

WHAT'S ON

AGEING BETTER
MIDDLESBROUGH

WINTER 2018

In your Ageing Better Middlesbrough What's On activity guide you will find details of groups and activities that are organised by activity type and venue.

If your group or activity is not listed and you would like it to appear in the next edition, please get in touch and tell us the details.

We hope that you enjoy reading about the wide range of things to do in Middlesbrough and are inspired to try one or two out.

Contact the Ageing Better Middlesbrough team on 01642 257034 or email: info@ageingbettermiddlesbrough.org.uk

We advise you call the activity or group to confirm details are correct before attending.

Arts & Crafts

Easterside Community Hub, Broughton Avenue, Middlesbrough, TS4 2RP
easterside_communityhub@middlesbrough.gov.uk
www.middlesbrough.gov.uk/communityvenues
Tel: 01642 513150

Craft Class Wednesday 17.00 - 18.30
NEW! Community Craft Sessions
Friday 12.00 - 13.30

Grove Hill Community Hub, Bishopton Road, Grove Hill, Middlesbrough, TS4 2RP
Age UK Teesside - Tina Bonner on 01642 803328 or tina.bonner@ageukteesside.org.uk
www.ageuk.org.uk/teesside
Craft Session Thursday 10.00 – midday
Knitting, embroidery, card making, crochet or bring along your own craft/idea.

Hemlington Lake and Recreation Centre, Cass House Road, Middlesbrough, TS8 9QW
enquirieshemlington@middlesbrough.gov.uk
www.middlesbrough.gov.uk/communityvenues
Tel: 07419 742284

Aim 4 Art Tuesday 10.00 - 16.00
(Hemlington Hall Farm) www.aim4art.org.uk
Ladies at the Lake Sewing Class
Tuesday 18.00 – 20.00
(Hemlington Hall Farm)
Lakeside Art Monday 10.00 – 16.00
(Hemlington Hall Farm)
Teesside Woodturners Wednesday 17.00 – 21.00

Hemlington Library, Crosscliff, Hemlington, Middlesbrough, TS8 9JJ

hemlington_library@middlesbrough.gov.uk
www.middlesbrough.gov.uk/libraries
Tel: 01642 591918

Art Group Thursday 14.00 – 16.00
Cost: Free

Beading and Craft Tuesday 17.00 – 19.00
Cost: Free

Hemlington Library Art Group
Tuesday 13.30 - 15.30
Cost: £2

The group paint with water colour and oils and enjoy tea, coffee and gossip. Bring your own equipment and materials. Contact: Norman Brown

Hemlington Library Knitters
Saturday 10.00 – 12.00
Cost: £2

Langdon Square, Langdon Square, Coulby Newham, Middlesbrough, TS8 0TF
langdonsquare@outlook.com
www.langdonsquare.co.uk
Tel: 01642 599723

AG Craft Group Tuesday 18.30 - 20.30

Coulby Croppers (Scrap Booking)
Saturday – second in month 10.00 - 16.00
Jean Sharrocks on 07850 416517 or Gail Milburn on 07849 740341
Coulby Croppers meet on the second Saturday of every month.

This is an informal group who meet and like to get creative with paper.

Crafty Ladies Friday 12.00 – 14.00
Flower Arranging Monday 13.00 – 15.00, Wednesday 9.30 - 11.30 & Thursday 13.00 - 15.00

Ran by Nunthorpe Learning and Leisure. Call Karen on 01642 310561 ext. 149

Friendly Upholsterers Friday 9.30 – 11.30
Krazy Cards Tuesday 10.00 – 16.00
Lace Making Thursday 13.30 – 15.30

Langdon Crafts Wednesday 13.00 – 15.00
Needles and Pins Thursday 18.30 – 20.30
Patchwork Thursday 9.30 – 12.00
Phoenix Knitters Tuesday 13.00 – 15.30
Tel: 01642 599723

Quilting Saturday – twice a month 10.00 – 16.00

Scrapbooks Monday – once every three months, call for more information.

Sew-a-holics Tuesday 19.00 – 21.00

Stitch in Time Friday 9.30 – 12.30

At the moment Stitch in Time has no vacancies but if you are keen to look at what they do, you are welcome to come and have a chat.

Linthorpe Community Centre, Linthorpe Road, Middlesbrough, TS5 6JG
www.middlesbrough.gov.uk/communityvenues

Tel: 01642 822310

Gossip and Stitch Thursday 13.00 - 16.00
Joy Wilson on 01642 310704

Quilters Group Friday 9.00 – 15.30

Sewing Group Thursday 13.00 – 16.00

Watercolour Painting (Part of the U3A activities) Tuesday – fortnightly 10.00 – 12.00

Ruth Hayton on 01642 828636

Marton Community Centre, Cypress Road, TS7 8PZ

armanimick@hotmail.com

Crafty Knitters Monday 13.30 - 15.30

except Bank Holidays. Cost £1 per session includes a tea/coffee and biscuit. All profits are given to members nominated charity each 3 months. Wool and needles are available.

Marton Library, The Willows, Middlesbrough, TS7 8BL

Marton_library@middlesbrough.gov.uk
Tel: 01642 300255

Contact Marton Library for more details and to add your name to the list as these groups may be full.

Craft Group Thursday – last in month 10.00 – 12.00

Knit and Natter Thursday 14.00 – 16.00



Memorial Hall, Meldyke Place, Stainton, Middlesbrough, TS8 9AU
www.staintonmemorialhall.org.uk
Tel: 01642 591292

Art Group Monday 9.30 - 12.30
Ken on 01642 591476

Art Group Monday 13.30 – 15.30
Ann on 01642 591292

Stainton Stitchers Sewing Group
Thursday 10.00 – 13.00 Cost: £6.00

Ruth Matthews on 01642 292200
Dressmaking for beginners and improvers Thursday – first and third in month 13.00 – 16.00

Cost: £6. All aspects of dressmaking including machine care. Improve your skills or learn the basics. Contact Linda Fewtrell on 01642 597572 or Ruth Matthews on 01642 292200

Mima, Middlesbrough Institute of Modern Art, Centre Square, Middlesbrough, TS1 2AZ. mima@tees.ac.uk
www.visitmima.com Tel: 01642 931232

Drawing Thursday 17.45 – 18.45 Cost: £3.50
Improve your drawing skills at one of the life drawing sessions using a clothed model. Materials provided and no experience necessary.

Creative Age Thursday 13.30 – 15.30
Claire Pounder on 01642 046953

Creative Age is a series of Dementia-friendly activities for adults and their care-givers, friends or supporters. No experience required. Materials and refreshments provided.

Join the group at 13.00 for community lunch and the opportunity to meet others and be part of a welcoming community.

Art For You Middlesbrough
Saturday 13.30 - 15.30

The group is a Macmillan run volunteer project and is aimed at people who have finished their cancer treatment and want to get involved in group activity within a community setting. You do not have to have an artistic background, just an enthusiasm to try out a range of craft and art activities. To book contact Helen Thompson, 07801 307015 or email hthompson@macmillan.org.uk

Newport Community Hub, St Pauls Road, Middlesbrough, TS1 5NQ
hub@middlesbrough.gov.uk
www.middlesbrough.gov.uk/communityvenues. Tel: 01642 802892
Sewing Group Wednesday 19.00 – 21.00

North Ormesby Community Hub, Derwent Street, North Ormesby, Middlesbrough, TS3 6JB
northormesby_hub@middlesbrough.gov.uk
www.middlesbrough.gov.uk/communityvenues
Tel: 01642 207271

Arts & Crafts Group Monday 13.00 - 15.00
Cost: £1 Cost includes room hire and refreshments.

Scandinavian House, 2 Park Road South, Linthorpe, Middlesbrough, TS5 6HA

Creative Dementia Saturday 16.00 - 17.30 £2 per person, with immediate carer free. A new group supporting families, friends and carers who have a loved one living with Dementia. Sara on 07914 567302

St Barnabas Church Hall, 1 St Barnabas Road, Middlesbrough, TS5 6JR

The Lydia Group Friday – last in month 14.00 – 16.00 Sheila Barker on 01642 595441 or sm.barker@talktalk.net
www.st-barnabas.net

A group of ladies meet to have a short service followed by lots of knitting, chat and cups of tea. They knit clothes and blankets for charities in Middlesbrough, Romania and Africa. It is open to anyone who would like to join.

St Cuthberts Parish Centre, Stokesley Road, Marton, Middlesbrough, TS7 8JU
Fellowship and Crafts Wednesday 10.30
ask@stcuthbertmarton.org.uk or 01642 316201
www.stcuthbertmarton.org.uk

St Margaret's Church Hall, The Oval, Brookfield, Middlesbrough, TS5 8EZ
www.stmargaretsbrookfield.org.uk
Ray Harris on 01642 594272

The Art Group Thursday 10.00 – 13.00

The Lodge, 408 Marton Road, Middlesbrough, TS4 2PB
Tel: 01642 226198

Art/Craft Session Thursday 14.00 - 16.00

The Oaks Community Centre, Hemlington, Middlesbrough, TS8 9PY
Craft Session Thursday 13.00 – 15.00

The Salvation Army, Southfield Road, Middlesbrough, TS1 3BZ
Tel: 01642 241344

Craft Club Tuesday 10.00 Cost £1
Simple crafts in a friendly informal group. Bring your own project if you wish. Tea/coffee included and served from 9.30

The Trinity Centre, Market Place, North Ormesby, Middlesbrough, TS3 6LD
www.trinitycentre.org Tel: 01642 286122

Teesside Flower Club Wednesday - first in month 19.00 – 21.00
Enjoy an evening of flower arranging by a variety of experienced national and internationally acclaimed flower arrangers, who also entertain with stories of their experiences. Visitor fee is £5
Gallery Photogroup Tuesday 19.30 from September to May
www.galleryphotogroup.co.uk

The group is open to people of all ages and welcome people with a wide range of photographic interests.

Thorntree Community Hub, Birkhall Road, Thorntree, Middlesbrough, TS3 9JW
thorntree_hub@middlesbrough.gov.uk
www.middlesbrough.gov.uk/communityvenues. Tel: 01642 246827
Natty Knitters Tuesday 9.30 – 16.00
Thorntree Roses (Crafts) Tuesday 9.30 – 11.00

Trinity Methodist Church, Stainsby Road, Middlesbrough, TS5 4JS
www.middlesbroughandestonmethodist.circuit.org.uk/trinity

Trinity Craft Group Thursday 10.00
Linda Ford on 07981 203997 or lindaford@hope-foundation.org.uk

TS3 Community Church, Salvation Army Hall, Admirals Avenue, TS3 8ET
Tel: 01642 210721 or email: petrina.douglas@salvationarmy.org.uk

Knitting Thursday 10.00 - 12.00
Can you knit or crochet? Do you want to learn? This group can help you make blankets, hats and scarves to donate. All materials provided.

NEW! Learn to Crochet Wednesday – first and third in month 13.00 - 15.00
Cost £5 per session, with all materials and tea and coffee provided. Petrina will take you through the basics of crochet, building each week until you have all the skills you need to make all sorts of items. You will learn how to read a pattern and a chart so that you can take your skills and make new things.

Computers, Games and Entertainment

Everyday Computing

Do you want to learn some basic computer skills, create emails and find out about internet safety? Middlesbrough Community Learning are running free four week Everyday Computing courses at Community Hubs in Middlesbrough. Contact your local hub to find out more:

Tuesdays at Middlesbrough Central Library. Contact 01642 729002

Tuesdays at Grove Hill Community Hub/Library. Contact 01642 278444

Wednesdays at North Ormesby Community Hub/Library. Contact 01642 243581

Wednesdays at Newport Community Hub/Library. Contact 01642 802892

Wednesdays at Easterside Community Hub/Library. Contact 01642 513150

Thursdays at Thorntree Community Hub/Library. Contact 01642 246827

Anchor, Oakwood Court, Gypsy Lane, Marton, Middlesbrough, TS7 8TA
Tel: 07483 946038

Bingo Night Tuesday 19.00 - 20.30

Baker and Bedford Street, Middlesbrough Orange Pip Market

Orange Pip Market is an artisan food and beverage market based on Baker and Bedford Street in the heart of Middlesbrough. It features the best in local and regional food as well as live music and creative activities. The market takes place on the last Saturday of the month from 12.00 to 19.00 from May to September, with a Christmas edition each year. Visit www.orangepipmarket.com or find them on Facebook.

Central Library, Centre Square, Middlesbrough TS1 2AY
Tel: 01642 729002

Chess Club Saturday 10.00 - 12.00

Easterside Community Hub, Broughton Avenue, Middlesbrough, TS4 2RP
www.middlesbrough.gov.uk/communityvenues. Tel: 01642 513150
Bingo Thursday 13.00 – 15.00

Linthorpe Community Centre, Linthorpe Road, Middlesbrough, TS5 6JG
www.middlesbrough.gov.uk/communityvenues
Tel: 01642 822310

LCA Prize Bingo Tuesday – third in month 19.00 – 21.00

Scrabble Club Thursday 19.00 – 22.30

NEW: Linthorpe Road Methodist Church and Resource Centre, 54 Borough Road, Middlesbrough, TS1 2HJ
Tel: 01642 225396

Games Afternoon Wednesday from 9th January 14.00 - 16.00
Cost: £2 to include refreshments

Meath Street Resource Centre, Meath Street, Middlesbrough, TS1 4RY
info@the-resource-centre.com
www.actes.co.uk/resource-centre
Tel: 01642 255001

Community Bingo Monday 19.00 – 21.00

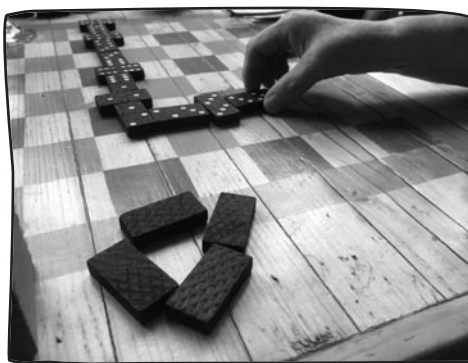
North Ormesby Community Hub, Derwent Street, North Ormesby, Middlesbrough, TS3 6JB
northormesby_hub@middlesbrough.gov.uk
www.middlesbrough.gov.uk/communityvenues
Tel: 01642 207271

Computer Help Drop in Wednesday 13.00 - 15.00 / Thursday 13.00 - 15.00

Computer for Beginners Wednesday 9.30 – 12.30. Course runs on a four week basis, call the hub for details.

The Lodge, 408 Marton Road, Middlesbrough, TS4 2PB
Tel: 01642 226198

Games Group Friday 14.00 – 16.00
Play board games, socialise and meet new people.



Trinity Methodist Church, Stainsby Road, Middlesbrough, TS5 4JS
MHA Middlesbrough Live at Home Scheme Tel: 01642 319537
Bingo Friday 13.00 – 15.00
Feel free to go along for 12.00 and enjoy lunch, coffee and a chat to other people at Acklam Green Centre first. Bingo books cost 50p a book, Flyer, Raffles and Tote are also available. Refreshments are free during the bingo sessions.

NEW: TS3 Community Church, Admirals Avenue, Middlesbrough, TS3 8EL
01642 210721 or email petrina.douglas@salvationarmy.org.uk
Jigsaws and Games Monday 9:30 - 12.15
A morning of jigsaws, games and fun with a friendly bunch before lunch. The session is free, but donations are welcomed for tea and coffee.

Exercise and sport

NEW: Acklam Rugby Club, Talbot Park, Saltersgill Avenue, Middlesbrough, TS4 3PR
Tel: 07588458358

Walking Rugby Thursday from 6pm
Rugby without the running, tackling and the mud. Great fun that is suitable for all abilities with very simple rules. The focus is on a fun and friendly experience. No specialist kit required. Trainers or walking shoes and a warm top. Wear layers because you will warm up quickly once you get going.

Albert Park, Park Road North, Middlesbrough, TS1 3LB
albertoffice@parkrun.com
www.parkrun.org.uk/albert/
Tracey Quinn on 07904 089818
Albert Park Run Saturday 9.00 – 11.00
It is a 5km run – it is you against the clock. Everyone runs for their own enjoyment. Please register before your first run and join in whatever your pace. Every week runners grab a post park run coffee in the park café (next to the finish).

Anchor, Oakwood Court, Gypsy Lane, Marton, Middlesbrough, TS7 8TA
Tel: 07483 946038

Carpet Bowls Thursday 10.30 - midday

Bellamy Court, Middlesbrough, TS3 8RL
Carol on 01642 231560 or Carol.Reynolds@volunteermatters.org.uk

Monthly Men's Group (Sporting Chance) Monday - first in month
13.30 - 15.30 Cost: £2

Dormans Club, Oxford Road, Middlesbrough, TS5 5DT
Tel: 01642 823813

www.dormansclub.co.uk

Line Dancing Monday and Thursday 19.00 - 23.00 Tuition given on Monday and live act on Thursday.

Old Time Dancing Wednesday 19.00 - 23.00

Easterside Community Hub, Broughton Avenue, Middlesbrough, TS4 2RP
www.middlesbrough.gov.uk/communityvenues
Tel: 01642 513150

Active for Life Tuesday 10.45 – 11.45
Chair Dance Friday 10.30 - 11.30 Cost: £2
01642 566511 or

info@nouveauwellbeing.com
This is an enjoyable music session includes a range of gentle exercise and routines without leaving your chair. A vibrant mix of dance styles to suit all abilities and tastes.

Erimus Club, Cumberland Road, TS5 6JB
Kenny Walsh on 01642 829690
Modern and Sequence Dancing Sunday 19.15 - 22.30

Grove Hill Community Hub, Bishopton Road, Grove Hill, Middlesbrough, TS4 2RP
Age UK Teesside - Tina Bonner on 01642 803328 or

tina.bonner@ageukteesside.org.uk
www.ageuk.org.uk/teesside

Carpet Bowls Monday 10.30 – 14.30
A fun, social group. Bring a packed lunch. Booking is essential.

Chair Dance Wednesday 10.00 - 11.00
Cost: £2 01642 566511 or

info@nouveauwellbeing.com
This is an enjoyable music session includes a range of gentle exercise and routines without leaving your chair. A vibrant mix of dance styles to suit all abilities and tastes.

Habinteg Community Centre, 6 Cresswell Close, Hemlington, Middlesbrough TS8 9QB
swifttees2013@gmail.com
Swift-tees Running Group
Tuesday 9.15, Wednesday 18.15 and Saturday 09.00

A community based running group set up to encourage people of all ages and abilities to get active and enjoy the physical, mental and social benefits of running. There are more than 200 members and the group is very friendly and supportive. Ten trained Run Leaders organise various activities from the Habinteg Community Centre near Hemlington Lake. Swift-tees runners can take part in the Park Run (5km) at Stewart Park. Anybody from Ageing Better Middlesbrough is very welcome.

International Centre, Abingdon Road, Middlesbrough, TS1 2DP
www.nurfitness.co.uk
Shazia: 07972 301543 or
snor75@hotmail.com

NUR Fitness Zumba (ladies only)
Tuesday 17.30 - 18.30 Cost: £3

Langdon Square, Coulby Newham, Middlesbrough, TS8 0TF
langdonsquare@outlook.com
www.langdonsquare.co.uk
Tel: 01642 599723

Body Toning Wednesday 18.30 – 19.30

Sequence Dancing Friday 13.30 - 15.30, Saturday 19.30 – 22.00

Take Heart Monday 10.00 – 11.30 /

Tuesday 9.30 – 12.30 / Wednesday 9.30 – 11.30 Continue your route back to good health at one of the maintenance classes following the hospital Phase III cardiac rehabilitation course or referral by your GP.

Latin in Line Tuesday 19.30 - 20.30 / Thursday 17.00 - 18.00

Contact Joanne on 07950 409854

Learn to dance, exercise your body and mind. No partner or experience needed. Dances include the bachata, cha cha cha, samba, jive, salsa and many more.

Heart and Soul Friday 19.00 - 20.00 teaching sequence dancing and modern ballroom, 20.00 - 22.00 social time and dancing. Singles and couples are welcome to join this fun and welcoming group. Any new starters are welcome to join the group for a free taster session, which you need to book in by text, call or email: 07740 265956, hartandsouldancing@gmail.com

Yoga Monday 18.00 - 20.00 (two classes), Thursday 18.00 - 20.00 (two classes), Friday 9.30 - 10.30

Linthorpe Community Centre, Linthorpe Road, Middlesbrough, TS5 6JG
www.middlesbrough.gov.uk/communityvenues. Tel: 01642 822310
Keep Fit for over 50's Wednesday 9.30 – 11.00

Line Dancing Group Monday 19.30 – 22.00

Line Dancing Social Group Tuesday – first in month 19.30 – 22.00

Modern Sequence Dancing

Tuesday 13.30 – 15.30 Cost: £2
Ring George and Pat Nolan on 01642 230098. Cost includes a cuppa and a biscuit. There is a free raffle. Everyone welcome.

Pilates Monday 17.30 – 18.30

Tea dance Tuesday 13.45 - 15.45

Marton Community Centre, Cypress Road, Marton, Middlesbrough, TS7 8PZ

Harmonize Tai Chi and Qigong

Monday 13.30

Beginners Tai Chi and Qigong group

suitable for all ages and levels of fitness. Contact 07473557921 or harmonizetaichiandqigong@gmail.com

Meath Street Resource Centre, Meath Street, Middlesbrough, TS1 4RY
info@the-resource-centre.com
www.actes.co.uk/resource-centre
Tel: 01642 255001

Health Through Activity Friday 10.00 – 11.15

Methodist Resource Centre, 54 Borough Road, Middlesbrough, TS1 2JH
Enter through Café or ring Church buzzer for entry.

Terry Doyle on 07971 105082

Tai Chi Thursday 15.00 - 16.00

Memorial Hall, Meldyke Place, Stainton, Middlesbrough, TS8 9AU
www.staintonmemorialhall.org.uk
Tel: 01642 591292

Pilates: Beginners Tuesday 17.45 - 18.45 Thursday 19.15 - 20.15

Improvers Monday 17.45 - 18.45 Thursday 18.10 - 19.10

Intermediate Thursday 17.00 - 18.00
Karen Gillett on 01642 961203 or 07884 201234 or pilates@karen-jane.com
www.nystudio.co.uk

Cost: £30 for five week course.

New starters are very welcome and will learn by exploring the basic movements and principles of Pilates. Classes are small so booking is essential.

Table Tennis Tuesday and Friday 10.00 – 11.00 Tel: 01642 590781
Equipment is available for new starters.

Healthy Exercise Wednesday 10.00 – 11.00 Cost: £2.50

Ruth Matthews on 01642 292200
Chair based exercises for older people with a qualified instructor.

Carpet Bowls Wednesday 14.00 – 16.00 Cost: £2.50

Brian Davies on 01642 271348

There are three games of five ends with a break for tea, biscuits and a chat. All are welcome. First timers get the first week free.

Line Dancing Wednesday 19.00 – 20.00 Cost: £4.50

Ballroom Dancing Wednesday 18.00 - 19.00 & 20.00 - 21.00

Val on 01642 839404 for more information.

Middlesbrough Bowling Club, Cornfield Road, Middlesbrough, TS5 5QL
middlesbroughbowlingclub@hotmail.com
www.middlesbroughbowlingclub.com/
Tel: 01642 817444

Cleveland Touring Cycles

Wednesday – monthly 19.00 – 21.00
Indoor/outdoor bowls Ring for more information.

Line Dancing Sunday 19.00 – 21.00 / Monday 11.00 – 12.00

Line Dancing Tuesday 10.00 – 12.00

Middlesbrough Environment City, Sandy Flatts Lane, Acklam, Middlesbrough, TS5 7YN
www.menvcity.org.uk/fittoride/
planned-rides/

Mike O'Reilly on 01642 579820 or mike.oreilly@menvcity.org.uk

Fit to Ride - organised cycle rides of various levels of difficulty. Contact Mike O'Reilly for more information and to register.

Middlesbrough Sports Village, Alan Peacock Way, Middlesbrough, TS4 3AE
www.everyoneactive.com/centre/middlesbrough-sports-village/
03004 560550

Sporting Chance Gym Session for men over 50 Tuesday 13.00 – 14.00 Cost: £2

Jeffrey Saxton on 07443 612793 or visit www.mbroSPORTINGC.CO.UK

Breathercise Tuesday 14.15 – 15.15 Cost: £3 per session and £1 towards social events. Linda Ford on 07981 203997 or lindaford@hope-foundation.org.uk

The group meets every Tuesday from 13:30 in the café area for a cuppa before the session. They do chair based exercise for people with COPD or lung problems.

The Over Fifties Youth Club

Monday, Tuesday, Wednesday and Thursday 10.00 - 12.00. Cost: £2.

First two sessions are free.

03004 560550 or

nigelb54@hotmail.co.uk

The club is for men aged 50 and over. The men meet to do exercise and socialise. Contact Nigel for more information or just turn up to a session and speak to Nigel or Billy.



Newham Grange Leisure Farm, Wykeham Way, Coulby Newham, Middlesbrough, TS8 0TG
Louise Campbell on
louisecampbell@virginmedia.com

Coulby Runners Monday and Wednesday 18.30 – 20.00

Newport Community Hub, St Pauls Road, Middlesbrough, TS1 5NQ
newport_hub@middlesbrough.gov.uk
www.middlesbrough.gov.uk/
communityvenues. Tel: 01642 802892

Carpet Bowls Tuesday 13.45 – 15.45 Cost: £1

Kick Boxing Tuesday 19.15 – 20.15
All ages welcome.

Badminton Wednesday 18.00 – 20.00

Dancing Boots Wednesday 12.00 – 13.30

Contact Margaret Thomas on 01642 821648

North Ormesby Community Hub, Derwent Street,
North Ormesby, Middlesbrough, TS3 6JB
northormesby_hub@middlesbrough.gov.uk
www.middlesbrough.gov.uk/
communityvenues. Tel: 01642 207271

Tai Chi for rehabilitation Thursday
10.00 – 11.00 Cost: £2

Carpet Bowls Friday 10.00 - 12.30
Call in for more information.

Nur Fitness, 4 Burlam Road,
Middlesbrough, TS5 5AE (entrance from
Road Road, on top of Teacher Time.)

www.nurfitness.co.uk
Shazia on 07972 301543 or
snoor75@hotmail.com

Pilates (ladies only) Tuesday
09.30 - 10.30 Cost: £3

Kettlebells (ladies only) Thursday
09.30 - 10.30 Cost: £3

Zumba (ladies only) Tuesday
09.30 - 10.30 Cost: £3

Ormesby Methodist Church, Pritchett
Road, Middlesbrough, TS3 0NQ
Get Active for Life Monday 10.45 -
11.45 Cost: £4 Standing and chair
based activity. Irene 07929 389231

Ormesby Table Tennis Club, Cargo
Fleet Lane, Middlesbrough, TS3 8PB
Emma McInnes on 01642 728756 or
Malcolm Muldoon on 07889 937056

Forget-me-not Cafe Friday 13.00 - 15.00
Go and join the new Dementia friendly
sport and physical activity programme for
people living with Dementia and their
carers. Activities include table tennis,
mindful movement, dance and lots more.

Pallister Park Centre, Ormesby Road,
Middlesbrough, TS3 7AP
Secretary Jan Saxton on 07825 157704
Jan.saxton@yahoo.com

Facebook – Pallister Park bowling group
Pallister Park Bowling Club

(Outdoor bowls) You are more than
welcome to pop in at the green at Pallister
Park Centre for a chat on a Monday 10.00
– 12.00 or Thursday 10.00 – 12.00.

Middlesbrough Community Bowls
Outdoor – Monday 10.00 – 12.00
Indoor – various days.

Marion Milburn 01642 273778. The
group is run by volunteers for people
who are 60+. They play both outdoor
bowls and indoor bowls. Outdoor
bowls are played from April to October
at Pallister Park. Indoor bowls from
October to March at different venues.

Rainbow Leisure Centre, Parkway Centre,
Coulby Newham, Middlesbrough, TS8 0TJ

www.everyoneactive.com/centre/
rainbow-leisure-centre/

Aqua Exercise for men over 50

Thursday 19.00 – 20.00 Cost: £2

Brian Parkes on 01642 515616 or
brian_parkes@middlesbrough.gov.uk

St Margaret's Church Hall, The Oval,
Brookfield, Middlesbrough, TS5 8EZ
www.stmargaretsbrookfield.org.uk

Keep Fit Friday 10.00 – 11.30

Brenda Hockney on 01642 487703

Brookfield Line Dancing and Social Group

Thursday 19.30 – 21.30 limited places,
contact Judith Cook on 01642 290487

Pilates Thursday 18.15 – 19.15

Christine Johnson on 07775 087275

St Margaret's Carpet Bowls Club

Wednesday 13.15 - 15.15 Ann

Stones on 01642 593960

Tai Chi Tuesday 10.45 – 12.00 Pam
Hedge on 01642 532800

Yoga Monday 18.30 – 20.00 Emma
Lawrence on 07944 593441

Zumba Wednesday 18.00 – 19.00
Mary Gallagher on 01642 592723

St Mary's Church Hall, Green Lane,
Middlesbrough, TS5 7RX
www.stmarywestacklam.org.uk
Indoor Bowls Thursday 13.30 – 16.00

Stewart Park, The Grove, Marton, Marton-
in-Cleveland, Middlesbrough, TS7 8AR

Nordic Walking Thursday 9.30 start.
Cost £2. Once a month the group meet
somewhere else in the area, please
contact Nicky for more information.

Nicky on 01642 728258 / 07446303498 or
nicky_handley@middlesbrough.gov.uk

Park Run Saturday 9.00 – 11.00

It is a 5km run – it is you against the
clock. Everyone runs for their own
enjoyment. Please register before your
first run and join in whatever your pace.
It is entirely organised by volunteers.
Email:stewarthelpers@parkrun.com
to help. Every week they grab a
post parkrun coffee at Henry's
Café. www.parkrun.org.uk/stewart/

Swerve Table Tennis Club, Kirkham

Row, Middlesbrough, TS4 3EE

www.swervettc.com

Paul Warters on 01642 827282 or
paul@swervettc.com

Adult Squad Tuesday 10.00 –

12.00 / Friday 10.00 – 12.00

**Community Table Tennis for men over
50** Tuesday 13.00 – 14.00 Cost £1.50

Zumba Gold Monday and Saturday
evenings Cost: Members £3.00 /
Non-members £3.50

Glyn on 07512 661895 or Age UK
Teesside on 01642 803328

Get active with great people at the dance
party workout for the young at heart. Age

UK Middlesbrough 50+ residents of
Middlesbrough can claim six free classes
plus discounts.

The Manor Hub, Manor Farm Way, Coulby
Newham, Middlesbrough, TS8 0RJ

Brian Parkes on 01642 515616 or
brian_parkes@middlesbrough.gov.uk

Sporting Chance Activity

Programme for men over 50

Thursday 10.00 – 11.00 Cost £1

The Studio Acklam, 265a Acklam
Road. Middlesbrough, TS5 7BP
thestudioacklam@gmail.com or
Tel: 07935 234407

Keep Fit Tuesday 11.00 – 12.30 Wednesday
14.00 – 15.00 Cost £2, term time only.

Weekly sessions of gentle exercise. A
relaxed class for mature ladies to
maintain fitness among friends. Enquiries
and new members are welcome.

Showstoppers Thursday 13.30 – 14.00

Cost £3 Tap dance group for mature
ladies. Learn routines and take part in
occasional performances. Some previous
tap experience is required.

The Trinity Centre, Market Place, North
Ormesby, Middlesbrough, TS3 6LD
www.trinitycentre.org
Tel: 01642 286122

Sequence Dancing Friday 19.30 – 22.00

Trinity Tea Dance Friday 13.30 –
15.30 Cost: £2 Derrick Preville on 01642
231560 or derrickprevill@ntlworld.com
Would you like to be more active, feel
healthier, have fun and meet new
friends? Then come along to the
sequence tea dance.

Trinity Methodist Church, Stainsby
Road, Middlesbrough, TS5 4JS

Badminton Tuesday 19.00 – 21.15

Cost £1.50 It is a small group but
welcomes new members.

Experience not essential. Play
doubles and have tea/coffee and
biscuits halfway through the evening.
Members must be between 16 plus.
Contact Lesley on 01642 518690

Table Tennis Friday 10.00 – 11.30

Cost £2 All ages and abilities
welcome. There is on-site parking
and the venue is on a bus route.

Sporting Chance Activity

Programme for men over 50

Wednesday 10.00 – 11.00 Cost £1

Brian Parkes on 01642 515616 or
brian_parkes@middlesbrough.gov.uk

Thorntree Community Hub, Birkhall Road,
Thorntree, Middlesbrough, TS3 9JW

thorntree_hub@middlesbrough.gov.uk
www.middlesbrough.gov.uk/
communityvenues

Tel: 01642 246827

Taekwondo Monday 18.30 – 20.00

Walking Groups

www.walkingforhealth.org.uk
www.menvcity.org.uk/walkingforhealth/
Mike O'Reilly on 01642 579820 or
mike.oreilly@menvcity.org.uk
Walking for Health in Middlesbrough is funded by Middlesbrough Environment City and is part of the national Walking for Health programme. The health walks vary from 30 to 90 minutes depending on the group. All walks are led by community volunteer walk leaders.

Acklam Library Walking Group

Acklam Library, Acklam Road, Middlesbrough, TS5 7AB
Thursday 13.30 start

Brookfield and Kader Strolling & Walking Group, St Clare's Church, Low Lane, Middlesbrough, TS5 8BE
Wednesday 9.30 start

Coulby Newham Walks, Langdon Square Community Centre, Langdon Square, Coulby Newham, Middlesbrough, TS8 0TF
Thursday Register 10.15-10.30

Rainbow Leisure Centre, Parkway Centre, Coulby Newham, Middlesbrough, TS8 0TG
Tuesday Register 10.15-10.30. Meet near the entrance.

Mostly easy, flat, urban walks around Coulby Newham, Hemlington, Hemlington Lake, Fairy Dell and Lingfield. Some steeper paths and steps (can get muddy and slippery) in Fairy Dell.

Hemlington Walks, Hemlington Lake and Recreation Centre, Cass House Road, Middlesbrough, TS8 9QW
Monday / Wednesday Register 10.15-10.30 am

Mostly easy, flat, urban walks around Hemlington, Hemlington Lake, Coulby Newham, Stainton, Thornton and Brookfield.

Stewart Park, The Grove, Marton, Marton-in-Cleveland, Middlesbrough, TS7 8AR
Happy Wanderers Monday and Friday
The Happy Wanderers meet twice weekly for a gentle stroll in Stewart Park. They meet up at Marton Country Club at 09:40 and then the car park in Stewart Park at approximately 10.00. They are not hikers, they are strollers. New members will be made very welcome.

North Ormesby Walks, North Ormesby Market Place at the traffic lights opposite Market Place.
Tuesday Register 10.15 -10.30

A mixture of mainly flat, circular walks around North Ormesby, Riverside Stadium, Middlehaven, Transporter Bridge, Albert Park and Pallister Park.

U3A Walk

Middlesbrough Environment City, Sandy Flatts Lane, Acklam, TS5 7YN
Thursday 10.00 start

Village Medical Centre Walk, 400-404 Linthorpe Road, Middlesbrough, TS5 6HF
Thursday every fortnight 11.00 start

West Middlesbrough Walkers and Stollers, Melbourne House, Newport Road, Middlesbrough, TS5 4BT
Monday - except third of the month 13.00 start

Faith

Grove Hill Methodist Church, Marton and Farndale Road, Middlesbrough, TS4 2PT
www.grovehillmethodist.co.uk
Women's Hour Monday – second and fourth in the month 14.00 – 15.00

St Margaret's Church Hall, The Oval, Brookfield, Middlesbrough, TS5 8EZ
www.stmargaretsbrookfield.org.uk
Mother's Union Branch Tuesday 14.00
Florence Harris on 01642 594272

Food and Eating Out

Anchor, Oakwood Court, Gypsy Lane, Marton, Middlesbrough, TS7 8TA
Tel: 07483 946038

Luncheon Club Monday to Friday 11.30 - 13.30 Cost £5 for main and dessert with a drink.

Evergreen Walk Meeting Room, Evergreen Walk, Grove Hill, Middlesbrough, TS4 3TD
Phil Marron on 01642 937110 or
Phil.marron@royalvoluntaryservice.org.uk
Royal Voluntary Service Lunch Club Tuesday 11.00 – 14.00
Come along to this friendly, weekly lunch club. There is sometimes chair exercises before lunch and a game of bingo/dominos afterwards. They sometimes put on other activities too.
Cost: Lunch only £5. Lunch and activity: £7

Grove Hill Methodist Church, Marton and Farndale Road, Middlesbrough, TS4 2PT
www.grovehillmethodist.co.uk
Lunch Thursday 11.30 – 13.00
Coffee Morning Drop in Saturday 10.00 – 12.00

NEW: Linthorpe Road Methodist Church and Resource Centre, 54 Borough Road, Middlesbrough, TS1 2HJ

01642 225396
Lunch Club Wednesday from 9th January 12.00 - 14.00
Two course lunch Cost: £3

Marton Library, The Willows, Marton, Middlesbrough, TS7 8BL
Tel: 01642 300255 or
friendsofmartonlibrary@googlemail.com
Friends of Marton Library Coffee Morning Friday 10.00 – 12.00
Cost: £0.50

Marton Methodist Church, Guild Room, The Grove, Marton, Marton-in-Cleveland, Middlesbrough TS7 8AB
Contact Middlesbrough Live at Home Scheme on 01642 319537 or
middlesbrough.liveathome@mha.org.uk
Lunch Club every other Wednesday 12.30. Cost: £5

Marton Community Centre, Cypress Road, TS7 8PZ
armanimick@hotmail.com
Coffee Morning Saturday – first in month 10.00 – midday

Memorial Hall, Meldyke Place, Stainton, Middlesbrough, TS9 9AU
www.staintonmemorialhall.org.uk
Coffee Morning Saturday 10.00 – 11.30
Coffee, biscuits and a good natter. All are welcome.

Middlesbrough Pallister Park, Admirals Avenue, Middlesbrough, TS3 8ET
www.salvationarmy.org.uk/middlesbrough-pallister-park
Tel: 01642 210721

Salvation Army Lunch Club Monday 12.15 – 13.45
Join the group for a good value quality two course home cooked meal, friendly company and a cup of tea.

Mima, Middlesbrough Institute of Modern Art, Centre Square, Middlesbrough, TS1 2AZ
mima@tees.ac.uk / www.visitmima.com
Tel: 01642 931232

Community Day Lunch 13.00 – 14.00
The free weekly lunch offers an opportunity to meet new people and share ideas over a healthy meal. Available on a first come, first-served basis. Donations accepted.



Café

We are working with a number of organisations in Middlesbrough to reduce loneliness and social isolation in our town.

Meet Up

Debenhams, Jean's Kitchen and Turtle Bay have all offered to open up a designated area of their cafes once a month for Ageing Better Middlesbrough members to use.

Debenhams, Hillstreet Shopping Centre, TS1 1LE, third floor restaurant.

First Monday of the month between 14.30 - 16.00.

Our Café Meet Up in Debenhams is becoming a Cuppa Club. Thanks to the support of Debenhams and the Hillstreet Centre there will now be a free tea or coffee with a fun quiz and games at every session.

We look forward to welcoming more members to Debenhams.

Jean's Kitchen, Dundas Market, TS1 1HR.

Third Wednesday of the month between 10.00 - 12.00.

Come along for a free tea or coffee. The group from Carers Together, who meet informally for a catch up, kindly volunteer at our meet ups and they look forward to meeting other members. Contact David Harris on 01642 232552

Turtle Bay, 32 Corporation Road, TS1 2RX.

New times for winter

Fourth Thursday of the month between 14.30 - 17.00

Join us at Middlesbrough's Caribbean Social for free tea or coffee and enjoy a game or two of dominos, chess and more.

All Ageing Better Middlesbrough members and non members are welcome to all the Café Meet Ups. We hope this is a space for people to come together and spark new friendships.

North Ormesby Community Hub, Derwent Street, North Ormesby, Middlesbrough, TS3 6JB
Tel: 01642 207271 or

northormesby_hub@middlesbrough.gov.uk

Over 50's Lunch Club Friday 11.30 – 14.30 Cost: £1.50 includes room hire and tea / coffee.

A chance for people aged over 50 to come along and make new friends each week. Members bring a lunch (usually a sandwich) with them. After this play bingo (chargeable).

Mind Coffee Drop in Tuesday 15.30 – 18.30 Cost: £1

Lunch n Social Tuesday 11.00 – 14.00 Cost: £4

Age UK Teesside - Tina Bonner on 01642 803328 or

tina.bonner@ageukteesside.org.uk
www.ageuk.org.uk/teesside

Make new friends in a stimulating and social environment where you can play, dominoes, scrabble, musical bingo, and chess or tackle a jigsaw. Or for the more competitive there is ten pin bowling, golf or table tennis. Light lunch plus refreshments provided. Booking essential.

Ormesby Methodist Church, Pritchett Road, Middlesbrough, TS3 0NQ
Judy Lawton 01642 274538
Everyone welcome.

Lunch Bunch, Monday - third in month 12:30 – 14:00 Cost: £4

St Agnes Church, Broughton Avenue, Easterside, Middlesbrough, TS4 3PZ
Coffee Morning Drop in / Bric a Brac sale Saturday - monthly 10.00 – 12.00

St Barnabas Church, 1a St Barnabas Road, Linthorpe, Middlesbrough, TS5 6JR
office@st-barnabas.net Tel: 01642 812622

Welcome Break Monday 10.00 – 12.00
Welcome Break offers tea, coffee and chat. The church is open for people to drop in. It is run by several members of the Church to welcome people to St Barnabas. Drinks are provided free, along with a friendly chat. They are there to listen to you.

St Cuthberts Church, Stokesley Road, Marton, Middlesbrough, TS7 8JU
Tel: 01642 316201

www.stcuthbertmarton.org.uk

Thursday Lunch Club every Thursday 12.30

Cost: £4 for a two course meal and refreshments. Please call to book.

St Timothy's Church, Crosscliffe, Middlesbrough, TS8 9JJ
Tel: 01642 590496

Drop in Café Monday – Saturday 9.00 – 13.00

NEW: The Oaks Community Centre, Otterhill Court, Hemlington, TS8 9PY
Coffee Morning Thursday 10.00 - 11.00
Go along for coffee and make new friends. Everyone welcome.

The Trinity Centre, Market Place, North Ormesby, Middlesbrough, TS3 6LD
www.trinitycentre.org Tel: 01642 286122

Cloister Café Tuesday 9.00 – 13.00
Take a break from shopping on market day and enjoy a cuppa, fresh home baking, bacon/sausage butties and more. A friendly welcome awaits you.

Thorntree Community Hub, Birkhall Road, Thorntree, Middlesbrough, TS3 9JW
thorntree_hub@middlesbrough.gov.uk

www.middlesbrough.gov.uk/

communityvenues

Tel: 01642 246827

Coffee Morning Wednesday 9.30 - 11.30

Uno Momento, 156-158 Linthorpe Road, TS1 3RB

Lynne Harper, Tel: 01642 223544

Sanctuary Supported Living

Dementia Adviser Service Lunch Club

Wednesday – second in month
12.00 – 14.30

Gardening and Upcycling

Berwick Hills Community Allotments, TS3 7BG
Sarah Marrison on 01642 815663
or email:

sarah.marrison@groundwork.org.uk

Middlesbrough Men's Shed Tuesday 10.00

Got time on your hands? Swap it for dirt. Join the Men's Shed to use, share or learn practical skills and make some new mates at the same time. Tools will be available on site, but feel free to bring your own.

Frade Shop, Belle Vue, 426 Marton Road, TS4 2PT

Shaun on 01642 245927

Middlesbrough Men's Shed 2

Monday to Friday 10.00 - 13.00

Why not join other local men to use, share or learn practical skills and make some new mates at the same time.

There will be a variety of woodworking from items the shedders bring along from home for repair/renovation to community projects.



Memorial Hall, Meldyke Place, Stainton, Middlesbrough, TS8 9AU
Village Friends Thursday morning Alan Liddle on 01642 598234
The Friends of Stainton and Thornton Green Spaces is a local group of volunteers who maintain and improve the public open space around the villages. Most of the physical work is carried out on Thursday mornings.

Mima, Middlesbrough Institute of Modern Art, Centre Square, Middlesbrough, TS1 2AZ
mima@tees.ac.uk Tel: 01642 931232
Community Garden 14.00 – 16.00
An opportunity to learn about international cultures, horticulture and health in an active and creative session that is good for mental and physical wellbeing. Developed with Investing in People and Culture and Middlesbrough Environment City.

The Trinity Centre, Market Place, North Ormesby, Middlesbrough, TS3 6LD
Community Allotment Friday 9.30 – 11.30 Cost: £0.50 for refreshments
Anne Lennon on annelennontyep@hotmail.com or Tina Bonner on 01642 803328 / tina.bonner@ageukteesside.org.uk
Interested in gardening? Enjoy growing your own veg? Come and join this exciting community allotment.

The Trinity Holistic Centre, James Cook University Hospital, Marton Road, Middlesbrough, TS4 3BW
trinity.holisticcentre@stees.nhs.uk southtees.nhs.uk/services/trinity-holistic-centre/ Tel: 01642 854839
The Trinity Centre offers emotional and psychological support to people with cancer and other long term conditions – and also supports their families. They have a number of low level and raised beds that require attention. If you are interested in helping out, ring for more information.

Health and Wellbeing

Acklam Green Centre, Stainsby Road, Middlesbrough, TS5 4JS
01325 365265
info@meditationindarlington.org
www.meditationindarlington.org
Meditation and Mindfulness
Monday 19.30 - 21.00 cost: £5 or four classes for £15.

NEW: Acklam Library, Acklam Road, Middlesbrough, TS5 7AB
Diane on 07757 693797
Mindfulness and Meditation
Tuesday 18.00 - 19.00. Cost: Donations welcome. Call in and unwind after a busy day and learn ways to de-stress your mind. No need to book, but if it is your first class please call or text to check any changes.

Grove Hill Community Hub, Bishopton Road, Grove Hill, Middlesbrough, TS4 2RP

Age UK Teesside - Tina Bonner on 01642 803328 or tina.bonner@ageukteesside.org.uk
www.ageuk.org.uk/teesside
Chair Exercise and Reminiscence Activities Wednesday 10.00 - 11.00
Chair exercise is a fun seated workout for people living with Dementia, including a vast range of gentle exercises without leaving your chair. Join in and have fun with friends whilst reminiscing about past times.

Singing for the Brain

Singing for the Brain groups are a stimulating activity for people living with Dementia, encouraging them to enjoy the songs of yesteryear with their carers to boost their general well-being and confidence. Using music and movement to provide opportunities to express and interact in a friendly, relaxed environment. A mixture of old and new songs, actions, simple part-singing and stimulating activities.

The Trinity Centre, Market Place, North Ormesby, Middlesbrough, TS3 6LD (Official Alzheimer's Society supported session.)
Tuesday - fortnightly 14.00 – 15.30
Kirsty Flynn on 07738 741318 or email Kirsty.Flynn@alzheimers.org.uk

St Mary's Church Hall, Green Lane, Middlesbrough, TS5 7RX
Tuesday – fortnightly 14.00 – 15.30 (Opposite Tuesdays to Trinity Centre session.)
Maddy Fisher on 07532 744924 or maddy.fisher@togethermc.org

North Ormesby Community Hub, Derwent Street, North Ormesby, Middlesbrough, TS3 6JB
northormesby_hub@middlesbrough.gov.uk
www.middlesbrough.gov.uk/communityvenues. Tel: 01642 207271
Health & Wellbeing Family Drop in Monday 9.30 – 11.30 Cost: Free
Health & Wellbeing Family Drop in, Help & Advice, Arts & Crafts Thursday – term time 9.30 – 11.30 Cost: Free

The Live Well Centre, Dundas House, Middlesbrough TS1 1JA
Feel Good Fridays Friday 12.30 - 14.00
This is a friendly informal wellbeing session with tutor led discussion and various styles of meditation. Donations welcome. No need to book. If it is your first class, please call to check changes:
07828709512 or 07757693797

The Trinity Centre, James Street, North Ormesby, Middlesbrough. TS3 6LD
Mindfulness and Meditation
Tuesday 17.30 - 19.00

Go along if you are often lethargic, irritable, have headaches, neck pain, tense shoulders and aching back. No need to book. If it is your first class, please call to check changes:
07828709512 or 07757693797

History

Grove Hill Community Hub, Bishop Road, Middlesbrough, TS4 2RP
Rebecca Bough on 07966 161481 or email egyptology_abm@outlook.com
Egyptology Saturday - second in month 10.30 - 12.30
Tea, coffee and biscuits provided.

Langdon Square, Coulby Newham, Middlesbrough, TS8 0TF
langdonsquare@outlook.com
www.langdonsquare.co.uk
Tel: 01642 599723

Family History Thursday 13.30 – 15.30
The Stephenson Locomotive Society (SLS) Tuesday -third in month 19.00 onwards. Cost: Annual subscription first year £10 subsequent years £25.
Visitors are welcome. The SLS is a Society that will give you the in depth coverage of matters relating to locomotives and railway operation both old and new. www.stephensonloco.org.uk
Tel: 01642 780658

Middlesbrough Bowling Club, Cornfield Road, Middlesbrough, TS5 5QL
middlesbroughbowlingclub@hotmail.com
www.middlesbroughbowlingclub.com/
Tel: 01642 817444

Philatelists (Stamp Collectors)
Wednesday 19.00 – 21.00

Music

Acklam Grange School, Heythrop Drive, Acklam, Middlesbrough, TS5 8PD
MOSAIC Singers Thursday 19.00 – 21.00
Mrs J Bennington on 01642 314951
www.nationalassociationofchoirs.org.uk

Acorn Centre, Acklam Grange School, Heythrop Drive Entrance, Middlesbrough, TS5 8QB
www.tvbhc.org.uk
Tees Valley Barbershop Tuesday 19.30 – 21.00
Dave Percy on chairman@tvbhc.co.uk
The group welcomes aspiring male voices of any ability.

Blythholme Social Club, 38 Yarm Road, Stockton on Tees, TS18 3NG
Dad's Music (and Mams too)
Tuesday – fortnightly 14.00 – 16.00
Cost: £1 per session and includes a free raffle ticket.
Leonard Hopkin on 01642 618154 or Eric Turner on 01642 895862 or pathoppy@outlook.com
The group meets to play old type music from the 40's to the 80's. Tea and biscuits are served at the interval.

Dormans Club, Oxford Road, Middlesbrough, TS5 5DT
01642 823813 www.dormansclub.co.uk
Live Jazz Night Thursday 19.00 - 23.00
Join the Tees Hot Club for an evening of live jazz music.
Live Entertainment Friday and Saturday evenings. Call or visit website for up to date information.

Langdon Square, Coulby Newham, Middlesbrough, TS8 0TF
langdonsquare@outlook.com
www.langdonsquare.co.uk
Tel: 01642 599723

Teesside Music Theatre Monday 19.15 – 21.45

Memorial Hall, Meldyke Place, Stainton, Middlesbrough, TS8 9AU
www.staintonmemorialhall.org.uk
Tel: 01642 591292

Accordion Workshop Saturday fortnightly 14.00 – 16.00
David Armstrong on 01642 472793

Middlesbrough Friends Meeting House, 131 Cambridge Road, Linthorpe, Middlesbrough, TS5 5HL.

Middlesbrough Happy Ukulele Group Thursday 19.00 - 20.30
Cost: £3 Tel: 01642 294580
They have a beginners course 18.30 - 19.00, call for more information.

The main group varies in ability from enthusiastic beginners to talented amateurs. The group has more than a dozen men and ladies who enjoy music. Some of them sing as well. They always have a good time.

Middlesbrough Town Hall, Albert Road, Middlesbrough, TS1 2QJ
01642 729729

Middlesbrough Town Hall Community Choir Monday (term time only) 13.00 - 14.30 and/or 19.00 – 21.00 Cost: £3.50 (includes a free cup of tea/coffee)

A fun and friendly singing group for all ages and abilities led by local international Opera singer Emily Smith and singer Dave Pisaro. The classes introduce - or extend - good vocal technique through a mixture of world and folk songs, opera and musical theatre. No experience necessary and you do not need to be able to read music. The group also takes part in live performances. Singing is proven to improve health and wellbeing, so go along and feel uplifted.

Ukulele classes Thursdays 12.15 - 13.00
These weekly groups will support beginners. If you have always wanted to play an instrument, the ukulele is a great place to start. They have ukuleles for you to use for the session.



North Ormesby Community Hub, Derwent Street, North Ormesby, Middlesbrough, TS3 6JB
northormesby_hub@middlesbrough.gov.uk
www.middlesbrough.gov.uk/communityvenues. Tel: 01642 207271
Keyboard Class Thursday 10.00 – 12.30
Cost: £1 All Welcome (keyboard needed)

St Cuthbert's Church, Stokesley Road, Marton, Middlesbrough, TS7 8JU
Joanne Reynolds on 01642 763881
www.nationalassociationofchoirs.org.uk
Kaleidoscope Singers Monday 19.30 – 21.30

St Mary's Cathedral, Community Hall, Dalby Way, Coulby Newham, Middlesbrough, TS8 0TW
dorothy.fellowes@hotmail.co.uk
Music for the Mind Wednesday – second in month - 14.00 - 15.30
For people living with Dementia and their carers.

The Salvation Army Citadel, Bankfields Road, TS6 0NP
Wilton Male Voice Choir Monday 16.00 – 17.45
David Armstrong on 01642 472793
eston@salvationarmy.org.uk
New members welcome.

The Trinity Centre, Market Place, North Ormesby, Middlesbrough, TS3 6LD
maddy.fisher@trinitycentre.org
www.trinitycentre.org Tel: 01642 286122
North Ormesby Minstrels Sunday 19.30 – 21.30

Get involved in amateur dramatics, enjoy the fun with drama, singing and dancing.
Teesside Symphony Orchestra Wednesday – except first in month 19.45 – 21.45. Enjoy rehearsing and performing with others. For musicians at grade eight standard.

Thorntree Hub, Birkhall Road, Middlesbrough TS3 9JW
Music for the Mind Thursday - fortnightly 14.00 - 15.30
For people living with Dementia and their carers. Contact Lesley Tart on 07964 019411

Reading Groups

Acklam Library, Acklam Road, Middlesbrough, TS5 7AB
acklam_library@middlesbrough.gov.uk
Tel: 01642 817810
Friday – first in month 10.00 – 11.00
Due to demand and limited places, please contact the library to add your name to the list.

Costa Coffee, Cleveland Centre, Middlesbrough, TS1 1HT
Age UK, Contact Tina Bonnor on 01642 803328 or tina.bonner@ageukteesside.org.uk
www.ageuk.org.uk/teesside
Book Club Wednesday 10:30 - 12.00
Enjoy discounts on refreshments, make new friends, swap stories and share thoughts on your favourite books.

Hemlington Library, Crosscliff, Hemlington, Middlesbrough, TS8 9JJ
hemlington_library@middlesbrough.gov.uk
www.middlesbrough.gov.uk/libraries
Tel: 01642 591918
Thursday – first of each month 10.00 – 12.00
Contact the library for more details.

Marks and Spencer's Café, Hillstreet Shopping Centre, TS1 1RH.
Anne Salter on 07749 115304
All Books Matter Group one Tuesday – second in month 14.00 - 15.30
NEW! All Books Matter Group two Tuesday – fourth in month 14.00 - 15.30
Both reading groups give you chance to discuss a chosen book and meet new people over a cuppa. Tea/coffee is served at a discounted price of £1

Marton Library, The Willows, Marton, Middlesbrough, TS7 8BL
marton_library@middlesbrough.gov.uk
Tel: 01642 300255
Monday – monthly 16.00 – 17.00
Contact the library for more details.

Rainbow Library, Coulby Newham, Middlesbrough, TS8 0TJ
rainbow_library@middlesbrough.gov.uk
Tel: 01642 727052
Friday – first in month at 14.00
Contact the library for more details.

Waterstones, 17 Newport Crescent, Captain Cook Square, TS1 5UA
Book Club Sunday - last of every month at 10.30. Join the monthly book club at Waterstones Middlesbrough. There is no joining fee and it includes up to 20% discount on selected titles (please speak to staff for more details).
For more information pop in to the store or call: 0843 290 8493

Social

Alderwood Retirement Flats, The Lounge, Coulby Newham, Middlesbrough, TS8 0SZ
Senior's Friendship Group Tuesday 10.30am to midday.
Sarah Stevens:
se.stevens@ntlworld.com
Join the group for refreshments and activities which varies each week. Once a month they have a short service with refreshments.



Easterside Community Hub, Broughton Avenue, Middlesbrough, TS4 2RP
 easterside_communityhub@middlesbrough.gov.uk
 www.middlesbrough.gov.uk/communityvenues

Friendship Group Friday 13.30 – 14.30
 Vera Stephenson on 01642 273772
 The group play bingo, have quizzes and go on lots of outings. They also go to the theatre.

Langdon Square, Coulby Newham, Middlesbrough, TS8 0TF
 langdonsquare@outlook.com
 www.langdonsquare.co.uk
 Tel: 01642 599723

Langdon Ladies Wednesday – last in month 19.00 – 21.00

Linthorpe Community Centre, Linthorpe Road, Middlesbrough, TS5 6JG
 www.middlesbrough.gov.uk/communityvenues Tel: 01642 822310

Royal Voluntary Service Wednesday – first in month 14.00 – 16.00 Tel: 01642 822310

BT Pensioner Group Wednesday – second in month 13.30 – 16.00

Park Methodist Ladies Group Wednesday – second and fourth in month 19.00 – 21.00

Scrabble Club Thursday 19.00 – 22.00

National Federation of Occupational Pensioners (M'Bro branch) Wednesday – second in month 14.00 – 16.00

Jenny Dowsett on 01642 828844 or jennifer380@btinternet.com
 Social activities, trips and meals out.

Marton Community Centre, Cypress Road, Marton-in-Cleveland, Middlesbrough, TS7 8PZ.
 01642 322738

Coffee Morning Saturday – first in month 10.00 - 12.00

Marton Good Companions Every other Wednesday 13.00 - 15.00 £2.50
 The group meet for quizzes, games, speakers and activities. Contact MHA Middlesbrough Live at Home Scheme on 01642 319537 or middlesbrough.liveathome@mha.org.uk

Marton Cricket Club, Stokesley Road, Marton, Middlesbrough, TS7 8JU
Nexstep Wednesday 20.00
 Carole on 07914 350250 or www.nexstep.org.uk
 Have you recently moved to the area and

want to meet new people? Have you lost a partner and feel lonely? Do you want to boost your social life? The club offers you an opportunity to meet friends and widen your social life. They are a club for single people aged 40+ but are not a dating agency. People can join as temporary members for £10 for three months. Currently full and there is a waiting list.

Marton Library, The Willows, Marton, Middlesbrough, TS7 8BL
 marton_library@middlesbrough.gov.uk
 Tel: 01642 300255

Poetry Group Friday fortnightly 10.00 – 11.30

Meath Street Resource Centre, Meath Street, Middlesbrough, TS1 4RY
 info@the-resource-centre.com
 www.actes.co.uk/resource-centre
 Tel: 01642 255001

Friendly Faces Wednesday fortnightly 14.00 – 15.00
 Carol Reynolds on 01642 515616 or Carol.Reynolds@volunteermatters.org.uk

Mima, Middlesbrough Institute of Modern Art, Centre Square, Middlesbrough, TS1 2AZ
 mima@tees.ac.uk Tel: 01642 931232

Cultural Conversations Thursday 11.30 – 13.00 (term time only.) These sessions are for people whose first language is not English. They are an opportunity to improve speaking, listening, reading and writing skills using the Middlesbrough Collection and exhibitions for inspiration.

Municipal Golf Centre, Ladgate Lane, Middlesbrough, TS5 7YZ

Cleveland Outlook Monday 20.00 – 22.00
 www.clevelandoutlook.com/
 Glenys on 01642 312792 or Patrick on 01429 836282. A mixed social group who meet most Monday evenings to participate in an interesting and varied programme of activities.

Newport Community Hub, St Pauls Road Middlesbrough, TS1 5NQ
 hub@middlesbrough.gov.uk
 www.middlesbrough.gov.uk/communityvenues. Tel: 01642 802892

Thursday Club (Over 55) Thursday 13.00 – 15.00

Social, chat and a cuppa, bit of a sing song and a game of bingo
Middlesbrough Model Railway Club Monday 19.00 – 21.00 / Thursday 19.00 – 21.00 / Friday 16.00 – 21.00
 Bob on Bob@mboromrc.com

St Barnabas Church Hall, 1 St Barnabas Road, Middlesbrough, TS5 6JR
 www.u3asites.org.uk/middlesbrough/groups
 Gillian Moore on 01642 823294

University of Third Age (U3A) Wednesday – first in month 14.00 – 15.45
 U3A offer a range of groups. For more information visit their website.

St Cuthbert's Church Hall, Stokesley Road, Marton, TS7 8JU
 Age UK Teesside - Tina Bonner on 01642 803328 or
 tina.bonner@ageukteesside.org.uk
 www.ageuk.org.uk/teesside

Friendship Friday Friday 10.30 – 14.30
 Cost: £4.30 for fish and chips or bring your own packed lunch. Bingo books and raffle tickets available to purchase (bring along a raffle prize). Quiz. Booking essential.

St Margaret's Church Hall, The Oval, Brookfield, Middlesbrough, TS5 8EZ
 www.stmargaretsbrookfield.org.uk

Brookfield Ladies Wednesday - first in month 19.30 - Jean Kiddell on 01642 761418

Weekly Brookfield Drop In

Thursdays 14.00 - 16.00

Go along to chat with friends, make some new ones and sample their refreshments.

St Mary's Church Hall, Green Lane, Middlesbrough, TS5 7RX
 www.stmarywestacklam.org.uk

St Mary's Social Club Tuesday 19.30
Wednesday Workforce (Coffee Morning) Wednesday 10.00 - 11.30

St Peter and St Paul's Church, Hemlington Road, Stainton, TS8 9AJ
Weekly Stainton Drop In Tuesdays 14.00 - 16.00

Go along to chat with friends, make some new ones and enjoy some delicious home baking.

The Salvation Army, Southfield Road, Middlesbrough, TS1 3BZ
 01642 241344

Let's Connect Monday 14.00 - 15.00
 Everyone is welcome to join for a wide range of topics, activities, discussions, quizzes, sharing faith and much more. Tea and coffee is served from 13.45



Support Groups

Hemlington Library and Community Hub, Crosscliffe, Hemlington, Middlesbrough, TS8 9JJ
 Gill Harrison 01642 591918
 hemlington_library@middlesbrough.gov.uk
Silver Linings Dementia Café Monday – last in month 14.00 - 15.30

Jack Hatfield Sports Centre, Rockingham Court, Acklam Road, Middlesbrough, TS5 7BN
 Terry Bytheway on 07887707737

or bythewayt@hotmail.co.uk
www.prostatecancerteesside.co.uk
Teesside Prostate Cancer Support Group
Monday – fourth in month 18.30 – 20.30
The Prostate Cancer Support Group is run by patients and their families for people affected by prostate cancer. The group provides the opportunity to talk to other people going through the prostate cancer experience.

Langdon Square, Coulby Newham, Middlesbrough, TS8 0TF
langdonsquare@outlook.com
www.langdonsquare.co.uk/index.html
Tel: 01642 599723

Alcohol Anonymous Wednesday 18.30 - 19.30, Friday 18.30 - 19.30

Middlesbrough Deaf Centre, North Ormesby Resource Centre, Derwent Street, Middlesbrough, TS3 6JB
Rachel Shafto: 07391 017935 / 01642 245114 or email

heartohelp.teesside@hearingloss.org.uk
Asian Ladies Sign Class Monday 12.30 - 14.30

Sign and Social Tuesday 10.00 - 14.00
Meet other people with hearing loss for a coffee and chat.

Deaf Blind Befriending Group
Tuesday – fourth in month 10.00 - 14.00
Meet other people who have both visual and hearing loss along with their family members/carer. Action on Hearing Loss are available to provide information and support.

Deaf Wellbeing Group Wednesday – first in month 11.30 - 13.30

Discussion group led by a local mental health nurse talking about a range of topics relating to wellbeing.

Lip Reading Class Thursday 9.00 - 11.30

NEW North Ormesby Working Men's Club, 66 Westbourne Grove, Middlesbrough TS3 6EF
Oxygen Nurse, Fran on 07785 311790
Pulmonary Fibrosis Support Group
Thursday last in month 13.30 - 15.30

St Aidan's Centre, Grange Road, Middlesbrough, TS1 2LS
Lynne Harper on 01642 223544 or lynne.harper@sanctuary-housing.co.uk
Sanctuary Supported Living Dementia Adviser Service Support Groups
Wednesday – fourth in month 13.00 – 15.30

St Barnabas Church Hall, St Barnabas Road, Middlesbrough, TS5 6JR
Mrs J McDonald on 01642 822887 or steesosg@gmail.com

South Tees Osteoporosis Support Group
Tuesday - bi-monthly (Feb, Apr, Jun, Aug, Oct, Dec) 14.00 - 16.00
Cost: £1 includes refreshments.

Meath Street Resource Centre, Meath Street, Middlesbrough, TS1 4RY
tvawf@yahoo.co.uk / www.actes.co.uk/resource-centre/

Tel: 01642 765574

Tees Valley Asian Welfare Forum

Tuesday and Thursday 10.30 – 14.00
A charitable, voluntary community organisation that offers multicultural day care service to the frail, elderly and disabled Asian people in the Tees Valley area. They offer enriching activities such as light exercise classes, aroma therapy, gardening and more. Refreshments and catering are provided and a pick up and drop off service.

Middlesbrough Sports Village, Alan Peacock Way, Middlesbrough, TS4 3AE
Teesside Stroke Club Thursday 10.00 - 11.00, 12.00 – 13.00 and 13.30 – 14.30
Ted Docherty on 01642 280614 or 07977 137836

The club offers support and friendship to stroke survivors. There is also a social side to the club meeting for tea/coffee and a chat. The club holds regular carpet bowling sessions at a local social club as well as cooking demonstrations. They also hope to offer further social activities in the future.

St Mary's Centre, 82 – 90 Corporation Road, Middlesbrough, TS1 2RW
Mr D Harding on 01642 892126 or Mrs C Brady on 01642 724057

Teesside Ex-Carers Group Monday – twice a month. Looking for more members to join this friendly group.
Young @ Hart Thursday – third in month 14.00 - 16.00

This monthly LGB&T social group hosted by Hart Gables is for people 40 and over. They provide a safe space for people to express themselves and make friends with peers. Go along for a coffee/tea and a chat in a friendly environment.
Contact 01642 675509

Memory Cafés

Memory Lane Dementia Cafés are for people living with dementia and their family carer, friends or relatives to meet and share experiences, in a relaxed and informal environment.
Kirsty Richardson on 07738 741318 or email

Kirsty.Richardson@alzheimers.org.uk

Acklam Library, Acklam Road, Middlesbrough, TS5 7AB
Thursday - fourth in month 13.30 – 15.30

Central Library, Victoria Square, Middlesbrough, TS1 2AY
Wednesday – third in month 13.00 – 15.00

Marton Library, The Willows, Marton, Middlesbrough, TS7 8BL
Monday – second in month 13.30 - 15.00

TEW Community Nursing – Learning Disabilities Dementia Group

John Reed: 01642 303903
Tuesday – first of the month
This group was designed to help support carers of those living with learning disabilities and dementia.

Mental health support groups

Off The Ground Coffee Shop, Grange Road, Middlesbrough TS1 5AS
www.mentellhealth.org/speakeasy
Men Tell Health 'Speak Easy'
Thursday - fourth of the month. The meetings last about an hour, starting at 18.00.

'SpeakEasy' groups offer a safe, supportive and confidential space for men to come together to talk about whatever is troubling them. Whether that is work, relationships, money, family or loneliness, all are welcome to come together and talk about it. The groups are free. Other groups are set up in Redcar and Stockton.

Hemlington Library, Crosscliff, Middlesbrough, Cleveland, TS8 9JJ
Tel: 01642 591918

MOMS - Mind over Matter
Tuesday 13.30 – 15.30

Don't sit alone. This group helps and supports people with mental health problems and illness. They have real life experiences and can use these to help other people experiencing similar issues. Why not go for an informal friendly chat over a cuppa in a relaxed atmosphere.

Linthorpe Methodist Church Community Café, 54 Borough Road, Middlesbrough, TS1 2JH

Middlesbrough Bi-polar UK Support Group Thursday – fourth in month 19.00 onwards
groupdevelopment@bipolaruk.org
Tel: 0333 323 388

The group offers support and information in a friendly, safe and confidential setting for anyone affected by bi-polar. Family members, partners and carers are all welcome.

The Lodge, 408 Marton Road, Middlesbrough, TS4 2PB
Tel: 01642 226198 or
TheLodgeMiddlesbrough@gmail.com

Anxiety & Depression Support Group Friday 10.00 – 12.00
Beyond the Binary Wednesday 13.30 - 15.30

Hearing Voices Support Group
Tuesday 12.30 – 13.30

Women's Group Thursday 11.30 – 13.30
A support group for women. Come along and meet new people. Access activities, support, advice and information on well-being. Recovery support available too.

Wildlife

Fairy Dell Park, Gunnergate Lane, Coulby Newham, Middlesbrough, TS8 0UT
admin@thefriendsoffairydell.co.uk /
www.thefriendsoffairydell.co.uk
Friends of Fairy Dell Tuesday 9.00 – 12.00

Langdon Square, Coulby Newham, Middlesbrough, TS8 0TF
langdonsquare@outlook.com /
www.langdonsquare.co.uk/index.html
Tel: 01642 599723
Friends of Fairy Dell meeting
Wednesday - second in month 19.00
National Trust Monday - quarterly
19.30 – 21.00

Middlesbrough Bowling Club, Cornfield Road, Middlesbrough, TS5 5QL
cbkamembership@teesbees.co.uk
www.teesbees.co.uk
Tel: 01642 701638

Beekeepers, September – April
Monday – third in month from 19.15
For more information on how to become a member or register to attend a beginner's course, contact Tees Bees.

The Hebrew Prayer House, (in Linthorpe Cemetery) Ayresome Green Lane, Middlesbrough
Dorothy Humphreys on 01642 883761 www.folc-nr.co.uk
Friends of Linthorpe Cemetery
Wednesday 12.00 – 14.00
The Friends meet every week in the winter at The Hebrew Prayer House Ayresome Green Lane and in the summer they alternate between the HPH and The Old Mortuary Information Centre in the west of the Cemetery toward the Nursery Lane entrance.

Stewarts Park, The Grove, Marton, Middlesbrough, TS7 8AR
www.visitmiddlesbrough.com/venues/stewart-park
Ann Thomas on 01642 317384 or fosp01@yahoo.com
Friends of Stewarts Park Help staff with practical horticultural work in the park on a weekly basis, conduct bird and butterfly surveys along with other jobs as and when required.



Not a member yet?

Do you want to join the 2900+ members who receive our Newsletter and What's On?

Find out what your town has to offer by calling the team on 01642 257034 or visiting our website to become a member for free
www.ageingbettermiddlesbrough.org.uk/become-a-member

Do you find yourself isolated during the winter?

Dark evenings and icy pavements can make it harder to get out. While cold weather can make us more vulnerable to illness, higher fuel bills can be worrying too. We know all this can make us feel isolated at times.

If you or someone you know is over 50, lives in Middlesbrough, and is feeling lonely or isolated, get in touch. We can help you feel able to connect with people and activities in the community.

To find out more about our free support call us on 01642 257030

Everyone active – five days free

To apply for your five free days contact the Ageing Better Middlesbrough team on 01642 257034 or email info@ageingbettermiddlesbrough.org.uk

everyone
ACTIVE

Tea Dance at Middlesbrough Town Hall

Put on your dancing shoes and join the fun on **Saturday 12th January** in the Crypt of the Town Hall between 2.00pm and 5.00pm.

The Captain Cook Birthplace Trust is organising a 1940s style entertainment event to brighten up those dark days after Christmas and the New Year. Call 01642 729729 to book your ticket.

DISCLAIMER:

We have done our best to ensure that all the information contained in this publication is correct at the time of going to print in December 2018. Details may occasionally change. Please inform us if you know of any changes to the information printed here and we can change it for the next issue. Contact the team on 01642 257034 or email info@ageingbettermiddlesbrough.org.uk

ADDITIONAL INFORMATION:

For more information about What's On in Middlesbrough, including adult/short courses, visit these websites:

Everyone Active - www.everyoneactive.com/centre/middlesbrough-sports-village/

Love Middlesbrough – www.lovemiddlesbrough.com

Middlesbrough College – www.mbro.ac.uk

Middlesbrough Community Learning – www.mcls.ac.uk

Middlesbrough Matters - www.middlesbroughmatters.co.uk

The Northern School of Art – www.northernart.ac.uk