

Riverside Community Health Project Programme of Activities

8th January - 28th March 2024



First Words Together

Would you like to:

- Help your baby or toddler learn to talk?
- Get ideas for supporting communication?
- Receive five free toddler books?
- Spend quality time with your child?

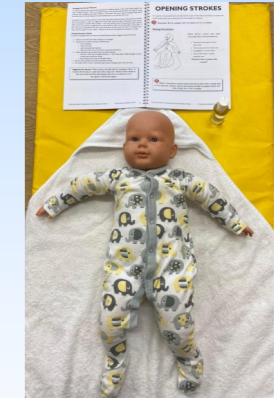
Enjoy exploring rhymes, stories and games to play with your child once a week for five weeks!



Baby Massage

Baby massage can help with:

- Relaxing your child
- Supporting bonding
- Easing teething pain
- Easing constipation and colic
- Gaining a deeper understanding of your baby's behaviour, crying and body language

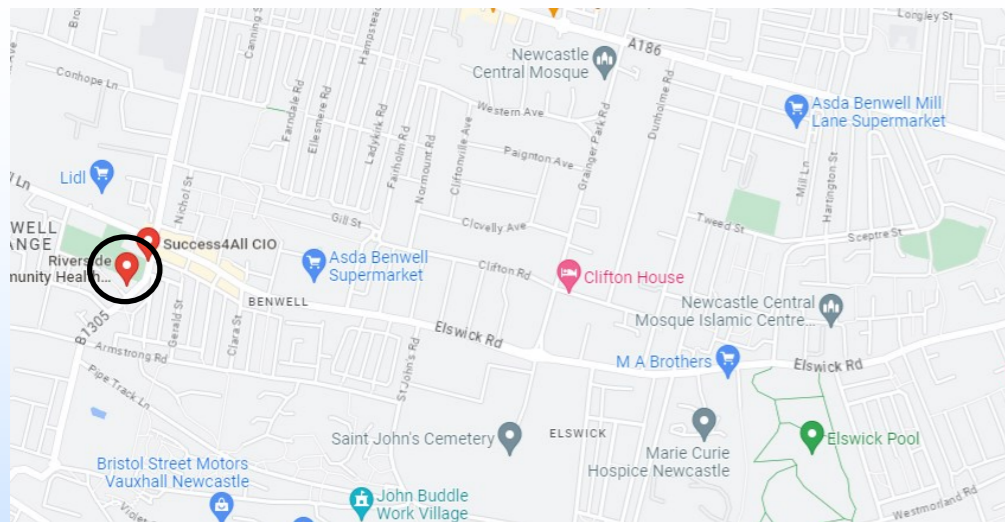


For more information or to book a place please contact one of the staff members below:

Melissa Moran - Children & Families Practitioner
Email: melissa@riversidechp.org.uk
Tel: 0191 226 0754

Jade Mciver - Children & Families Practitioner
Email: jade@riversidechp.org.uk
Tel: 0191 226 0754

How to find Riverside Community Health Project



Riverside Community Health Project
Carnegie Building, Atkinson Road
Benwell, Newcastle upon Tyne
NE4 8XS

Contact Details
0191 226 0754
admin@riversidechp.org.uk
www.riversidechp.org.uk

Registered Charity: 1028632

Opening Times

Monday - Friday (9.00am - 4.00pm)

Funders



Well Baby & Family Drop In



For more information please contact:

Reception
Tel: 0191 226 0754
Email: admin@riversidechp.org.uk

One-off Training Sessions

Cooking on a Budget & Kicking the Sugar Habit
Thursday 11th January 2024
(10.00am - 1.00pm) Provided by Re:Geon

Paediatric First Aid
Monday 15th & Tuesday 16th January 2024
(9.00am - 3.00pm) Provided by Social Care Training

Introduction to Construction
Monday 22nd, Tuesday 23rd & Wednesday 24th
January 2024 (9.00am - 4.00pm) Provided by Re:Geon

Food Allergy & Risks Level 2
Thursday 25th January 2024 (9.15am - 4.00pm)
Provided by HealthWorks Newcastle

Recipe for Success
Friday 26th January, 2nd, 9th & 16th February 2024
(10am-2.00pm) Provided by Digital Voice

Food Hygiene Level 1
Monday 4th March 2024 (9am - 12noon)
Provided by HealthWorks Newcastle

Food Hygiene Level 2
Monday 25th March 2024 (9.15am - 4.00pm)
Provided by HealthWorks Newcastle

For more information or to book a space please contact:

Emma Spence - Project Worker
Email: emma@riversidechp.org.uk
Tel: 0191 226 0754

Activity Timetable

Training

Under 5 Activities

Advice and Support

Wellbeing

Monday	Tuesday	Wednesday	Thursday	Friday
<p>Welfare Advice and Support Appointment only Support and advice with the following: form filling, benefits and housing issues. 9.00am - 3.00pm</p>	<p>Welfare Advice and Support Appointment only (Slovakian and Czech clients) Support and advice with the following: form filling, benefits and housing issues. 9.00am - 3.00pm</p>	<p>Breakfast Stay and Play Everyone welcome (6 months - 4 years) A fun-filled play session with a free healthy breakfast included. 9.15am - 10.30am</p>	<p>Community Interpreting Booking required Gain knowledge and skills of community interpreting to enable you to interpret in a paid or voluntary role. Course provided by WEA 9.30am - 12.30pm</p>	<p>Maternity Support Worker Level 2 Closed Develop the skills and knowledge needed to work in an NHS setting supporting Midwives. Course provided by WEA 10.00am - 12.00pm</p>
<p>Introduction to Beauty Therapy Booking required Embark on a transformative journey into the world of beauty. You will delve into the art of manicure, nail enamel, eyebrow shaping, tinting, waxing, and threading. Course provided by WEA 9.30am - 2.30pm</p>	<p>Well Baby and Family Drop-in Clinic Everyone welcome Get your baby weighed & access a range of services e.g Health visitors, infant mental health, parent/family support, welfare advice, education and police. Services attending varies each week. Refreshments and freebies available. 9.30am - 12.00pm</p>	<p>Welfare Advice and Support Appointment only Support and advice with the following; form filling, benefits and housing issues. 9.00am - 3.00pm</p>	<p>Support Teaching and Learning in Schools Level 2 Closed Gain the knowledge and skills needed to work with children and young people in school and college environments. Course provided by WEA 9.30am - 2.30pm</p>	<p>Baby Massage Booking required (8 weeks - 12 months) 5 week baby massage course starting January 2024. 10.30am - 11.30am</p>
<p>International Cooking Booking required Learners will participate in food preparation, cooking international dishes and sharing the meal. Learners will also identify the health benefits of different food items and how to cost the meal. Course provided by WEA Limited Creche spaces available 10.00am - 12.00pm</p>	<p>Cake Decorating Group Booking required In this group, which is run by volunteers, participants will learn the art of cake decorating and create fondant and icing pieces. 9.30am - 12.00noon</p>	<p>Early Years Practitioner Level 2 Closed Develop knowledge of working with children up to the age of 5 in early years settings such as nurseries or pre-schools. Course provided by WEA 9.30am - 2.30pm</p>	<p>Men's Pie Club Everyone welcome Local men making pies, having a chat, tackling isolation, boosting mental health and improving social skills. 12.30pm - 2.30pm</p>	<p>Women's Group Everyone welcome Women only drop-in group. Have a cuppa, chat and make new friends whilst trying new things such as yoga, cooking and arts and crafts. 12.30pm - 2.30pm</p>
<p>Makaton for Beginners Booking required Gain the confidence and skills needed to sign key sentences using Makaton sign and symbols. Course provided by WEA 12.30pm - 2.30pm</p>	<p>Community Interpreting Booking required Gain knowledge and skills of community interpreting to enable you to interpret in a paid or voluntary role. Course provided by WEA 9.30am - 12.30pm</p>	<p>Diploma for Early Years Workforce Level 3 Booking required Develop the skills and knowledge required to work with children from birth to 5 years, with topics including child's health and early development Course provided by RENE 10.30pm - 2.30pm</p>	<p>Homemade Beauty Products Booking required Delve into the secrets of nature as you explore lush ingredients to pamper your skin. You'll master the art of crafting bespoke beauty concoctions. Course provided by WEA 12.30pm - 2.30pm</p>	<div data-bbox="2389 1291 2700 1606" data-label="Image"> </div> <p>For up to date information please scan the QR code above to view our live online calendar.</p>
<p>Toddle Time Everyone welcome (1 years - 3 years) A fun-filled play session for little movers. 1.00pm - 2.30pm</p>	<p>My Baby and Me Everyone welcome (8 weeks - 12 months) Sensory floor-based play session to promote child development. 10.30am - 11.30am</p>		<p>Boogie Bairns Everyone welcome (0 - 2 years) A sensory interactive music and movement session. 1.00pm - 2.00pm</p>	

All training organised by Riverside is provided by outside training providers. If you would like more information about our training providers please speak to a member of our staff

All activities advertised on this programme are correct at the time of printing and we try our best to avoid any disruption or to make unnecessary changes to the programme. However sometimes this happens due to circumstances out of our control and we will do our best to inform centre users of any changes or cancellations.



Healthworks
the community health charity