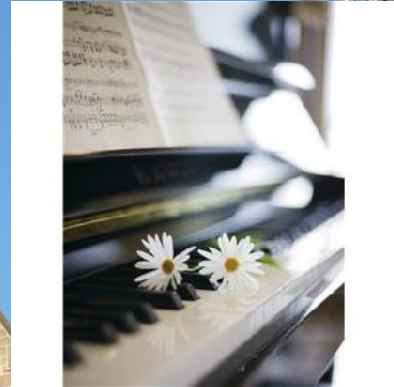


Summer 2013



Exhibitions
Crafts
Learning & Play
Wellbeing
Café Culture



Trinity

Trinity Summer Activities

Welcome to our summer activities programme for 2013. We're offering a range of activities from cooking to music to dance.

Included at the start of this booklet is a timetable of activities to be viewed at a glance, followed by more detailed descriptions.

Booking

Anything marked * needs to be booked (see details below).

Anything marked T doesn't need booking but if you have any queries please contact Trinity Reception on 0191 285 6130.

Activity	Contact	Contact details
Cooking with Gill and Cheryl	Trinity Reception	0191 285 6130
Jo Jingles	Helen Maltby	07859 105159
Baby Massage Baby Yoga Twinkle Toes	Linzy Thirlaway	07795 438135
Card Making and Papercraft	Pauline Taylor	07840 144370
What a Hoot!	Patsy Millen Kate Welford	07804 895122 07804 896194
Little Groovers	Jasmine Paine	07771 567388
Get Crafty!	Trinity Reception	0191 285 6130
Exploring Spirituality and Exploring Silence	Trinity Reception	0191 285 6130

Trinity Summer Activities Timetable of Events

N.B. Please note that some dates may be subject to change. If you plan to go to a drop-in event and are making a special journey, please contact either Trinity on 0191 285 6130 or contact the person leading the event to check that it is still going ahead.

		Week 1		
Date	Activity	Age range	Time	Cost
18 th July T	Summer Music @ Trinity	All	1pm-1.30pm	Free
19 th July *	Baby Yoga	8 weeks-1 year	10am-11am	£42 for 6 week course
19 th July *	Baby Massage	6 weeks until crawling	11.15am-12.15pm	£42 for 6 week course
19 th July *	Twinkle Babies	6-18 months	1pm-2pm	£5
19 th July *	Twinkle Toddlers	18 months-3 years	2pm-3pm	£5
19 th July *	Twinkle Toes Mixed Ages	0-3 years (including babies)	3pm-4pm	£5
22 nd July -25 th July T	Craft Demos	All	9am-4pm	Free
23 rd July T	Zumba Gold	16+	9.30am-10.30am	£3.50
23 rd July T	Line Dancing	18+	7.30pm-9.30pm	£2
24 th July T	Zumba	Approx 13-70 years	8pm-9pm	£4
25 th July T	Zumba Gold	16+	9.30am-10.30am	£3.50
25 th July T	Summer Music @ Trinity	All	1pm-1.30pm	Free
26 th July *	Card Making and Paper Craft	18+	10am-12.30pm	£4
27 th July-6 th August T	Community History Group Exhibition	All	10am-2pm on 27 th July and 3 rd Aug, 9am-4pm all other days	Free

		Week 2		
Date	Activity	Age range	Time	Cost
30 th July T	Zumba Gold	16+	9.30am- 10.30am	£3.50
30 th July *	Cooking with Gill and Cheryl	7-11 years	10am-11.30am	£5
30 th July *	Jo Jingles	2-5 years Under 2 years	10am-11am 11am-12 noon	£5
30 th July *	Little Groovers	5-9 years	11am-12 noon	£4.50
30 th July T	Line Dancing	18+	7.30pm-9.30pm	£2
31 st July Booking advisable	CLOUDS Harp Quartet Concert	All	7.30pm	£8 / £6 students
31 st July T	Zumba	Approx 13-70 years	8pm-9pm	£4
1 st August T	Zumba Gold	16+	10am-11am	£3.50
1 st August T	Summer Music @ Trinity	All	1pm-1.30pm	Free
2 nd August *	Jo Jingles	2-5 years Under 2 years	10am-11am 11am-12 noon	£5
2 nd August *	What a Hoot!	2-5 years	10am-12 noon	£5 per child or £7.50 for two children aged 2- 5 years. Siblings under 2 are free.
2 nd August *	Baby Yoga	8 weeks-1 year	10am-11am	£42 for 6 week course
2 nd August *	Card Making and Paper Craft	18+	10am-12.30pm	£4
2 nd August *	Baby Massage	6 weeks until crawling	11.15am- 12.15pm	£42 for 6 week course
2 nd August *	Twinkle Babies	6-18 months	1pm-2pm	£5
2 nd August *	Twinkle Toddlers	18 months-3 years	2pm-3pm	£5
2 nd August *	Twinkle Toes Mixed Ages	0-3 years (including babies)	3pm-4pm	£5

		Week 3		
Date	Activity	Age range	Time	Cost
5 th August *	What a Hoot!	2-5 years	1pm-3pm	£5 per child or £7.50 for two children aged 2-5 years. Siblings under 2 are free.
6 th August T	Zumba Gold	16+	9.30am-10.30am	£3.50
6 th August T	Happy Crafters	All	10am-12 noon	Free
6 th August *	Jo Jingles	2-5 years Under 2 years	10am-11am 11am-12 noon	£5
6 th August *	Little Groovers	5-9 years	11am-12 noon	£4.50
6 th August T	Line Dancing	18+	7.30pm-9.30pm	£2
8 th August T	Zumba Gold	16+	10am-11am	£3.50
8 th August T	Summer Music @ Trinity	All	1pm-1.30pm	Free
9 th August-22 nd August T	Trinity Art Group Exhibition	All	9am-4pm, 10am- 2pm Saturday	Free
9 th August *	What a Hoot!	2-5 years	9.30am-11.30am	£5 per child or £7.50 for two children aged 2-5 years. Siblings under 2 are free.
9 th August *	Baby Yoga	8 weeks-1 year	10am-11am	£42 for 6 week course
9 th August *	Jo Jingles	2-5 years Under 2 years	10am-11am 11am-12 noon	£5
9 th August *	Card Making and Paper Craft	18+	10am-12.30pm	£4
9 th August *	Baby Massage	6 weeks until crawling	11.15am-12.15pm	£42 for 6 week course
9 th August *	Twinkle Babies	6-18 months	1pm-2pm	£5
9 th August *	Twinkle Toddlers	18 months-3 years	2pm-3pm	£5
9 th August *	Twinkle Toes	0-3 years (including babies)	3pm-4pm	£5
9 th August Booking advisable	Sing Together Requiem Performance	All	6pm-7.30pm	£4

		Week 4		
Date	Activity	Age range	Time	Cost
12 th August *	What a Hoot!	2-5 years	1pm-3pm	£5 per child or £7.50 for two children aged 2- 5 years. Siblings under 2 are free.
13 th August T	Zumba Gold	16+	9.30am- 10.30am	£3.50
13 th August *	Cooking with Gill and Cheryl	7-11 years	10am-11.30am	£5
13 th August *	Jo Jingles	2-5 years Under 2 years	10am-11am 11am-12 noon	£5
13 th August *	Little Groovers	5-9 years	11am-12 noon	£4.50
13 th August T	Line Dancing	18+	7.30pm-9.30pm	£2
15 th August T	Zumba Gold	16+	10am-11am	£3.50
15 th August T	Summer Music @ Trinity	All	1pm-1.30pm	Free
16 th August *	What a Hoot!	2-5 years	9.30am- 11.30am	£5 per child or £7.50 for two children aged 2- 5 years. Siblings under 2 are free.
16 th August *	Baby Yoga	8 weeks-1 year	10am-11am	£42 for 6 week course
16 th August *	Jo Jingles	2-5 years Under 2 years	10am-11am 11am-12 noon	£5
16 th August *	Card Making and Paper Craft	18+	11am-12.30pm	£4
16 th August *	Baby Massage	6 weeks until crawling	11.15am- 12.15pm	£42 for 6 week course
16 th August *	Twinkle Babies	6-18 months	1pm-2pm	£5
16 th August *	Twinkle Toddlers	18 months-3 years	2pm-3pm	£5
16 th August *	Twinkle Toes Mixed Ages			£5

		Week 5		
Date	Activity	Age range	Time	Cost
19 th August *	What a Hoot!	3-5 years	1pm-3pm	£5 per child or £7.50 for two children. Siblings under 2 are free.
20 th August T	Zumba Gold	16+	9.30am- 10.30am	£3.50
20 th August *	Jo Jingles	2-5 years Under 2 years	10am-11am 11am-12 noon	£5
20 th August T	Happy Crafters	All	10am-12 noon	Free
20 th August T	Line Dancing	18+	7.30pm-9.30pm	£2
21 st August *	Exploring Spirituality	Adults	10am-12 noon	Free
22 nd August T	Zumba Gold	16+	10am-11am	£3.50
22 nd August *	Get Crafty!	6-11 years	1.30pm-3pm	£3
22 nd August T	Summer Music @ Trinity	All	1pm-1.30pm	Free
23 rd August *	What a Hoot!	2-5 years	9.30am- 11.30am	£5 per child or £7.50 for two children. Siblings under 2 are free.
23 rd August *	Jo Jingles	2-5 years Under 2 years	10am-11am 11am-12 noon	£5
23 rd August *	Baby Yoga	8 weeks-1 year	10am-11am	£42 for 6 week course
23 rd August *	Card Making and Paper Craft	18+	10am-12.30pm	£4
23 rd August *	Baby Massage	6 weeks until crawling	11.15am- 12.15pm	£42 for 6 week course
23 rd August *	Twinkle Babies	6-18 months	1pm-2pm	£5
23 rd August *	Twinkle Toddlers	18 months-3 years	2pm-3pm	£5
23 rd August *	Twinkle Toes Mixed Ages	0-3 years (including babies)	3pm-4pm	£5

		Week 6		
Date	Activity	Age range	Time	Cost
27 th August T	Zumba Gold	16+	9.30am- 10.30am	£3.50
27 th August T	Happy Crafters	All	10am-12 noon	Free
27 th August T	Line Dancing	18+	7.30pm-9.30pm	£2
28 th August *	Exploring Silence	Adults	10am-12 noon	Free
29 th August T	Zumba Gold	16+	10am-12 noon	£3.50
29 th August T	Summer Music @ Trinity	All	1pm-1.30pm	Free
29 th August *	Get Crafty!	6-11 years	1.30pm-3pm	£3
30 th August *	Baby Yoga	8 weeks-1 year	10am-11 am	£42 for 6 week course
30 th August *	Card Making and Paper Craft	18+	10am-12.30pm	£4
30 th August *	Baby Massage	6 weeks until crawling	11.15am- 12.15pm	£42 for 6 week course
30 th August *	Twinkle Babies	6-18 months	1pm-2pm	£5
30 th August *	Twinkle Toddlers	18 months-3 years	2pm-3pm	£5
30 th August *	Twinkle Toes Mixed Ages	0-3 years (including babies)	3pm-4pm	£5

Some of the groups listed above will be meeting in September so please check with the person leading the event if you are interested in coming to the group regularly.

A to Z of What's On.....

Baby Massage

What is it?	Come along to a baby massage course and spend time in a relaxing, friendly environment experiencing the benefits of nurturing touch while you massage your baby. Classes are small and welcoming and provide a great opportunity to meet other new mums and make friends whilst your baby enjoys a massage!
What age range is it for?	6 weeks until crawling
Which days is it on?	Fridays commencing 19 th July (not 26 th July)
What time is it on?	11.15am-12.15pm
Do I need to book?	Yes
Do I need to pay?	£42 for a 6 week course
Further information	To book, call Linzy on 07795 438135

Baby Yoga

What is it?	Baby yoga courses run over a 6 week period, and provide parents with a relaxing, nurturing environment in which they can spend quality time with their baby. You can expect a combination of exercises, songs and play for babies. We bounce on beach balls, have fun with scarves, feathers and puppets and play with bubbles. We also include simple relaxation, stretching and breathing exercises for parents.
What age range is it for?	8 weeks to 1 year
Which days is it on?	Fridays commencing 19 th July (not on 26 th July)
What time is it on?	10am-11am
Do I need to book?	Yes
Do I need to pay?	£42 for a 6 week course
Further information	To book, call Linzy on 07795 438135

Card Making and Paper Craft

What is it?	Spend a creative morning learning the basics of a range of techniques, including stamping, decoupage and die-cutting to produce a hand-made beautiful card. All materials are provided.
What age range is it for?	18+
Which days is it on?	Friday 26 th July Friday 2 nd August Friday 9 th August Friday 16 th August Friday 23 rd August Friday 30 th August
What time is it on?	10am-12.30pm
Do I need to book?	Yes
Do I need to pay?	£4
Further information	To book, call Pauline on 07840 144370

Cooking with Gill and Cheryl

What is it?	Make cooking fun!
What age range is it for?	7-11 years
Which days is it on?	Tuesday 30 th July - Savoury Tuesday 13 th August - Sweet
What time is it on?	10am-11.30am
Do I need to book?	Yes, at Trinity reception
Do I need to pay?	£5 on booking
Further information	Call Gill via Trinity office (0191 285 6130)

Exhibitions

What is it?	We are showcasing three exhibitions put together by both Trinity and the wider community on a range of themes. Come into the café for a coffee to have a look!
What age range is it for?	Everyone!
Which days is it on?	<p>Monday 22nd July – Thursday 25th July Art and Craft Exhibition and Sale - There will be examples of work by Trinity members and members of the various groups that meet at Trinity. Come along and see the work of these talented folk. There will be some items for sale too.</p> <p>Saturday 27th July- Tuesday 6th August Community History Group – Come and see an exhibition celebrating some of the people who have lived or worked in Gosforth. Not all were rich, famous or powerful, but most affected the lives of people in the community elsewhere or in a positive way. Also find out about Gosforth Community History Group, what we do and how you could be part of it.</p> <p>Friday 9th August – Thursday 22nd August Trinity Art Group – An exhibition of work produced by members of the Art Group, which meets each week at Trinity Centre, will be displayed in the café. Most of the paintings will be on sale and a percentage of the sales will be donated to Trinity Church funds. The work reflects the interests of the artists with a wide variety of subjects. If you are interested in purchasing a work, please ask at the reception desk.</p>
What time is it on?	9am-4pm
Do I need to book?	No
Do I need to pay?	No
Further information	Information from Trinity reception or by calling 0191 285 6130

Exploring Spirituality

What is it?	Take time out to explore a variety of spiritual practices drawing from the Celtic and Monastic traditions to help build a rhythm of peace and wellbeing into your day to day life.
What age range is it for?	Adults
Which days is it on?	Wednesday 21 st August
What time is it on?	10am-12 noon
Do I need to book?	Yes – at Trinity reception
Do I need to pay?	No, but join us for lunch in the café afterwards!
Further information	Call Andrew via the Church Office on 0191 285 6130

Exploring Silence

What is it?	An opportunity to come together with others and learn about the healing nature of being still and entering into silence and what it can bring to life. After a short introduction, we will share a time of silence together. You might be surprised what you find!
What age range is it for?	Adults
Which days is it on?	Wednesday 28 th August
What time is it on?	10am-12 noon
Do I need to book?	Yes – at Trinity reception
Do I need to pay?	No, but join us for lunch in the café afterwards!
Further information	Call Andrew via the Church Office on 0191 285 6130

Get Crafty!

What is it?	Come and enjoy some making, sticking, crafting, folding and creating!
What age range is it for?	6-11 years
Which days is it on?	Thursday 22 nd August Thursday 29 th August
What time is it on?	1.30pm-3pm
Do I need to book?	Yes – at Trinity reception
Do I need to pay?	£3. Includes juice and biscuits.
Further information	Call Andrew via the Church Office on 0191 285 6130

Happy Crafters

What is it?	Come and try your hand at various crafts, including yarn craft, rugging, stitching, felting and papercraft.
What age range is it for?	All
Which days is it on?	Tuesday 6 th August Tuesday 20 th August Tuesday 27 th August
What time is it on?	10am-12 noon
Do I need to book?	No
Do I need to pay?	No
Further information	Call the Church Office on 0191 285 6130

Jo Jingles

What is it?	Jo Jingles music and movement workshops themed sessions and snack and art/craft activity (older children)
What age range is it for?	Under 2 years and 2-5 years
Which days is it on?	Tuesdays 30 th July – 20 th August Fridays 2 nd – 23 rd August Jo's Summer Party – Tues 20 th and Fri 23 rd Aug
What time is it on?	10am-11am - 2-5 years (approx.) 11am-12 noon - Under 2 years
Do I need to book?	Yes
Do I need to pay?	£5 per child per 1 hour workshop
Further information	To book, call Helen on 07859105159 or e-mail helenjojingles@yahoo.co.uk www.jojingles.com/newcastleupontyne

Line Dancing

What is it?	Tunes to lift the spirits and steps that stay with you!
What age range is it for?	18+
Which days is it on?	Every Tuesday
What time is it on?	7.30pm-9.30pm
Do I need to book?	No
Do I need to pay?	£2
Further information	From Kathleen via the Church Office (0191 285 6130)

Little Groovers Dance Class

What is it?	Little Groovers is a fun, new class designed to expand children's' knowledge of dance. We'll learn routines in a number of dance styles, such as freestyle, hip hop, cheerleading and jazz. Children also learn how to do cartwheels, jumps and lifts and come up with their own dances.
What age range is it for?	5-9 years
Which days is it on?	Tuesday 30 th July Tuesday 6 th August Tuesday 13 th August
What time is it on?	11am-12 noon
Do I need to book?	Yes
Do I need to pay?	£4.50 per class
Further information	Call Jasmine on 07771 567388 or e-mail jasminetuipaine@hotmail.co.uk

Summer Music @ Trinity

What is it?	We present a mixture of light music and banter, café style, each Thursday lunchtime throughout the summer.
What age range is it for?	All
Which days is it on?	Thursday 18 th July Thursday 25 th July Thursday 1 st August Thursday 8 th August Thursday 15 th August Thursday 22 nd August Thursday 29 th August
What time is it on?	1pm for approximately 30 minutes
Do I need to book?	No
Do I need to pay?	No
Further information	Call the Church Office on 0191 285 6130

Twinkle Toes

What is it?	Twinkle Toes is a music, movement and sensory play class for babies and toddlers. Through song, dance, movement and play sessions you can help to nurture your child's emotional, language, social, physical and cognitive development....and have great fun! The classes are held in a relaxed and fun environment where we use music and song accompanied by props including parachutes, lycra, puppets, bubbles, disco balls and much more!
What age range is it for?	6-18 months for Twinkle Babies 18 months-3 years for Twinkle Toddlers 0-3 years for Mixed Ages
Which days is it on?	Fridays
What time is it on?	1pm-2pm Twinkle Babies 2pm-3pm Twinkle Toddlers 3pm-4pm Mixed ages
Do I need to book?	Yes - sessions must be booked in advance in a block
Do I need to pay?	£5 per session
Further information	To book, call Linzy on 07795 438135

What a Hoot!

What is it?	Stories, songs and imagination for 2-5 year olds
What age range is it for?	2-5 years
Which days is it on?	Monday 5 th August Monday 12 th August Monday 19 th August Friday 9 th August Friday 16 th August Friday 23 rd August
What time is it on?	Mondays 1pm-3pm Fridays 9.30am-11.30am
Do I need to book?	Please reserve your place by Wednesday 31 st July by calling Kate on 07804 896184, Patsy on 07804 895122 or e-mail enquiries@whatahoot.uk.com
Do I need to pay?	Payment accepted on the day. £5 per child or £7.50 for two children aged 2-5 years (siblings under 2 are free). Children must be accompanied throughout by a parent or carer.
Further information	www.whatahoot.uk.com

Zumba

What is it?	Zumba party and dance fitness based on Latin American dances. Beautiful music that makes you want to dance.
What age range is it for?	13-70 years (depends on individual fitness and mobility)
Which days is it on?	Wednesdays until 31 st July. Re-starts on Tuesdays from 3 rd September
What time is it on?	8pm-9pm (on both the Wednesday and Tuesday dates)
Do I need to book?	Booking preferred but welcome to drop-in
Do I need to pay?	£4 per class

Zumba Gold

What is it?	Zumba Gold is a lower impact version of Zumba, the popular dance fitness class. Zumba Gold is at a more gentle pace. It is ideal for beginners to fitness and those looking for something to keep active during retirement. The Latin music and social aspect of the class will make sure you leave with a smile!
What age range is it for?	16+ more than welcome, most of the ladies at Gold are 50+
Which days is it on?	Tuesday 9.30am-10am Thursday 10am-11am
Do I need to book?	Zumba Gold runs throughout the year. Please feel free just to turn up! If you are coming for the first time, please get in touch with Katie beforehand, just to double check that the class is on.
Do I need to pay?	£3.50 per class
Further information	Call Katie on 0191 289 1048 or 07530 596704 or e-mail zumba_fitness@hotmail.co.uk. Website and full timetable http://katiesymes.zumba.com

Other events at Trinity.....

Silver Sing Together: Mozart Requiem

All tickets available from Sage Gateshead Ticket Office (tel: 0191 443 4661). Workshop tickets £40 (for five workshop days) at another venue (not Trinity).

Mozart Requiem Performance Friday 9th August 6pm-7.30pm

Tickets are available from Sage Gateshead Ticket Office (tel: 0191 443 4661). Audience tickets £4. Tickets will also be available on the door.



CLOUDS

Wednesday 31st July 7.30pm

The CLOUDS Harp Quartet perform their latest musical creation, 'Water'. Join them for an evening of exciting music and let the sounds wash over you....Tickets £8 standard / £6 students available by calling 0191 285 6130 or 07716 369391.



'Grace' and Gosforth Community Rowing



The 22 foot sea-going rowing boat 'Grace' has been busy since her launch in September 2011. She has been rowed regularly on the coast at Cullercoats, Low Newton by the Sea and Tynemouth Haven. She has also ventured onto the rivers Tyne, Tweed and Wear. A successful fundraising ceilidh was held in March and the club are taking part in the Great Tyne Row 2013, a 25km time trial from Newburn to Tynemouth, on 17th August. They will be joined by some

other skiffs, including Newcastle's 'Byker Belle'. The rowing website www.rowgosforth.org.uk is kept up to date with details of the various events in the calendar and outings for the remainder of 2013. As ever, new members are always welcome. Why not come along and see what's happening.

Trinity Café

Trinity Café offers a wide range of drinks and freshly prepared food. We're open Monday-Friday 9am-4.30pm and Saturday 10am-2pm. Come in and give us a try!



Room Hire @ Trinity

Trinity Centre has a wide range of rooms available for hire.

From one-to-one sessions, small meetings, sports and dance classes, performances, conferences, parties to wedding receptions, the centre can accommodate a variety of events.



The flexible spaces enable the room layout to be tailored to the needs of the customer.

Trinity's on-site catering can also provide a range of refreshments from morning coffee and bacon rolls through to lunch and freshly baked afternoon teas.

Please call Jenny Badrock on 0191 255 9342, Lindsay Bellwood on 0191 255 9343 or e-mail office@trinitygosforth.org.uk to find out how we can help you with your function.



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