

North Tyneside and Northumberland Activities 2025

These are regular activities held in our area for people living with Parkinson's. Friends and family are welcome to attend too. While every effort is made to make sure this information is up-to-date, we suggest checking before travelling.

For information on one-off events, or if you are having difficulty reaching the named contact, please contact Kirsty: kmcdowell@parkinsons.org.uk, 07964 036930

For a list of activities in **Newcastle, Gateshead, Durham, Darlington or North Cumbria** contact Cara Connolly, cconnolly@parkinsons.org.uk, 020 7963 3693.

For a list of activities in **South Tyneside, Sunderland or Teesside** contact Kirsty McDowell, kmcdowell@parkinsons.org.uk, 07964 036930.

North Tyneside

Social - Linskill centre (Provider: Parkinson's UK)

- Where: The Mitford Room, Linskill Centre, North Shields, NE30 2AY
- When: Third Monday of the month 2pm - 3.30pm
- What: Group meeting, sometimes with a guest speaker, refreshments and chat.
- Contact: Sarah Johnson 07713 070 071
- Cost: None

Boxactive - Dudley (Cramlington) (Provider: QFit Gym)

- Where: Q Fit Gym, John Willie Sams centre, Market Street, Dudley, NE23 7HS
- When: Every Tuesday 10.30 to 11.15 am
- What: Non-contact Parkinson's friendly session aimed at improving strength and balance
- Contact: David Lattimer, bookings@qfitgym.uk, (0191) 250 0166, <http://www.qfitgym.uk/classes/>

- Cost: Yes. £4/class or ten classes for £32.

Seated pilates, Dudley (Cramlington) (Provider: QFit Gym)

- Where: Q Fit Gym, John Willie Sams centre, Market Street, Dudley, NE23 7HS
- When: Wednesdays, 11.45 – 12.30
- What: Low impact chair based Pilates for those unable to use the floor. All welcome.
- Contact: David Lattimer, bookings@qfitgym.uk, (0191) 250 0166, <http://www.qfitgym.uk/classes/>
- Cost: Yes. £4/class or ten classes for £32.

Tai chi, Dudley (Cramlington) (Provider: QFit Gym)

- Where: Q Fit Gym, John Willie Sams centre, Market Street, Dudley, NE23 7HS
- When: Tuesdays 1.30 – 2.30
- What: Gentle tai chi which can help with balance and flexibility. All welcome.
- Contact: David Lattimer, bookings@qfitgym.uk, (0191) 250 0166, <http://www.qfitgym.uk/classes/>
- Cost: Yes. £4/class or ten classes for £32.

Physio-Fit, Tynemouth (Provider: Longsands Rehabilitation)

- Where: Tynemouth Village Hall, Manor Road, NE30 4RH
- When: High intensity Parkinson's class: Mondays 11 – 12. Moderate intensity Parkinson's class: Thursdays 10.30 – 11.20
- What: friendly class for people living with Parkinson's who are able to stand and move around while exercising. Talk to the instructor, Jacqueline, to decide which is more suitable for you (moderate or high intensity).
- Contact: Jacqueline, 07726 118801, physio@longsandsrehab.co.uk
- Cost: Yes

Chair based exercise group (Provider: Parish Nursing Ministries UK)

- Where: Whitley Bay Baptist Church, Park Avenue, NE26 1DX.
- When: Thursdays 10.45 – noon
- What: gentle seated class for anyone who needs to sit down while exercising. This class is for anyone, not just Parkinson's, but those with the condition can be sure of a warm welcome.
- Contact: Ann, 07305 469915, ann.sudworth@wbbc.org.uk
- Cost: Free.

Live Well and Dance with Parkinson's, Segedunum (Provider: Pelican Theatre and People Dancing)

- Where: Daniel's Room, Segedunum, NE28 6HR
- When: Wednesday, 11.30 - 12.30
- What: Creative dance sessions for people with Parkinson's and other neurological conditions. All abilities welcome. Refreshments provided.
- Contact: theatrepelican@gmail.com
- Cost: Yes

Free membership - Pure Gym (Provider: Pure Gym)

- Where: Any Pure Gym. Search at: <https://www.puregym.com/gyms/>. Local gyms include Longbenton and Blyth.
- When: At a time to suit you.
- What: Free off-peak membership is available for anyone with Parkinson's and their carer (if needed).
- Contact: member.services@puregym.com or your local PureGym.
- Cost: Free

West Northumberland

Social - Hexham (Provider: Parkinson's UK)

- Where: Usually at Newcastle Building Society 1-2 Beaumont Street, Hexham, NE43 3LZ but **please check before travelling** as this does vary.
- When: First Thursday of the month 10.30am - 12 noon
- What: Informal drop in friendly chat and information. Tea and coffee provided.
- Contact: Mike Kelly, mkelly@parkinsons.org.uk, 07955 267379
- Cost of attending: none.

Nordic Walking - Hexham (Provider: Strolls with Poles with funding from Parkinson's UK)

- Where: Tyne Green, Hexham
- When: Thursday 20 March, 17 April, 15 May 2025. Around 11am.
- What: Nordic walking beginner sessions specifically for people with Parkinson's and their partners. It can increase your confidence in walking by positively challenging your coordination.
- Contact: Julie, 07443495622, email strollswithpoles@gmail.com
- Cost of attending: to be confirmed, but likely to be around £5.

Seated/standing exercise, Armchair Warriors – Haltwhistle (Provider: Northumberland Council with funding from Parkinson's UK)

- Where: Haltwhistle Hub / Library, Westgate, Haltwhistle, NE49 0AX
- When: Thursdays from 10 – 10.45am, starting on 10 April 2025
- What: Class tailored for those living with Parkinson's, although anyone is welcome to attend. Friendly class, open to all regardless of fitness level or experience. Carried out seated or standing to suit you.
- Contact: Ema at Warrior Generation, wariorgeneration@outlook.com, 07745 553574
- Cost of attending: free.

Social – Bellingham (Provider: Parkinson's UK)

- Where: Fountain Cottage Cafe, Bellingham, NE48 2DE
- When: Second Wednesday of the month 10.30 – 11.30am
- What: Informal drop in with friendly chat and information. All are welcome.
- Contact: Kirsty McDowell, kmcdowell@parkinsons.org.uk, 07964 036930
- Cost of attending: Free to attend, just buy your own refreshments.

Golf – Bellingham (Provider: Golf in Society)

- Where: Bellingham Golf Club, NE48 2DT
- When: Contact to arrange
- What: Bespoke golf for people with Parkinson's whether you have played golf before or are a complete newbie. Innovative and flexible sessions.
- Cost: Yes
- Contact: Anthony on anthonye.golfinsociety@gmail.com 07984 374441.

North Northumberland

Social – Alnwick (Provider: Parkinson's UK)

- Where: Alnwick Community Hub, Lindisfarne Centre, Alnwick, NE66 1AU
- When: First Tuesday of the month 1.30pm to 3.00pm
- What: An informal meeting with refreshments and chat
- Contact: Marilyn Taylor, 01670 760825, marilynwtaylor@btinternet.com
- Cost: voluntary donations of £1.

Physical activity – Berwick (Provider: Places Leisure)

- Where: Berwick Leisure Centre, Northumberland Road, TD15 2AS

- When: Every Thursday 11 am – midday
- What: Weekly exercise led by an experienced instructor, followed by a cuppa at the end. Class can be done seated, standing, standing with the support of a chair
- Cost: yes
- Contact: Kevin Logan KevinLogan@pfpleisure.org, 01670 624873

Seated/standing exercise, Armchair Warriors – Alnwick (Provider: Northumberland Council with funding from Parkinson’s UK)

- Where: Alnwick Community Hub, Lindisfarne Centre, Alnwick, NE66 1AU
- When: Every Thursday, 10 – 11am.
- What: For those with Parkinson’s or a related neurological condition. Seated/standing depending on your needs. Friendly class, open to all regardless of fitness level or experience.
- Contact: Call into the Community Hub for more info and to book.
- Cost of attending: none

Seated exercise – Alnwick (Provider: Places Leisure)

- Where: Willowburn Leisure Centre, Willowburn Ave, Alnwick NE66 2JH
- When: Every Monday 1 – 2pm
- What: Weekly seated exercise led by an experienced instructor. Open to all but those with Parkinson’s or MS are especially welcome.
- Cost: No, but a small charge may be introduced later in 2024.
- Contact: Russell Mallaburn, russellmallaburn@pfpleisure.org, 01670 620200

Golf – Felton (Provider: Golf in Society)

- Where: Burgham Park Golf Club, Felton, NE65 9QP
- When: Contact to arrange
- What: Bespoke golf for people with Parkinson’s whether you have played golf before or are a complete newbie. Innovative and flexible sessions.
- Cost: Yes
- Contact: Anthony on anthonye.golfinsociety@gmail.com 07984 374441.

Move & Shout, Wooler (Provider: Places Leisure)

- Where: The Cheviot Centre, Wooler, NE71 6BL
- When: Weekly on a Tuesday and a Friday, 2 – 3pm. You can attend both or just one day.
- What: Specially tailored exercise class for people with Parkinson’s.
- Contact for more information: brendamcintosh@pfpleisure.org. Book via the Places Leisure App or by phoning 01670 620200.

- Cost: Your first session is free, then it's £5 per session or free with a Places Leisure Health Communities Membership. Your partner/supporter comes free.

South East Northumberland

Social – Morpeth (Provider: Parkinson’s UK)

- Where: The Sun Inn, High Church, Morpeth, NE61 2QT
- When: Last Wednesday of the month 2pm - 4pm
- What: An informal drop in, come when you want, stay as long as you want, chat with others from the Parkinson’s community.
- Cost: Buy your own refreshments
- Contact: Mike Kelly, mkelly@parkinsons.org.uk, 07955 267379

Physical activity class Ashington (Provider: Glow Fit)

- Where: Masonic Hall, 2 John Street, Ashington, NE63 0SE
- When: Tuesday mornings, 11.30 am
- What: Movement to music. Although the class is sitting down you will still get a good workout! Followed by a cuppa and a chat. Watch a video of the class in action at <https://www.youtube.com/watch?v=xMiRRh2YNfw&t=4s>
- Contact: Liz Ford, liz.ford@glow-fit.co.uk or 07982 126 113
- Cost: £5 per person or £8 per couple or if a carer is attending. Tea/coffee and biscuits included.

Boxing Well, Parkinson’s boxing-inspired sessions, Blyth (Provider: Boxing Well with funding from Parkinson’s UK)

- Where: Empire School of Boxing, 339 Cowpen Rd, Blyth NE24 5JW
- When: Thursday morning, 11am
- What: Boxing-inspired class for people living with Parkinson’s. No experience needed – a warm welcome awaits. Improve your balance, mobility, and confidence. You can stay seated while working out if needed.
- Contact: 07535 432261, email boxingwell@gmail.com, or just pop along.
- Cost: Free

Move & Shout, Morpeth (Provider: Places Leisure)

- Where: Morpeth Leisure Centre, Gas House Lane, NE61 1SR
- When: Weekly on a Thursday, 2 – 3pm.
- What: Specially tailored exercise class for people with Parkinson’s.

- Contact for more information: brendamcintosh@pfpleisure.org. Book your first, free session, at reception. Subsequent sessions are booked via the Places Leisure App or by phoning 01670 620200 (or at reception).
- Cost: Your first session is free, then it's £5 per session. Alternatively you can join the Leisure Centre for £26/month. Your partner/supporter comes free.

Free membership – Pure Gym (Provider: Pure Gym)

- Where: Any Pure Gym. Search at: <https://www.puregym.com/gyms/>. Local gyms include Longbenton and Blyth.
- When: At a time to suit you.
- What: Free off-peak membership is available for anyone with Parkinson's and their carer (if needed).
- Contact: member.services@puregym.com or your local PureGym.
- Cost: Free.

Golf – Morpeth (Provider: Golf in Society)

- Where: Morpeth Golf Centre NI, Ponteland Road, Morpeth NE61 3FR
- When: Contact to arrange
- What: Bespoke golf for people with Parkinson's whether you have played golf before or are a complete newbie. Innovative and flexible sessions.
- Cost: Yes
- Contact: Anthony on anthonye.golphinsociety@gmail.com 07984 374441.

Online / various locations

Northumberland Tyne & Wear Active Person's Parkinson's Support group (Provider: Parkinson's UK)

- What: Open to anyone in the North East who is affected by Parkinson's, the Northumberland Tyne & Wear Active Person's group (NTWAP) aims to support those who are younger (or young at heart!) living with Parkinson's. With regular talks on a Sunday evening plus trips, meals out, exercise classes and more, this group offers a host of activities and an active email distribution list for opportunities and news.
- Contact Cara on 020 7963 3693, cconnolly@parkinsons.org.uk.
- Cost: signing up to the email list is free. Some activities have a cost.

LGBTQI+ support network group (Provider: Parkinson's UK)

- Where: meeting online via Google Meet
- When: Normally a Saturday once a month at 10am

- What: A safe space for anyone identifying as LGBTQI+ to meet others affected by Parkinson's
- Contact: Cara on 020 7963 3693, cconnolly@parkinsons.org.uk
- Cost: none

Working Age Parkinson's North East network (Provider: Parkinson's UK)

- What: ad hoc events (in person and online) for people with Parkinson's of working age, their friends and family.
- Get involved: sign up to the working age email list to receive messages as and when events are planned. Contact Kirsty on 07964 036930 or kmcdowell@parkinsons.org.uk.
- **Next event: Working Age Walk & Talk, Herrington Country Park** (near Penshaw), Sunday 11 May. Bring the family, bring the kids, bring the dog! For more information and to book your free place: <https://www.eventbrite.com/e/working-age-parkinsons-walk-talk-north-east-tickets-1292587517059>

Please note that Parkinson's UK cannot take responsibility for activities not provided by the charity.

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For a list of activities in **South Tyneside, Sunderland or Teesside** contact Kirsty McDowell, kmcdowell@parkinsons.org.uk, 07964 036930.

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