

# Summer Activities

At Hebburn, Jarrow & Primrose Children's Centres

July to September 2022



A voluntary donation of £1 per child would be greatly appreciated.

Activities are suitable for children aged 0-4 years unless otherwise stated.



South Tyneside Council

Spread the word!

**THIS IS  
SOUTH  
TYNESIDE**

### **Monday 25th July**

#### **Teddy Bears Picnic at Valley View Park**

11.30am-12.30pm

Join us for a teddy bears picnic in the park.

Booking is essential - contact 0191 424 4900. Please inform us of any dietary requirements.

#### **Free Play at Hebburn**

1pm-2.30pm

No need to book.

### **Wednesday 27th July**

#### **Free Play at Jarrow**

10-11.30am

No need to book.

#### **Breastfeeding Group at Hebburn**

11-12pm

No need to book.

### **Friday 29th July**

#### **Bright Futures Young Mum's Group at Jarrow**

10am-11.30am

Booking is essential - Contact Bright Futures on 0191 455 1196.

### **Monday 1st August**

#### **Kalma Yoga at Hebburn**

Classes available between 10am-1pm

Booking is essential - contact Vicky on 0790 3931250 for more information.

#### **Free Play at Hebburn**

1-2.30pm

No need to book.

### **Wednesday 3rd August**

#### **Free Play at Jarrow**

10-11.30am

No need to book.

#### **Breastival at Hebburn**

11am-1pm

Join us to celebrate world breastfeeding week, welcoming past, and present breast feeders. Booking is essential - Contact us on 0191 428 7650.

### **Thursday 4th August**

#### **Free Play at Primrose**

1-2.30pm

No need to book.

### **Friday 5th August**

#### **Bright Futures Young Mum's Group at Jarrow**

10am-11.30am

Booking is essential - Contact Bright Futures on 0191 455 1196.

### **Monday 8th August**

#### **Kalma Yoga at Hebburn**

Classes available between 10am-1pm

Booking is essential - please Contact Vicky on 0790 3931250 for more information.

#### **Free Play at Hebburn**

1pm-2.30pm

No need to book.

### **Wednesday 10th August**

#### **Free Play at Jarrow**

10-11.30am

No need to book.

#### **Breastfeeding Group at Hebburn**

11am-12pm

No need to book.

## **Thursday 11th August**

### **The Hungry Caterpillar Story Session at Jarrow**

1pm-2pm

Come and enjoy a story with us and take part in some caterpillar crafts!

Booking is essential

– Contact 0191 483 6630.

### **Free Play at Primrose**

1pm-2.30pm

No need to book.

## **Friday 12th August**

### **Bright Futures Young Mum's Group at Jarrow**

10am-11.30am

Booking is essential - Contact

Bright Futures on 0191 455 1196.

## **Monday 15th August**

### **Kalma Yoga at Hebburn**

Classes available between 10am-1pm

Booking is essential - Contact Vicky on

0790 3931250 for more information.

### **Free Play at Hebburn**

1pm-2.30pm

No need to book.

## **Tuesday 16th August**

### **Arts and Crafts Session at Hebburn**

10-11am

Join us for a fun arts and crafts session

Booking is essential

- Contact 0191 428 7650.

## **Wednesday 17th August**

### **Free Play at Jarrow**

10-11.30am

No need to book.

## **Breastfeeding Group at Hebburn**

11am-12pm

No need to book.

## **Thursday 18th August**

### **Free Play at Primrose**

1pm-2.30pm

No need to book.

## **Friday 19th August**

### **Bright Futures Young Mum's Group at Jarrow**

10am-11.30am

Booking is essential - Contact

Bright Futures on 0191 455 1196.

## **Monday 22nd August**

### **Kalma Yoga at Hebburn**

Classes available between 10am-1pm

Booking is essential - Contact Vicky on

0790 3931250 for more information.

### **Free Play at Hebburn**

1pm-2.30pm

No need to book.

## **Wednesday 24th August**

### **Free Play at Jarrow**

10am-11.30am

### **Making Music Session at Primrose**

1.30pm-2.30pm

Come and make your own musical

instrument and use them in a sing-along!

Booking is essential

- Contact 0191 424 4900 to book.

### **Breastfeeding Group at Hebburn**

11am-12pm

## **Thursday 25th August**

### **Free Play at Primrose**

1pm-2.30pm

No need to book.

### Friday 26th August

#### Bright Futures Young Mum's Group at Jarrow

10am-11.30am

Booking is essential - Contact Bright Futures on 0191 455 1196.

### Wednesday 31st August

#### Free Play at Jarrow

10-11.30am

No need to book.

#### Breastfeeding Group at Hebburn

11am-12pm

No need to book.

### Thursday 1st September

#### Free Play at Primrose

1pm-2.30pm

No need to book.

#### Pirates & Princess Treasure Hunt at Jarrow

1.30-2.30pm

Calling all Pirates & Princesses! Come along to our fun treasure hunt, fancy dress optional. Booking is essential - Contact 0191 483 6630.

### Friday 2nd September

#### Bright Futures Young Mum's Group at Jarrow

10am-11.30am

Booking is essential - Contact Bright Futures on 0191 455 1196.

### contact


#### Primrose Children's Centre

Lambton Terrace, Jarrow, NE32 5QY

 | 0191 424 4900 - Monday to Friday 8.30am to 4.30pm


#### Hebburn Children's Centre

Campbell Park Road, Hebburn, NE31 1QY

 | 0191 428 7650 - Monday to Friday 8.30am to 4.30pm

#### Jarrow Children's Centre

Stanley Street, Jarrow, NE32 3QH

 | 0191 483 6630 - Monday to Friday 8.30am to 4.30pm

 | [www.southtyneside.gov.uk/childrenscentres](http://www.southtyneside.gov.uk/childrenscentres)

 | @southtynesidechildrenscentres

### Summer Holiday Food and Activities 2022

Children and young people who are eligible for benefit related free school meals or are in a family currently experiencing hardship in South Tyneside can attend free activity sessions throughout the 2022 Summer holidays. Visit the South Tyneside Council website for further details.

All activities are subject to availability.