allotment and sporting club

We have an allotment in Wallsend where veterans and their families work together in a safe and supportive space, with access to quality fruit and vegetables to provide cost-effective meals.

Surplus produce is donated to other veterans and their families. We donate fruit and vegetables to The Bay Foodbank.

The plot has been able to bring together veterans and family members of veteran together who are able to mutually support each other and help veterans in crisis by giving them a safe space to have time to heal and move onto the next positive step in their post-service life.

For further information please contact [veteransoutdoorclub@gmail.com](mailto:veteransoutdoorclub@gmail.com).



Veterans and their families

# Contours was the final piece of the puzzle for a determined Kim Challen



**Ten years ago, former ballet dancer Kim faced devastating news at the age of 38. She woke up one morning and was unable to move her legs.**

A month later, in hospital, Kim was told she would never walk again due to a condition called Transverse Myelitis, which causes swelling of the spinal cord.

“After two years in a wheelchair and not venturing out much, it’s safe to say I had lost all confidence physically and mentally,” said Kim.

Through grit and determination, over the course of the eight years that followed, Kim changed her mind set and her life by pushing through the pain and forcing her body to move.

In December 2023, she faced another blow when she required surgery and radiotherapy for breast cancer, a very difficult time for Kim and her family.

In Spring 2024 Kim got the amazing news that she was cancer free and

decided to push herself that little bit further and out of her comfort zone.

“I wanted to find a place to exercise outside of the four walls I had become accustomed to and took tentative steps by visiting Tynemouth Pool.

“It warms my heart every time I visit and I’m greeted with a warm smile and a hello – not just from the team but other customers too, I really do feel I have an extended family,” explained Kim.

Training at Tynemouth Pool has become a big part of Kim’s life and it’s not just about the benefits of keeping fit and managing weight but it’s about her mental wellness too.

“After everything I’ve been through, I now wake up every day feeling blessed. I have proved them wrong, I can now walk with the aid of a walking stick. If I can give any advice, it would be ‘believe in yourself and life is worth living’, at 48 I am now living it the best I can,” concludes Kim.

A Contours membership means something different to every person using it to access the gyms in North Tyneside leisure centres.

Whatever your challenges, goals or motivations, the team are there to help you take tentative steps or jump right in.

For more information on Contours visit the ‘Sport and leisure’ pages on the Council’s website.



## Swimming is an essential life skill

**Socialising with other children, being more active and learning an essential life skill – all benefits of learning to swim!**

You can register your interest in level 1 swimming lessons for your child once they are 5 years old (and at least 90cm tall). Level 1 helps build water confidence and introduces water safety and the basic skills needed to build swimming ability.

The next programme of lessons is due to start on 6 January 2025. To register your interest for a space, complete the online form by searching ‘swimming lessons’ on the Council’s website.

Once registered, your preferred pool will email you when a space becomes available.





## Learning Disabilities Body Benefits Programme

The next course for adults with a learning disability living in North Tyneside who are interested in learning about a healthy lifestyle is taking place from Tuesday 4 February 2025 to Tuesday 8 April, 10.30am–12.30pm.

The programme will share information about healthy eating with an opportunity to try some exercise sessions and make friends.

For further information contact:

**Active North Tyneside:** 0191 643 7171 / [active@northtyneside.gov.uk](mailto:active@northtyneside.gov.uk)

**Learning Disabilities North East Team:** 0191 262 2261 / [ldne.health@nhs.net](mailto:ldne.health@nhs.net)



## Walk in all weather

**Wellbeing Walking groups are bracing themselves for the cooler climates in North Tyneside – through the addition of a few more layers of clothing!**

“There’s nothing nicer than getting wrapped up ready to meet friends, breathing in some fresh crisp air and finishing with a nice warm cuppa each week,” said one of the walk leaders.

Whether it’s meandering through Narnia-like woodlands, Rising Sun hilltop or frost-kissed Northumberland Park, walking in cold weather offers a wide range of benefits.

It could be just what you need to invigorate your mind, bring a rosy glow to your cheeks and boost your mood.

So, wrap up, fill your thermos, grab a friend, find a group and head out for an adventure with a walk in a North Tyneside wonderland...

### Try a Wellbeing Walk for yourself:

- **The Parks Walk Group:** Monday, 10.30–11.30am. Meet at The Parks Sports Centre (Howdon Road, North Shields). Contact: Pauline: 07847 522 641.
- **Ron’s Whitley Bay Room:** Tuesday, 10.30am–12.30pm. Get in touch to confirm the meeting point as this changes. Contact: Ron: 07913 509 396.
- **Healthy Heart Hikers:** Alternate Tuesday, 10.30am–12.30pm. Get in touch to confirm dates and meeting locations prior to your first walk. Contact: Tony: 0191 643 2900.
- **White Swan Walk:** First and third Tuesday of the month, 10am–12pm. Meet at the library entrance in the White Swan Centre (Citadel East, Killingworth). Contact: Pauline: 07847 522 641.
- **Wallsend Walkers:** Wednesday, 10.30am–12pm. Meet at the side entrance of Wallsend Memorial Hall People’s Centre (Frank Street, Wallsend). Contact: Carl: 07756 535 079.
- **Eddy’s Haven Walk:** Thursday, 10.30am–12pm. Meet at Priors Haven car park in Tynemouth. Contact: Nina: 07949 740785.
- **Waves Walkers:** Friday, 10–11am. Meet at Waves (The Links, Whitley Bay). Contact: Yvonne: 07534 582 016.
- **Rising Sun Walk Group:** Sunday, 10.30am–12pm. Meet at the café entrance of the Rising Sun Countryside Centre (Whitley Road, Benton). Contact Carl: 07756 535 079.



For more information on each walking group including distances and difficulty, visit [www.activenorthtyneside.org.uk/wellbeing-walks](http://www.activenorthtyneside.org.uk/wellbeing-walks)

# A GREEN NORTH TYNESIDE

Find useful tips and advice at [my.northtyneside.gov.uk/actiononclimatechange](https://my.northtyneside.gov.uk/actiononclimatechange)

## Neat Streets

**The Council's Neat Streets initiative is making North Tyneside a cleaner, greener, and safer place for everyone.**

In the summer of 2023, the Council brought together its housing, waste collection, grounds maintenance, and street cleaning teams, and added extra resources to improve the look and feel of our Borough. We invested £1.5 million in new staff, equipment, and services to better support our residents.

This enabled the council to respond to over 1,100 additional requests for help, removing 532 tonnes of extra waste and cleaning up 12,000 properties through 51 clean-up operations.

The introduction of free bulky waste collections for tenants has led to 1,200 collections and the removal of 22 tonnes of waste. The expanded garden support scheme now helps around 700 households with their garden maintenance.

This collaborative approach of planned and responsive work is making a real difference across North Tyneside.



Before

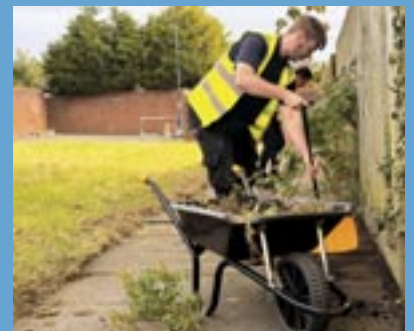


After

### Making a difference to where people live

Our rapid response teams recently gave the streets of Longbenton and Percy Main a thorough makeover. The teams spent many hours weeding, removing fly-tipped waste, trimming overgrown hedges, and clearing debris. They transformed the area into a cleaner, more inviting space for the local community.

When asked what the job means to them, the team all spoke about the pride they take in their work. For them, it's about job satisfaction and knowing they're making a real difference to the places where people live. They expressed their gratitude for residents who play their part by using the bins provided, reporting issues that need our attention, and helping to keep our neighbourhoods tidy.



# Work underway on Seafront Sustainable Route's Phase Two

## Work is now underway on Phase Two of North Tyneside's ambitious Seafront Sustainable Travel Route.

The first section, from Tynemouth Front Street to the Aquarium, has already made journeys safer and more enjoyable for thousands of residents and visitors.

Phase Two will extend the route to St Mary's Lighthouse in Whitley Bay, creating a seamless five-mile coastal pathway. This will further enhance accessibility and safety, with dedicated spaces for cyclists and pedestrians, and roads and footpaths being resurfaced.

The improvements aim to boost the appeal of the award-winning seafront, attracting more visitors, and supporting local businesses and attractions.

Funded by the Department for Transport's Active Travel Fund and

Sustrans, and with Capita handling the construction, the project aims to promote sustainable travel options that benefit everyone, and is a key part of the council's pledge to reach carbon net-zero by 2030.

Councillor Carl Johnson, North Tyneside's Deputy Mayor, said: "By improving our cycle provision, footpaths and roads, we're creating a more welcoming, accessible, and enjoyable seafront for everyone.

"The seafront belongs to us all, and this project isn't just about infrastructure. It's about building a better-connected, more vibrant North Tyneside, which is greener and healthier.

"We know there will be some temporary disruption during construction, but the benefits will be long-lasting. I'd like to thank everyone in advance for their patience as we work to improve our coastline for everyone to enjoy."

Work is expected to be complete by summer 2025.

Temporary traffic measures will be implemented at different locations throughout the project.

Stay up to date with the improvement work: Subscribe to our newsletter, email: [sustainabletravel@northtyneside.gov.uk](mailto:sustainabletravel@northtyneside.gov.uk) and put "Seafront Sustainable Route" in the subject, or scan the QR code here



# A GREEN NORTH TYNESIDE

Find useful tips and advice at [my.northtyneside.gov.uk/actiononclimatechange](https://my.northtyneside.gov.uk/actiononclimatechange)

## Simple Steps for an Eco-Friendly Christmas

A few small changes can make this festive season greener. Why not pledge to reduce your waste and recycle as much as possible?

Place recyclable items directly in your grey bin—no plastic bags. Unsure about how to dispose of an item? Check our A-Z of Rubbish at [www.northtyneside.gov.uk](https://www.northtyneside.gov.uk).

### Plastic pots, tubs, trays and punnets:

Rinse and place them in your grey bin. Black plastic and plastic film go in your green general waste bin.

**Packaging:** Polythene, polystyrene, tags, and excess tape belong in the green general waste bin.

**Cardboard:** Flatten boxes before placing them in your grey bin. Boxes left on the pavement won't be collected.

**Glass:** Put glass in your caddy inside the grey bin. Use a nearby bottle bank or glass skip if needed.

**Cards:** Only cards without glitter or stick-on decorations can be recycled.

**Wrapping paper:** Recyclable if it stays scrunched when released. Foil or metallic wrap cannot be recycled this goes in your green general waste bin.

**Foil:** Clean foil can be placed in your grey bin, including foil roasting trays – but please wash them first.

**Batteries:** Do not put batteries in any bin. Instead, dispose of them safely at designated collection points.

**Decorations:** Reuse last year's decorations, swap with others, or get creative. Donate unwanted decorations to charity.

**Tackle food waste:** Plan your meals and create a shopping list so that you only buy what you need this festive period. You could also get creative with any leftovers. Find more tips at [www.lovefoodhatewaste.com](https://www.lovefoodhatewaste.com).

**Plastic-free packaging pledge:** Bring reusable shopping bags and seek out local stores that offer loose (unpackaged) items, or allow you to bring your own containers for dried foods, cleaning supplies and toiletries.

**Save energy:** Turn off electrical devices when not in use to save energy and reduce bills, such as gaming consoles and TVs.

**Leave the car behind:** Walk or cycle for short trips. Find eco-friendly public transport options at [www.nexus.org.uk](https://www.nexus.org.uk) or call (0191) 202 0747.



## Garden Waste Service

- **Deadline Approaching**

**The deadline to sign up for your 2025 garden waste collection is 30 November 2024.**

In line with most other councils, we're introducing a £30 annual fee—just £1.67 per collection, which is the lowest in the North East.

By now, you should have received your letter with your unique code, inviting you to sign up. You can pay online (visit [www.northtyneside.gov.uk](http://www.northtyneside.gov.uk) and search 'garden waste') or by phone at 0345 2000 103 (Monday to Friday, 7:30am–8pm).

Please keep hold of your garden waste bin, even if you decided not to subscribe. It will not be automatically removed.



## Christmas bin collections

Bin collection days will change over the Christmas holidays, with bins being picked up one day later than usual.



Your usual collection	Your Christmas collection
Tuesday 24 December	As normal
Wednesday 25 December	Friday 27 December
Thursday 26 December	Saturday 28 December
Friday 27 December	Sunday 29 December
Wednesday 1 January	Thursday 2 January
Thursday 2 January	Friday 3 January
Friday 3 January	Saturday 4 January

## Christmas tree recycling

**Bring us your real Christmas tree in January for recycling.**

Collection points will be at:

- Car park at Briardene, Whitley Bay
- The Council's Killingworth Depot at Harvey Combe (off Station Road)
- Household Waste Recycling Centre. Book a timeslot in advance, visit

[www.northtyneside.gov.uk](http://www.northtyneside.gov.uk) and search 'HWRC' Please remove all decorations, lights and stands first.



# A GREEN NORTH TYNESIDE

Find useful tips and advice at [my.northtyneside.gov.uk/actiononclimatechange](https://my.northtyneside.gov.uk/actiononclimatechange)

## Dispose of electricals safely

**If Santa brings you some new electrical gadgets this year, don't expect the recycling elves to come and collect the old ones – it's all down to you!**

The good news is that it's never been easier to recycle them.

As part of our Recycle Your Electricals project, we've installed over 40 new electrical recycling banks and 25 vape recycling points across North Tyneside.

With the support of residents, we've already doubled last year's

recycling rates in just six months! We've saved over 6.5 tonnes of small electrical items from going to waste and recycled around 6,000 vapes.

When upgrading your tech, you can drop off small electricals like hairdryers, toasters, mobile phones, or vapes at one of our designated collection points.

Visit [www.northtyneside.gov.uk](https://www.northtyneside.gov.uk) and search 'find my nearest recycling point' to view the map.

Don't forget to remove any batteries and recycle them separately using

the provided battery collection boxes.



## Nursery enjoys a creative play boost on National Reuse Day

**The council teamed up with Suez to give unwanted items a new lease of life as part of National Reuse Day.**

A variety of pre-loved items including bikes, scooters, surfboards, guitars, and large wooden cable drums, were delivered to Linskill Nursery from the Household Waste Recycling Centre.

The children were excited to help bring the items inside, eager to

put them to use in their playtime. The nursery plans to repurpose the materials to improve its play area, encouraging imaginative and creative play while reinforcing its commitment to sustainability.

The nursery already features repurposed items like a cable drum picnic table and a shelving unit transformed into a doll's house. The latest delivery of items allows them to continue promoting sustainable play, showing how

discarded items can become useful and fun. And the children loved every moment.



**energy  
saving  
trust**

**NE** North East  
Combined  
Authority



North  
Tyneside  
Council

## Home Energy Advice North East

**Expert support to help make your home more energy efficient**

- Simple, clear advice on how to reduce your energy bills
- Support accessing grants and funding for energy saving home improvements
- Help finding certified local installers who can do the work for you

**Call: 0808 175 9345**

**Visit: [energyadvicenortheast.co.uk](http://energyadvicenortheast.co.uk)**



Funded by  
UK Government



## Milestone year for net zero ambitions

**It's five years since we declared a Climate Emergency, and we're nearly halfway towards our ambition of being carbon net zero by 2030.**

Our carbon footprint for 23/24 was down by 59% and we are ahead of our target.

Some things we've done this year:

- Completed more than 650 measures to improve energy efficiency in low-income households such as boiler repairs, air source heat pumps and solar PV installations
- Started phase two of the externally funded £11m Seafront Sustainable Route at Whitley Bay, creating a safe and accessible space for walking, wheeling and cycling
- Secured £1.7m of external funding to replace gas heating systems in two buildings with air source heat pumps
- Given an 'A' Grade by the Carbon Disclosure Project (CDP) for leading on climate action - one of only 119 authorities globally
- Won Local Authority of the Year at the National Energy Efficiency Award for housing energy efficiency measures
- Started planning for the third phase of HUSK in Wallsend, where unused garage sites are turned into sustainable and accessible homes.

# Coast Road safety barriers replacement

**Work to replace some of the safety barriers along the Coast Road A1058 has now been completed.**

Following a safety review of the old barrier, signs of corrosion were found and we made the immediate decision to carry out precautionary works and renew the barriers to prioritise the safety of road users.

The section of barriers requiring immediate replacement stretches from the boundary with Newcastle (near the Wills Building) to near the Silverlink junction. Site investigations were

carried out in February 2024 in preparation for these barriers to be replaced.

Unfortunately, adverse weather conditions meant that the work took a bit longer than anticipated, and we apologise for any inconvenience caused.

The 70mph speed limit on the A1058 Coast Road, from the boundary with Newcastle (near the Wills Building) to just before the Silverlink junction, will be restored once the remaining works have been completed. We are hoping these works will be completed in late autumn.

Until then, the 50mph limit will remain in place and signs have been erected to show this.

The works were managed for North Tyneside Council by its partner Capita.



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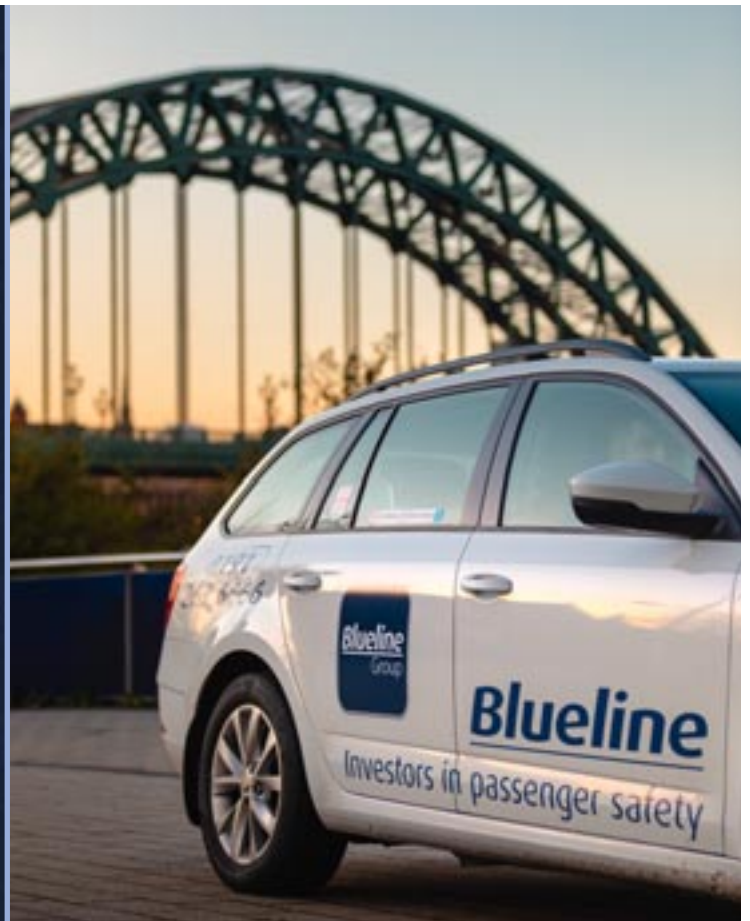
## Blueline Taxis

0191 262 6666

**Save 10% on your journey when booking via the app.**

Book by app and use code: **BLT10** to receive your discount.

Download the app





# Are you a Council tenant?



We were delighted to welcome 42 tenants to our annual tenants' event in September. This is an opportunity for us to share with tenants what's going on in the Housing and Property Service, what you have told us we need to be better at, and – importantly – what we're doing about it. Tenants heard updates from the service and discussed some specific questions on their tables. To find out about future opportunities to get involved, sign up to Our North Tyneside Voice (see right).

## Our Neighbourhood Housing Team has had a busy few months.

**Tenancy reviews:** We started a three-year programme of tenancy reviews in March, which will see a housing officer visit every Council property. Tenants will receive a letter before the visit takes place. By the start of October, 912 tenancy reviews had been carried out. Reviews help us get to know our tenants better, check the overall condition of the property, and find out if they need any extra support. One tenant was looking for work in the construction industry and our housing officer put them in touch with the Council's employment and skills team to get the qualification they needed to find work.

**Communal block inspections:** The Council is responsible for 317 communal blocks and is inspecting all of them to check for any issues and get any repairs arranged as soon as possible. At the start of October, 202 inspections had been completed.

**Estate walkabouts:** These cover a few streets at a time, giving tenants an opportunity to meet their neighbourhood housing officer, ask questions and report any issues. You can view the programme in the tenant section of the Our North Tyneside Voice website (see page 11) or get in touch with the team on the contact details below.

**Neighbourhood Housing team:**  
[neighbourhoodhousing@northtyneside.gov.uk](mailto:neighbourhoodhousing@northtyneside.gov.uk) | 0191 643 6384

## Get involved

We'd love to hear from tenants who would like to work with us to help improve our Housing and Property Service.

Based on feedback, we have been working to improve tenant involvement and promote ways to have your say.

We now offer more opportunities for tenants to share their views, tell us how we're doing and what we need to focus on.

Details are in the tenant section of the Our North Tyneside Voice website (see page 11). Or give us a call on 0191 643 2828.

Read our Annual Tenants' Report for 2023-24 on the Our North Tyneside Voice website, or call 0191 643 2828 for a paper copy.



# More award nominations for our housing schemes

**A number of our projects have been selected as regional winners and shortlisted as finalists at the LABC Grand Finals in 2024.**

Among those nominations are Blackhill Avenue and Belshill Close, in Wallsend, that we worked alongside local firm HUSK to deliver. The development has been nominated for the LABC's Best Small Social Housing Development – 30 or fewer units category.

The former garage sites, in Bellshill and Blackhill Close, have been refurbished in partnership with HUSK. They have been transformed into nine two-bedroom bungalows across Battle Hill.

The garages had become an eyesore in the local area, but following the project, the site has been transformed and the first residents have now been welcomed into the homes.

Previously, we worked alongside HUSK on the now-christened Falmouth Close, in North Shields – with the development winning 'Best approach to modular housing' at the Northern Housing Awards 2023.

Our work at 11-12 Northumberland Square (see page 6) was nominated for the Grand Finals, which was a regional winner in the Best Residential Conversion or Alteration to an Existing Home category. And the Molten Building in North Shields has been

nominated for Best Residential Conversion to a Single New Home.

The award ceremony is being held in January 2025. We'll have our fingers crossed for all of our projects!



## Support for our tenants

**We have launched our new Tenancy and Financial Support Service for council tenants who may be struggling and need that little bit of a helping hand.**

Our team are there to support you when you're struggling and can offer support and advice across a variety of circumstances. Whether that's help with benefits, or if you're struggling to pay your energy bills, our team will help or signpost you to appropriate support.

The service is completely confidential, and all the information you give to us will only be used for your application. We'll only use it to contact you and ensure that we can give support tailored to your needs.

To see what support you could be eligible for, you can contact the team directly on [tenancyandfinancialsupport@northtyneside.gov.uk](mailto:tenancyandfinancialsupport@northtyneside.gov.uk), or you can scan the QR code below to complete our online referral form.



## Seasonal repairs

**Cold weather affects all of us, so it's important to be prepared and carry out checks now to make sure that your home is ready for the colder months.**

Check:

- your heating and radiators
- any external lights
- blocked or broken gutters, and
- ventilation, such as kitchen and bathroom fans.

If you're a Council tenant and your property needs a repair, you can call us on 0345 2000 102.

Colder weather can lead to an increase in condensation, damp and mould in homes.

One of the things we're doing to help manage this is our new video system, that will help us to

diagnose cases of condensation, damp and mould and take appropriate action early.

When people call us from a smartphone, we can request access to their camera so that they can show us what they're concerned about.

This system allows us to quickly respond to residents' concerns and offer suitable advice over the phone or, in urgent cases, take appropriate action.

We have guidance on the different types of condensation, damp and mould and self-help videos on how to clean them available on our website.



# Changing a child's life by adopting through 'early permanence'

**Parents Laura and Sandra Davies are promoting the benefits of adopting through early permanence to support a campaign to find loving forever homes for children in care more quickly.**

The couple, from Whitley Bay, said fostering their son Jasper at just three days old, before going on to adopt him, was the best decision they could have made.

They are telling their story as Adopt North East and other adoption agencies from across the North East and Cumbria come together to encourage more people to consider early permanence.

Previously known as 'foster to adopt', early permanence involves fostering a baby or child initially,

with the hope of going on to legally adopt them.

It removes the need for the child to be placed with a separate foster carer while they wait for the court to decide their plan, reducing disruption and uncertainty for them.

"We were keen to be part of our child's life from as early as possible, so early permanence seemed right for us when we were hoping to adopt," said Laura.

"Just a week after being approved, we were told about an unborn child who needed to be fostered from birth.

"Jasper was brought to us at just three days old. We were able to foster him first and then go on to adopt him, giving him a secure, loving home as soon as possible. It was the best decision for us all."

Vicky Davidson Boyd, Chair of the North East and Cumbria Early Permanence Project, said early permanence was much more child-centred. The benefits are so great, adoption agencies from across the wider north region are combining their efforts to encourage more people interested in adoption to consider it.

"Early permanence offers greater security for the babies and children involved and leads to less moving from one home to another in the care system," said Vicky.

All adoption families are supported through the process, and beyond. Agencies provide a range of support services for as long as families need. Early permanence carers are entitled to foster care allowance during the initial placement. For those who are in employment, adoption leave and pay are available once a child is placed for adoption.

Contact Adopt North East for more information on early permanence. Why not join its warm and friendly information event on 3 December 2024.

[www.adoptnortheast.org.uk](http://www.adoptnortheast.org.uk)

0191 643 5000

Email:

[adoptnortheast@adoptne.org.uk](mailto:adoptnortheast@adoptne.org.uk)



Laura (left) and Sandra Davies are encouraging other people to consider early permanence when thinking about adoption.



# Foster *with* NORTH EAST

Share your home.  
**Shape their future.**

Could you offer the right home, at the right time  
for a child or young person through fostering?  
Find out more at [Fosterwithnortheast.org.uk](http://Fosterwithnortheast.org.uk)



# Improving support for children in our care and care leavers

## Innovative solution to save precious memories for children in care in North Tyneside

**A new digital solution will give young people in our care the chance to store and access precious memories that might otherwise be lost or forgotten.**

The Virtual Memory Box supports young people in care by giving them a safe and accessible digital space to store their memories, photographs and mementos to help them reflect and understand their life story.

The Council will soon roll out the Virtual Memory Box after research showed it helps solve the problem of

the negative impact on young people when they lose or misplace mementos and items, which are often irreplaceable.

Children and young people in care, care experienced young people, foster carers and social workers were all involved in developing Virtual Memory Box. It is also a useful and important tool for the adults in the young people's lives and can help them communicate, understand, and develop their relationship with young people in their care.

It's expected that more than 380 children and young people in the Borough will be able to safely store and access precious memories and mementos.



## Shining a light on our inspirational care leavers

**Last month the Council celebrated the achievements of our care-experienced young people during National Care Leavers Week, which shines a light on the amazing potential and ambition of children in care and care leavers.**

Supporting the Care Leaver Covenant's annual campaign, 'Light up for Care Leavers' the Council illuminated buildings across North Tyneside.

The week promoted the success of our community of care leavers and raised awareness of their accomplishments and aspirations.

A masquerade ball was held during care leavers week to celebrate children in our care and care leavers and a togetherness event concluded with a 'positivtree' planting ceremony.

Like any good parent, the Council promotes the safety and welfare of its children in care and care leavers, keeping them at the centre of everything we do to ensure they have the best start in their journey into adulthood.

If you would like to support children and young people in our care, you could become an independent visitor, a volunteer who spends time with a child or

young person living in care on a regular basis.

Typically, independent visitors spend time with a child or young person twice a month, listening and encouraging them to try new things. Most of all, visits should be fun and help young people develop to reach their potential. Training and support are provided and expenses are covered.

For further information on becoming an independent visitor telephone 0191 643 4087.

# Accessing emotional wellbeing and mental health support for your child

**Emotional wellbeing and mental health are important, and it often means something different for each person.**

**In North Tyneside, there is a wide range of support available for our children and young people that covers everything from emotional wellbeing and trauma through to significant mental health difficulties.**

We know that what's right for one child, isn't always what is best for another and that's why our services are working collaboratively to ensure that

our children and young people can access the right support, at the right time.

Alongside our existing mental health services such as Specialist CAMHS and NHS support including crisis services, North Tyneside has new services. These include Connect Mental Health Support Teams in the majority of schools across the borough, the HIVE Team and the Early Help Emotional Wellbeing Team.

Our priority is ensuring that children in North Tyneside have their needs

met by accessing the support that is available when it's needed, in a timely way.

You shouldn't notice any big differences, but behind the scenes professionals from the range of emotional wellbeing and mental health services will be joining up to review all requests for support to ensure you get the right support, from the most appropriate team in a timely manner.

## Crawford Park 70th anniversary

**We've got so many amazing community groups and charities in North Tyneside and we always welcome the chance to honour their achievements.**

Our Elected Mayor, Dame Norma Redfearn DBE, was in attendance to celebrate the 70th anniversary celebration of Crawford Park Bowling Club.

Crawford Park Bowling club is a small, friendly and enthusiastic club in Monkseaton that offers lawn bowls for people of all ages.

It was a fantastic morning with the chance to look back on the achievements of the club and we're all looking forward to continuing to work alongside Crawford Park Bowling Club in the future.



# Cost of living support

## Support in North Tyneside

### Household Support Fund

The Household Support Fund has been extended which will enable us to keep offering prioritised support to residents.

We're particularly interested in hearing from people who have caring responsibilities as research shows that they are more likely to be disadvantaged.

Head to the website to find out more.

### Warm Welcome

Our Warm Welcome is back this Winter. You can visit our cost of living pages to find out more, or call down to one of our community hubs.



### Accessing a social supermarket

- Cedarwood Trust's Community Membership Store runs a weekly membership system. Members simply pay £4 to get at least £15 worth of shopping.
- Wallsend Food Pantry is located at The Allen Centre, The Green, NE28 7NP. The pantry operates Friday mornings, 10am to 12pm, where residents can save up to 50 per cent on their food shopping.
- Justice Prince, based at Longbenton's Oxford Centre on West Farm Avenue, runs a food pantry every Friday from 10.30am to 12pm.
- Wallsend-based Walking With on High Street, Wallsend, supports refugees or people seeking asylum in the UK and runs a food pantry for those they work with.
- Whitley Bay Big Local's pantry is open Tuesdays from 9.30am, Wednesdays from 1pm and Thursdays and Fridays from 10am. There's a range of fresh fruit and veg, milk, bakery items, tins and dried goods. They can be found at 158 Whitley Road, Whitley Bay, NE26 2LY.



### Crisis Support

If you need immediate help with food or utilities, call our Welfare Assistance Team on (0191) 643 2777 and press option 2 (weekdays, 9am – 2pm)



# Winter Fuel Payments and Pension Credit

**We have partnered with Age UK North Tyneside and Citizens Advice North Tyneside to offer free and confidential benefit entitlement checks to pensioners in the Borough.**

In North Tyneside not everyone eligible for Pension Credit and other qualifying benefits are currently claiming.

To address this, the partnership has come together to offer free advice and support to make sure everyone who can claim is signed up.

The eligibility checks will be personalised to each resident's circumstances and all information provided is strictly confidential.

Residents can use the code Winterfuel40 when contacting either charity for a free and confidential benefit entitlement check to ensure they do not miss out on potential entitlement to a Winter Fuel Payment.



#### **Citizens Advice North Tyneside**

– Call 0808 278 7822 or visit the website  
[www.ntcab.org.uk](http://www.ntcab.org.uk)

#### **Age UK North Tyneside**

– Call 0191 280 8484 or email  
[enquiries@ageuknorthtyneside.org.uk](mailto:enquiries@ageuknorthtyneside.org.uk)

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Find out more and join our priority services community today at [northernpowergrid.com/care](http://northernpowergrid.com/care)

# Are you ready for winter?

Call 0191 280 8484  
Email [enquiries@ageuknorthtyneside.org.uk](mailto:enquiries@ageuknorthtyneside.org.uk)  
Visit [ageuk.org.uk/northtyneside](http://ageuk.org.uk/northtyneside)

Winter can be a challenging time for all of us, but older people are often the most affected.

Increased energy bills, risks of falls, social isolation, and seasonal illnesses are just some of the issues faced by older people at this time of year.

Age UK North Tyneside are here to support you. From **financial support** to **physical activities** and **social groups**, we can help you stay well this winter.



## Looking for **care and support** at home for your loved one?

Our highly qualified team offer a wide range of support to help you get on with life and the things you enjoy.

"I love all the girls who care for me, I **feel safe** and my dad feels safe knowing I'm **looked after**."

"Special mention to Grace and Tulu who are **outstanding always**. Keep us updated on anything and really **caring and cheerful**."

To find out more about the support we can offer, call us on **0191 287 7028** or visit [www.everydayuk.org](http://www.everydayuk.org).



## **EveryDay** Care & Support



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**Supported health care**



**Fully-trained individual support**

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 [enquiries@everydayuk.org](mailto:enquiries@everydayuk.org)



# Walking on eggshells?



**There are many forms of domestic abuse including coercive control, psychological, emotional, physical, sexual, financial, harassment, stalking, online and digital abuse.**

## We will believe you.

That's the message from North Tyneside Council to reassure people that help and support is available for anyone who is experiencing, or at risk of, domestic abuse.

### 16 days of action in North Tyneside

To highlight the issue of domestic abuse and encourage victims – men or women – to seek support, the Council and its partners are taking part in 16 days of action with a range of events and awareness-raising activities.

The 16 days campaign starts on 25 November, which is the International Day for the Elimination of Violence Against Women, known as White Ribbon Day.

For the third year running we are taking over the Rising Sun parkrun with the support of These Girls can Run on Saturday 23 November at 9am. Why not come along to an event that welcomes the whole community, and make a stand against domestic abuse?

You don't have to run, walkers are welcome too. For directions, and details of how to register for your free parkrun barcode, visit [www.parkrun.org.uk/risingsun](http://www.parkrun.org.uk/risingsun).

The Council is proud to be a White Ribbon accredited organisation. White Ribbon UK works to engage men and boys in speaking out about violence against women and girls, to challenge gender stereotypes underpinning such violence and to challenge cultures that lead to harassment, abuse and violence against women.

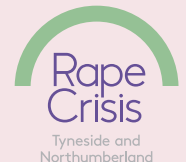
Further information on the support available in North Tyneside and the 16 days of action can be found at [my.northtyneside.gov.uk/domesticabuse](http://my.northtyneside.gov.uk/domesticabuse).

**If you or someone else is in immediate danger, please dial 999.**

**If you're worried about your safety** contact the Council's support service, Harbour [my.harbour.org.uk](http://my.harbour.org.uk) or 0191 251 3305.

**If you're worried about someone else's relationship** such as a family member, friend or colleague, contact Findaway for advice and support [www.wefindaway.org.uk](http://www.wefindaway.org.uk) or 0300 140 0061.

**If you're worried about your behaviour** contact the Respect phonenumber [respectphonenumber.org.uk](http://respectphonenumber.org.uk) or 0808 802 4040.



## We will listen and support you

**For women and girls (13 plus) who have experienced sexual violence**

We offer counselling, helpline and email support, group work and practical emotional support in Tyneside and Northumberland

Helpline and email support:  
**0800 035 2794**  
[emailsupport@rctn.org.uk](mailto:emailsupport@rctn.org.uk)

**Monday – Thursday**  
6pm – 8.30pm

Information or referrals  
**0191 222 0272**  
[rctn.org.uk](http://rctn.org.uk)  
(Online referral form available)



# Get off to a Healthy Start

**If you're more than 10 weeks pregnant or have a child aged under 4, you could be entitled to help with your shopping for healthy food and milk.**

If you're eligible, you'll be sent **an NHS Healthy Start card** with money on it that you can use in certain shops.

Visit [www.healthystart.nhs.uk](http://www.healthystart.nhs.uk) for more information and eligibility criteria.



## Free blood pressure checks in Wallsend and North Shields

**Monitoring your blood pressure could prevent life-threatening conditions such as heart attacks and strokes.**

Residents can now get a quick and easy blood pressure check at Wallsend and North Shields Community Hubs and Libraries, no appointment needed.

Most people's results are normal, but Community Champions at the hubs can give advice on next steps if the reading is high. Free, returnable home blood pressure monitors are available to those needing further monitoring.

Several local pharmacies offer free blood pressure checks and the Active North Tyneside team continues to deliver free testing events in the community. For more information search 'cardiovascular health' on the Council's website.

# The DadPad app

**Dads and dads-to-be in North Tyneside have free access to the DadPad app, which is full of parenting tips and advice.**

The aim is to provide practical skills and information to manage and become confident in the transition to fatherhood.

Topics include things like:

- basic baby care skills (such as holding, cleaning, nappy changing and sleep)
- coping with a crying baby
- supporting mam with breastfeeding
- home safety and first aid
- information on child development milestones (from birth to 18 months)

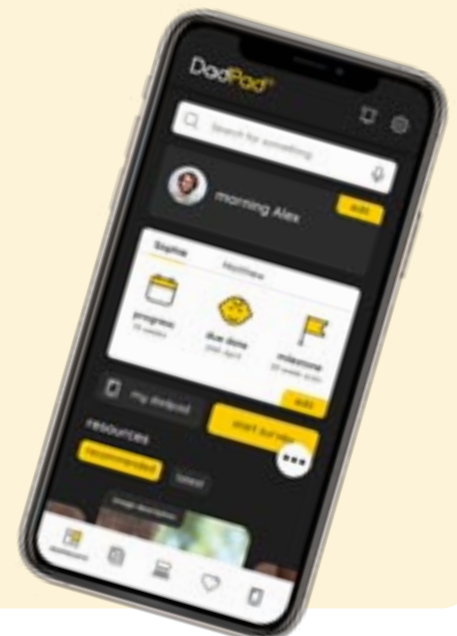
- forming a secure bond with baby; and
- advice on how to navigate the challenging days of new parenthood

The DadPad team has worked closely with the 0-19 Children's Public Health Team to create a bespoke app which holds over 100 links to local and national services, groups and organisations that can provide a range of support to the whole family.

Download the app from your app store and complete the onboarding process to get free access.

DadPad has created a hard copy resource called the Co-ParentPad, a quick reference baby guide to support

non-birthing parents, who identify as LGBTQI+. If you would like to access a copy, speak to your health visitor.



# Shape the future of Adult Social Care

**Adult Social Care is looking for your ideas to shape how we support people with care and support needs.**

Adult Social Care supports over 4,000 residents per year to live safely and as independently as possible. We support more people than the national average to stay living at home after being admitted to hospital, more people with a learning disability to live in their own homes, and fewer older people than average need long-term community care.

However, with an ageing population and more young people with complex needs,

we need fresh ideas to give people the care they need – now and in the future.

Following conversations with people who get support from Adult Social Care, health and care providers, local charities and community groups, we've put together initial ideas about how to develop and improve over the next two years.

You can check out our ideas and share your views and suggestions on the Our North

Tyneside Voice website – **haveyoursay.northtyneside.gov.uk** or pick up a paper form at one of our community hubs. The consultation is open until 17 November.



## How were your health and care services in 2024?

Healthwatch North Tyneside is the independent champion for users of health and care services in North Tyneside.

We want to hear your views and experiences of local health and care services in 2024! Tell us what's working well and what could be improved. We'll share your feedback with NHS and social care providers to help improve the things that matter most to you.

We collect feedback on a wide range of health and care services that residents use. From GPs to Dentists, Hospitals to Mental Health Services, Opticians to Social Care, or anything in between, we want to hear your views!

Share your stories, both good and bad, and help shape the future of health and care in North Tyneside. Get involved today by scanning the QR code or using the contact details below.

**healthwatch**  
North Tyneside

[www.hwnt.co.uk](http://www.hwnt.co.uk)

[info@hwnt.co.uk](mailto:info@hwnt.co.uk) T: 0191 2635321






# Contact us

[www.northtyneside.gov.uk](http://www.northtyneside.gov.uk)

[mycare.northtyneside.gov.uk](http://mycare.northtyneside.gov.uk)

[www.livingwellnorthtyneside.co.uk](http://www.livingwellnorthtyneside.co.uk)

   @NTCouncilTeam

### Email

[contact.us@northtyneside.gov.uk](mailto:contact.us@northtyneside.gov.uk)

**Telephone** 0345 2000 101

Mon-Fri, 7.30am – 8pm.

**By post** North Tyneside Council,

Quadrant, The Silverlink North,

Cobalt Business Park,

North Tyneside, NE27 0BY

### Other main numbers

- Emergencies (24 hour)

0330 333 7475

- Housing and repairs

0345 2000 102

- Envirolink 0345 2000 103

- Council tax and benefits

0345 2000 104

### In person

Community Hubs

- White Swan Centre, Killingworth

- Northumberland Square, North Shields

- The Forum, Wallsend

- York Road, Whitley Bay

- John Willie Sams Centre, Dudley

- Oxford Centre, Longbenton

You can book a Customer Service appointment in advance by calling 0345 2000 106.

### About this newsletter

Feedback: (0191) 643 2211

[commsteam@northtyneside.gov.uk](mailto:commsteam@northtyneside.gov.uk)

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## Thai Massage Whitley Bay

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# Promote your group here!

This is space for voluntary or community groups to promote themselves, independent of the Council.

Are you part of a voluntary or community organisation? Would you like to tell North Tyneside residents about your work in this magazine? If so, we'd love to hear from you. Please email [marketing@northtyneside.gov.uk](mailto:marketing@northtyneside.gov.uk) for details.

## St. Andrew's 58 Society

We extend a warm invitation to come and join our club. We have a programme of interesting guest speakers on a wide variety of topics, together with a number of social events. Meetings take place in St. Andrew's Church Hall, Monkseaton at 7.30pm, fortnightly on Monday evenings, starting 7 October 2024, and continuing until the end of March 2025. There is time for a chat and refreshments afterwards. For further information please email [jpcuggy@gmail.com](mailto:jpcuggy@gmail.com).

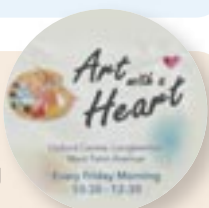
## Monday card craft club

Everyone is welcome to join our card craft group on Monday afternoons 1.30 – 2.30pm in the hut, Heaton terrace, North Shields off Verne Road. We meet and have fun creating lovely cards and other crafts. We charge £3 per class which includes refreshments. We all share ideas, chat and craft. A basic tool kit can be borrowed to get you started. So do come and join a very happy craft group. For further information please contact Joan Cutts MBE on 0191 258 3648.



## Art group

We are a small friendly art group that meets every Friday. We are looking for new members to join us. As long as you enjoy drawing and have an interest in trying to paint, please come along. The Oxford Centre is accessible and a warm, friendly, safe place. For more information please phone 0191 640 0131. Our exhibition is at the Oxford Centre on 29 November at 10.30am.



## Better Together

An inclusive group for adults with autism, their family and friends to have a coffee and socialise. Everyone is encouraged to be themselves through the group's motto 'we are better together'. The group meets once a month at the Oxford Centre (typically the third Tuesday of the month between 1pm and 4.30pm), once a month at Wallsend Library in the Ark Royal Room (typically the first Tuesday of the month between 1pm and 4.30pm) and at the White Swan Centre (typically the last Tuesday of the month between 1pm and 4.30pm). For further information email [waynetaylor@autismbettertogether.org](mailto:waynetaylor@autismbettertogether.org).



## Northumbrian Woodturners Association

NWA is a group of woodturning/woodworking enthusiasts from around the North East. We meet on the second Friday of each month at Briardale House, Blyth NE24 5AN, 7pm – 9pm. Membership is open to all, however junior members must be accompanied by an adult (accompanying adults don't pay if they are non-turners). Our membership fee is £45 per year and free for junior members. Club nights include members demonstrations, talks, hands-on nights, wood-sales, auction, member competitions. We also have 5/6 professional demonstrators on Saturdays included in membership fee. Saturday morning tuitions for up to six members at a time, with a small fee to cover room hire. Visit [www.northumbrianwoodturners.com](http://www.northumbrianwoodturners.com) for further information.

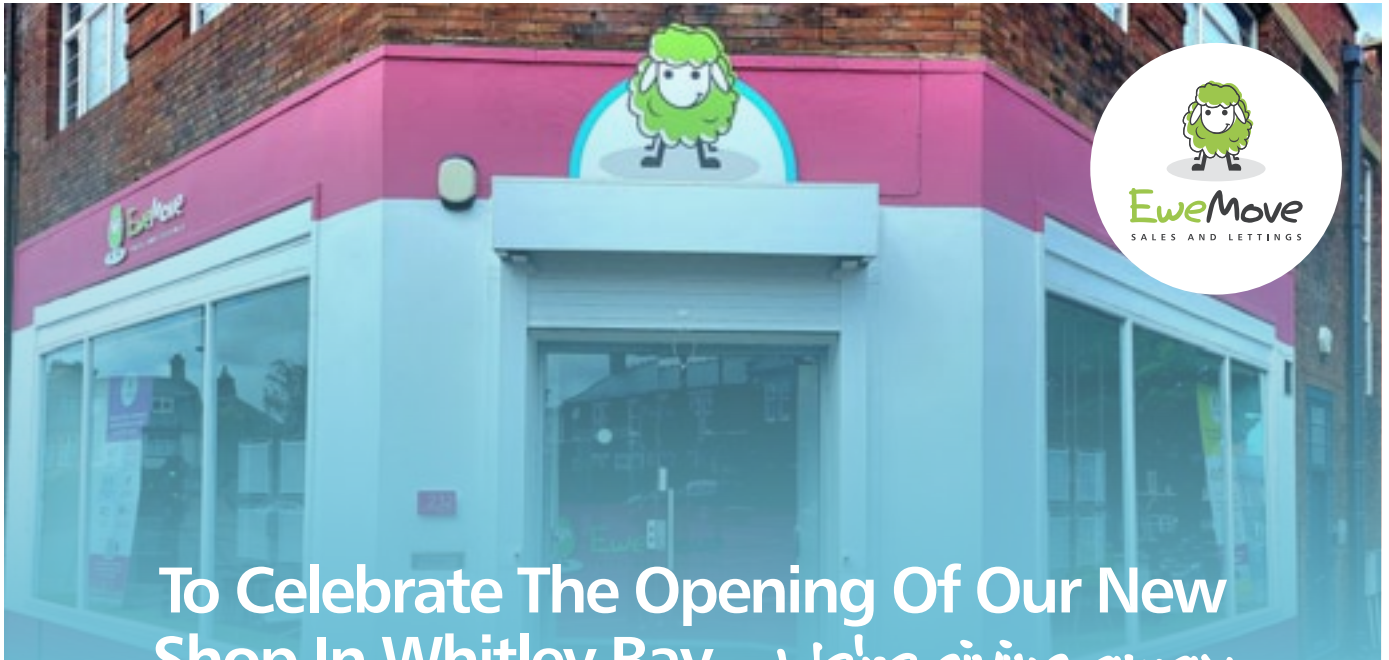


## Phoenix Walking Club

The club has been in existence since 1988 and offers a warm welcome to walkers. We walk once a week, choosing a different day each week and our walks range in distance from seven to sixteen miles. After the walk there's time for a welcome pint, coffee, rest, and chat. Destinations include Durham, Lakes, Northumberland, Scottish Borders and Yorkshire. Transport is by coach, with four convenient pick-up points in North Tyneside. Walk bookings can be made online or most Wednesdays at the club coffee morning at North Shields library. If you are interested in joining this friendly and sociable club, there's plenty of information on the website, [www.phoenixwalkingclub.org](http://www.phoenixwalkingclub.org).



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