

August Timetable

Some sessions are taking a break for the holiday period. Please see class timetable for August only.



Monthly Social Suppers at Broadway Youth & Community Centre

The last Tuesday teatime of every month, 5pm-6.30pm. This is a chance for the community to socialise together with a hot meal and entertainment.

First session free, then £6 per person.

Tuesday 26th Aug



Monday

10am Active Forever: Seated or Standing (£4pp)

St Gabriel's Church, Chester Road SR4 7TF

10am Active Forever: Seated or Standing (£4pp) (No class Monday 11th August)

Ryhope Community Association,
Black Road SR2 0RX

1.30pm Active Forever: Seated or Standing (£4pp)

The Top Club, Manor Road, Usworth NE37 3BD

3.30pm Active Neurotrain*

Broadway Community Centre, Cortina Avenue SR4 8LP. Must be booked in advance by calling 0191 516 6083 (pre-session phone chat required) or via online referral at www.activefamiliesne.co.uk.

Tuesday

10am Active Forever: Seated or Standing (£4pp)

The Top Club, Manor Road, Usworth NE37 3BD

Wednesday

1pm Active Forever: Dance (FREE UNTIL 27TH AUGUST)

Over the summer this will run as an inter-generational class with children from our holiday activity camps joining in.

Broadway Community Centre, Cortina Avenue SR4 8LP

Friday

10am Mission 2 Mobility (£4pp)

Broadway Community Centre, Cortina Avenue SR4 8LP

1pm Active Forever: Seated or Standing (£4pp)

Broadway Community Centre, Cortina Avenue SR4 8LP

For the most up to date class information, follow us on Facebook:

 Active Families North East CIC



The latest news about The Well-Being Hub Washington and the current programme timetable can be found on a separate timetable. Or check out the hub Facebook group at: The Well-Being Hub Washington.

Class information: Unless stated no need to book, just turn up. Due to increased transaction charges, where possible we now prefer cash payments in classes.

*Classes are funded sessions.

Our partners & supporters



Contact us

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