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Thinking about holding a larger event? Our Beecham Hall is a versatile space, making it perfect for corporate training sessions, board meetings, conferences and more. With a capacity of 20 - 100 delegates, guaranteed to give your guests a day to remember. For more information please visit our website [www.riversidechp.co.uk](http://www.riversidechp.co.uk) or call us on 0191 241 3079



All our rooms have TV and Wi-Fi!

Carnegie Building is available to hire we have a range of rooms which are available for meetings, conferences, staff training sessions, community groups, children's parties and family celebrations.

## Room Hire

## How to find Riverside Community Health Project



### Riverside Community Health Project

Carnegie Building  
Atkinson Road  
Benwell  
Newcastle upon Tyne  
NE4 8XS  
0191 226 0754

[all@riversidechp.co.uk](mailto:all@riversidechp.co.uk)  
[www.riversidechp.co.uk](http://www.riversidechp.co.uk)

Monday - Friday (9.00am - 3.30pm)

Registered Charity: 1028632  
Company Number: 02869470



## Early Years Programme

## Riverside Community Health Project

### Riverside Community Health Project Programme of Activities

5th January – 8th April 2022



**Baby massage**  
This programme is for parents/carers with babies under 12 months. Baby massage promotes nurturing touch and positive communication, building strong and trusting relationships between babies and caregivers.

**My Baby and Me**  
This is a 1 hour weekly session for parents/carers and babies under 12 months. Each week we provide activities that encourage parents/carers to engage in floor based play and interaction. This session provides opportunity for parents/carers to discover and learn with their baby and build secure attachment.

**Toddle time**  
This session is for children aged 12 months-2 years. Each week we provide activities that enhance spatial awareness and improve cognitive and physical development. Parents/carers are supported to think about their child's interests and respond to their ideas to gain a greater understanding of each other.

**Breakfast club**  
This session is for families with children from 6mths-4 years. Each week we provide a healthy breakfast for families to socialise and share together. Children are encouraged to chop their own fruit and chose what they would like to eat.

**Boogie bairns**  
This session is for families with children from birth-2 years. This is sensory play session, using a disco theme. We have lots singing as well as exploring lots of musical instruments and puppets.

# Activity Timetable

| Monday   | Tuesday   | Wednesday  | Thursday   | Friday   |
|--|---|--|--|--|
| <b>SIA Badge</b><br>(Booking required)<br>12 week course<br><br>9.30am - 2.30pm  | <b>Community Interpreting Course</b><br>(Booking required)<br>Health Resource Centre<br>Adelaide Terrace, Benwell<br>NE4 8BE<br><br>9.30am - 12.30pm              | <b>EUSS Support</b><br>(Appointment only)<br>Support and Advice around current and new application to the European Union Settlement Scheme<br><br>10.00am - 1.00pm | <b>Breakfast Stay &amp; Play</b><br>(1 years - 4 years)<br><br>9.15am - 10.30am  | <b>ESOL for Conversation</b><br>(Booking required)<br>Limited creche space available<br><br>9.30am - 12.30pm               |
| <b>Introduction to Beauty Therapy Level 1</b><br>(Booking required)<br><br>9.30am - 2.30pm   | <b>EUSS Support</b><br>(Appointment only)<br>Support and Advice around current and new application to the European Union Settlement Scheme<br><br>9.30am - 2.30pm | <b>Cake Decorating</b><br>(Booking required)<br><br>9.30am - 11.30am   | <b>Community Interpreting Course</b><br>(Booking required)<br>Health Resource Centre<br>Adelaide Terrace, Benwell<br>NE4 8BE<br><br>9.30am - 12.30pm           | <b>Preparing to Work in Adult Social Care &amp; Safe Handling of Medicine</b><br>(Booking required)<br><br>9.30am - 2.30pm |
| <b>DWP for ESOL</b><br>(Appointment only)<br>Support for ESOL clients with employment, training and benefits<br><br>9.15am - 12-15am | <b>Maths</b><br>(Booking required)<br>Entry Level 1, 2 and 3<br>Functional skills Level 1 and 2<br><br>9.30am - 2.30pm  | <b>Welfare Rights Advice</b><br>(Appointment only)<br>Benefits support and advice<br><br>9.30am - 12.30pm  | <b>Supporting Teaching and Learning in Schools Level 2</b><br>(Booking required)<br><br>9.30am - 2.30pm  | <b>Romanian Women's Group</b><br><br><br>12.30pm - 2.30pm  |
| <b>Baby Massage</b><br>(Booking required)<br>5 week course<br>Starting 17th January<br>(8 weeks -12 months)<br><br>10.30am - 11.30am | <b>Welfare Rights Advice</b><br>(Appointment only)<br>Benefits support and advice<br><br>9.30am - 2.30pm  | <b>Food Fuel For All</b><br>(Booking required)<br>8 week cooking course.<br><br>10.30am - 12.00noon  | <b>Men's Pie Club</b><br>Local men making pies, having a chat, tackling isolation, boosting mental health and improving social skills.<br><br>12.30pm - 3.00pm |  |
| <b>Toddle Time</b><br>(1 years - 4 years)<br><br>1.00pm - 2.30pm   | <b>English</b><br>(Booking required)<br>Entry Level 1, 2 and 3<br>Functional skills Level 1 and 2<br><br>9.30am - 2.30pm  | <b>Czech/Slovakian Women's Group</b><br><br><br>12.30pm - 2.30pm   | <b>Boogie Bairns</b><br>(8 weeks - 2 years)<br><br>1.00pm - 2.00pm   |  |
| <b>Food Cycle</b><br>Sit down or takeaway free meals for all<br><br>6.00pm - 7.00pm  | <b>Creative Crafts Level 1</b><br>(Closed group)<br><br>9.30am - 12.00noon  |  |  |  |
|  | <b>My Baby &amp; Me</b><br>(8 weeks - 12 months)<br><br>10.30am - 11.30am   |  |  |  |



Training



Under 5 Activities



Advice and Support



Wellbeing

## One off Training

(Riverside Community Health Project, Atkinson Road, Newcastle upon Tyne, NE4 8XS)

|                                    |   |                 |            |
|------------------------------------|---|-----------------|------------|
| Paediatric First Aid               | Wednesday/Thursday 12th & 13th January 2022 | 9.00am - 3.00pm | Accredited |
| Food Hygiene Level 2 and Allergies | Monday/Wednesday 14th & 16th February 2022  | 9.00am - 3.00pm | Accredited |
| Food Hygiene Level 2 and Allergies | Tuesday/Wednesday 22nd & 23rd March 2022    | 9.00am - 3.00pm | Accredited |

(Families Matter, Lindfield Avenue, Newcastle upon Tyne, NE5 3PL)

|   |   |                  |              |
|---|---|------------------|--------------|
| Health & Safety at Work                 | Thursday 27th January 2022              | 9.00am - 3.00pm  | Certificated |
| Manual Handling                         | Thursday 3rd February 2022              | 9.30am - 12.30pm | Certificated |
| Safeguarding Adults & Children          | Thursday 10th February 2022             | 9.30am - 12.30pm | Certificated |
| Equality and Diversity                  | Thursday 17th February 2022             | 9.00am - 3.00pm  | Certificated |
| Paediatric First Aid (Creche available) | Wednesday/Thursday 2nd & 3rd March 2022 | 9.00am - 3.00pm  | Accredited   |
| Data Protection & Confidentiality       | Thursday 10th March 2022                | 9.30am - 12.30pm | Certificated |
| Basic First Aid                         | Thursday 17th March 2022                | 9.30am - 12.30pm | Certificated |
| Effective Communication                 | Thursday 24th March 2022                | 9.30am - 12.30pm | Certificated |
| Food Hygiene Level 2 and Allergies      | Tuesday/Wednesday 29th&30th March 2022  | 9.00am - 3.00pm  | Accredited   |