

Down District Council

# Newcastle Centre Autumn/Spring Programme 2009/10



[www.downdc.gov.uk](http://www.downdc.gov.uk)





## Our Mission

Improving the quality of life for all of our people.

## Our Values

### **Integrity**

Be honest, accountable, consistent, transparent and responsible in all our actions, decisions and behaviours.

### **Respect for People**

Treat all of our citizens, visitors, colleagues and stakeholders with utmost respect and provide our services on a fair and equitable basis.

### **Excellence**

Provide the highest quality of services possible within our resources and continuously strive to improve the provision of services and the environment in which we live.

# Our Customer Charter

**We promise you that:**

## Facilities

Will be kept to a high standard, providing a safe and clean environment and will be set out to meet your requirements. The time and availability of service will be published in our Centre Programme.

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## Staff

Will be polite, friendly and informative. Trained and appropriately qualified. Easily identifiable by wearing our corporate uniform.

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## Quality

Every part of our service will reflect quality. If things go wrong we will take whatever practical steps we can to put it right immediately. If on the day we cannot resolve the issue and you continue to be dissatisfied, please feel free to register a formal complaint at reception.

# Weekly Programme

## Monday

### Nursery Playgroup

9.00am - 12.00pm

Why not start to put in place the building blocks for your child's future at the Newcastle Pre-School Playgroup?

### Ladies Morning

10.15am - 12.30pm

**CRECHE** facilities with qualified staff,  
Sauna / Steam Room, Fitness Suite, Tea & Coffee.

**AEROBICS** 10.15am - 11.15am

A great way to keep fit and relax.

### After School Club

1.30pm - 6.00pm

Kids World open to 4 - 11 year olds  
Homework supervised and a variety of activities  
such as art & crafts, games and outdoor play.

### Toddler Soccer

3.15pm - 4.00pm Toddlers aged 2.5 - 5 years old

4.00pm - 5.00pm Children aged 5 - 13 years old

Structured soccer programme where children can have fun, be creative and play without fear of failure.

For further details contact Tim Waring on 07740120788  
or [www.toddlersoccer.org](http://www.toddlersoccer.org)

### Senior Citizens Bowling Club

2.00pm - 4.30pm

Are you retired? Would you like to play bowls?

Then come along and join in the fun.

### Aerobics – with Nicola

7.30pm - 8.30pm

Lose weight, tone up, get fit, feel and look good.

### Yoga with Lisa

7.00pm - 8.30pm

£6.00 per class. Strengthen your body and uplift your mind.

Suitable for both men and women. Saturday workshops available. Train to be a Yoga Teacher with Lisa.

For more info or to register see [www.yogalisa.co.uk](http://www.yogalisa.co.uk) /  
contact 028 43771029 or 07749828018

## Monday

**Alzheimer's Society** 7.15pm - 9.15pm  
The Alzheimer's Society provides information and support for people with Dementia and their carers. Meetings first Monday of each month for carers of people with dementia. Everyone welcome. For further information please contact Down Lisburn Branch 028 4483 9628.

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**PIPS Suicide Support** 8.00pm - 9.30pm  
Suicide Support Group. First Monday of every month.

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**Shimna Angling Club** 8.00pm - 10.00pm  
Meeting held on 2nd Monday of each month.

## Tuesday

**Nursery Playgroup** 9.00am - 12.00pm & 12.45pm - 3.15pm  
Why not start to put in place the building blocks for your child's future at the Newcastle Pre-School Playgroup.

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**Yoga with Lisa** 10.00am - 11.30am  
£6.00 drop-in or enrol 1st tuesday of every month at discounted rate. Start your day with Yoga.

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**Down District Citizen's Advice Bureau** Appointments 10.00am - 12.30pm  
Drop-in 1.00pm - 4.00pm  
An appointment is required for help with Disability Living Allowance or Attendance Allowance Forms. Telephone advice line call 028 4461 4110  
Mon - Fri 10.00am till 4.00pm & Sat 10am till 2.00pm.

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**Pilates for Intermediates** 10.15am - 11.30am  
For those who have previously taken courses in Pilates.



## Tuesday

### **Baby Sensory**

10.30am - 11.30am

Precious early learning for babies which offers a complete approach to learning and development. From birth to 13mths. The rich and varied sensory experiences and activities enables development in every possible way. For further details contact Jayne Drummond 028 4372 5778 or [down@babysensory.co.uk](mailto:down@babysensory.co.uk)

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### **After School Club**

1.30pm - 6.00pm

Kids World open to 4 - 11 year olds  
Homework supervised and a variety of activities such as art & crafts, games and outdoor play.

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### **BA School of Dance**

2.30pm - 6.00pm

Professional training in Ballet with the Beverley Anne School of Dancing.

6.00pm - 7.00pm

Adult Tap dancing - suitable for all levels  
Beverley Anne Smyk (AIDTA).

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### **Weight Watchers**

6.00pm - 7.00pm

The diet where no food is a sin! No weighing or measuring of foods. The diet to suit your lifestyle. It's easy and it works!

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### **Pilates for Beginners**

7.30pm - 8.30pm

Beneficial for all ages and fitness levels. The Pilates technique is excellent for preventing as well as aiding in recovery from injury. For new Mums it plays a valuable role in body recovery. All muscle groups in the body are worked and as a result are strengthened, toned, and lengthened.

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## Tuesday

**Field Club Lecture Group** 7.30pm - 9.30pm  
Meetings held on 3rd Tuesday of each month  
Focus on the environment and topics of local interest.  
Visitors welcome.

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**Karate (Adult)** 8.00pm - 10.00pm  
Both Males and Females. Instructor Mr Beny O'Boyle  
(2nd Dan).

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**Tae Kwon-Do** 7.00pm - 9.00pm  
Martial arts class for both males and females.

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**Shimna Stars Special Olympics Club** 6.30pm - 7.30pm  
Basketball training sessions each Tuesday.  
For further information contact the Club Manager  
on 07775622221.

## Wednesday

**Nursery Playgroup** 9.00am - 12.00pm  
Why not start to put in place the building blocks for your  
child's future at the Newcastle Pre-School Playgroup.

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**Ladies Morning** 10.15am - 12.30pm  
**CRECHE** facilities with qualified staff, Sauna / Steam  
Room, Fitness Suite, Tea & Coffee.

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fit and relax.

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**After School Club** 1.30pm - 6.00pm  
Kids World open to 4 - 11 year olds  
Homework supervised and a variety of activities such as  
art & crafts, games and outdoor play.

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**Senior Citizens Bowling Club** 2.00pm - 4.30pm  
Are you retired? Would you like to play bowls?  
Then come along and join in the fun.



## Wednesday

<b>BA School of Dance</b>	2.00pm - 6.00pm Professional training in Ballet and Tap with the Beverley Anne School of Dancing. Beverley Anne Smyk (AIDTA).
<b>Ju Jitsu (Junior)</b>	6.00pm - 7.00pm & 7.00pm - 8.00pm
<b>Ju Jitsu (Adult)</b>	8.00pm - 9.30pm Increase your level of fitness, learn to defend yourself and improve your confidence. Gain a black belt. Qualified Instructors. Minimum age - 5 years old.
<b>Women's Only Kickboxing Class</b>	6.20pm - 7.20pm Kickboxing aerobic workout with self defence for beginners or intermediates. £4.00 per class. Contact Joe 07703724826 or Oonagh 07858777956 for further details. Children's kickboxing class in Castlewellan Community Centre on Mondays from 6.30pm - 7.15pm. £2.50 per class.
<b>GROW N. Ireland</b>	7.30pm - 9.30pm Are you experiencing stress, anxiety, depression and loneliness? GROW enables people to develop better mental health and reach their fullest potential through mutual group support. FREE and CONFIDENTIAL meeting. Everyone welcome.
<b>Aerobics</b>	7.30pm - 8.30pm Lose weight, tone up, get fit, feel and look good. Everyone welcome.
<b>Newcastle and District Gardening Society</b>	7.00pm - 9.30pm Meetings 1st Wednesday of each month – different speakers every month. Everyone welcome.

## Thursday

### **Nursery Playgroup**

9.00am - 12.00pm & 12.45pm - 3.15pm

Why not start to put in place the building blocks for your child's future at the Newcastle Pre-School Playgroup

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### **Weight Watchers**

9.30am - 10.30am

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### **Down District Citizen's Advice Bureau**

Drop-in 10.00am - 12.30pm

Appointments 1.00pm - 4.00pm

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Beneficial for all ages and fitness levels. The Pilates technique is excellent for preventing as well as aiding in recovery from injury. For new Mums it plays a valuable role in the body recovery. All muscle groups in the body are worked and as a result are strengthened, toned, and lengthened.

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### **Newcastle Elim Church Ladies Coffee Morning**

10.30am - 12.30pm

Everyone welcome.

Why not come along for an informal chat and cuppa. Free of charge.



## Thursday

<b>After School Club</b>	1.30pm - 6.00pm Kids World open to 4 - 11 year olds Homework supervised and a variety of activities such as art & crafts, games and outdoor play.
<b>Tea Dance</b>	2.00pm - 4.00pm Ballroom and Olde Tyme Dancing to suit all. Tea provided, everyone welcome.
<b>Pilates for Intermediates</b>	7.15pm - 8.30pm For those who have previously taken courses in Pilates.
<b>Painting Class</b>	7.00pm - 9.00pm £35.00 full price £32.00 concession Pre-booking essential through Down Arts Centre. Tel 028 4461 0747

## Friday

<b>Nursery Playgroup</b>	9.00am - 12.00pm Why not start to put in place the building blocks for your child's future at the Newcastle Pre-School Playgroup.
<b>After School Club</b>	1.30pm - 6.00pm Kids World open to 4 - 11 year olds Homework supervised and a variety of activities such as art & crafts, games and outdoor play.
<b>Gymnastics</b>	Times to be confirmed. Open to girls from 4 years old. Full range of equipment with qualified staff. Classes fun and enjoyable to suit beginners up to competitive level.

## Saturday

<b>Karate (Junior)</b>	10.00am - 1.00pm Both Boys and Girls welcome. Instructor Beny O'Boyle (2nd Dan). Minimum age 6 years old. Beginner registration September only. Male and Female Instructors.
<b>Gymnastics</b>	2.00pm - 5.00pm Open to girls from 4 years old. Full range of equipment with qualified staff. Classes fun and enjoyable to suit beginners up to competitive level.
<b>Birthday Parties</b>	11.00pm - 1.00pm 2.00pm - 4.00pm Multi-Purpose Room and Kitchen available for parties. Optional use of Bouncy Castle and toys for small children.

## Sunday

<b>Birthday Parties</b>	2.30pm - 4.30pm or 3.00pm - 5.00pm Multi-Purpose Room and Kitchen available for parties – Optional use of Bouncy Castle and toys for small children.
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### **Newcastle Centre**

10-14 Central Promenade, Newcastle

Co Down BT33 0AA

Telephone: 028 4372 5034

Fax: 028 4372 2805

Email: [newcastlecentre@downdc.gov.uk](mailto:newcastlecentre@downdc.gov.uk)

[www.downdc.gov.uk](http://www.downdc.gov.uk)