

FREE swim and family fun at Elswick Pool

Monday, Tuesday, Thursday and Friday 12.00 - 4.00pm.

There is no free swim on Wednesday.

All children must be accompanied by a parent or carer at all times. Children aged 8 years and under must be with a parent or carer in the water. No more than 2 adults per family (last admittance 3.15pm).

Families will need to collect a free family swim card on Monday 28 October from Elswick Pool.

Please note: to be eligible for the free Family Swims, you should be a family living in the Sure Start West Riverside Area (please see area map).

- Swims are free for children aged 0-12 years
- To gain entrance you must have a Free Family Swim card
- To get a card the family MUST be registered with Sure Start West Riverside.

Families who do not live in the Sure Start West Riverside are welcome at these sessions but they will be asked to pay for their swim. Please ask about the Newcastle Active Card to enable you to apply for a discount.

BE BRIGHT BE SEEN

As the nights are getting darker Sure Start West Riverside is supporting the 'Be Bright Be Seen' campaign.

When it's dark, wear reflective gear such as vests, sashes, reflectors and wristbands to make sure you are seen in car headlights.

Always choose routes and crossings that are well lit and remember the Green Cross Code



Sure Start West Riverside now has a Facebook Group
Search for 'Sure Start West Riverside' and request to join.

You can find all the information about our sessions, holiday activities, training opportunities as well as much more on our facebook page.

October Half Term Activities

Lots of FREE activities for you and your children to enjoy

**Saturday 26 October to Friday 1 November
2013**



For further information about any of our activities, please visit www.surestartwestriversidecc.org.uk or call 274 7308

Family Apple Day

Saturday 26 October 11.00 - 1.00- Greening Wingrove and Change 4 Life. Fun walking trail, hunting for apples, longest peel competition, meet the 'Apple Men' plus lots of children's activities and the Nunsmoor Centre play area will be open until 3pm.

Everyone welcome. For further information call 0191 212 6119.

Family activities for children under 12 years at Riverside Community Health Project, Carnegie Building, Atkinson Road, daily 10.00 - 12noon.

Tuesday

10.00 - 11.30	Baby Social - Fun activities for you and your children aged under 12 months	Health Resource Centre
10.00 - 12.00	Nature Tots - Autumn themed family activities in the Garden including outdoor play, arts and crafts, games for you and your children.	Scotswood Natural Community Garden
11.00 - 12.00	Under 5's Water Fun - Activities in the pool for you and your children aged under 5 years to develop water confidence, and play together.	Elswick Pool
1.00 - 4.00	Family Fun Afternoon - Come along and enjoy lots of nature themed activities for all the family.	Nunsmoor Centre

Wednesday

1.00 - 3.00	Autumn Half term Family Fun - For children of all ages. Activities include arts and crafts, games and making wonderful things with willow.	Pendower Good Neighbour Project
2.00 - 4.00	Halloween Family Fun and Disco - please collect your ticket before the day.	Nunsmoor Centre

Thursday

10.00 - 11.30	Teenie Weenies - Activities include trampolines, tunnels, games for you and your children aged up to 10 years. Plus healthy snacks at 11.00	Centre for Sport
11.00 -1.00	Edible Elswick Halloween event - Lots of healthy eating and planting activities. Including cooking, storytelling, arts and crafts, football, under 5's area and much more!	Elswick Park
11.00 - 12.00	Health Visitor Drop-in - Come and have your baby weighed, see a Health Visitor and find out about baby developmental checks.	Health Resource Centre
11.00 - 12.00	Under 5's Water Fun - Activities in the pool for you and your children aged under 5 years to develop water confidence, and play together.	Elswick Pool
1.00 - 2.30	Baby Social - Fun activities for you and your children aged under 12 months.	Nunsmoor Centre

Friday

1.00 - 2.30	Breastfeeding Social Group - for pregnant and breastfeeding mums to meet, socialise and share experiences.	Nunsmoor Centre
2.00 - 4.00	Family Movie Afternoon - Please collect your tickets before the day.	Nunsmoor Centre
6.00 - 7 .30	Festival of Lights - Children's rides and fireworks. Charge of 50p for children's ride.	Hodgkin Park South, Atkinson Road

Nunsmoor Play Area

The Nunsmoor play area will be open every day 9.00 - 6.00 and children under five must be accompanied by an adult at all times.