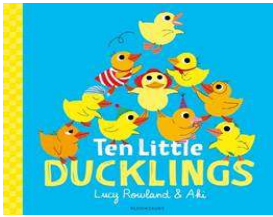
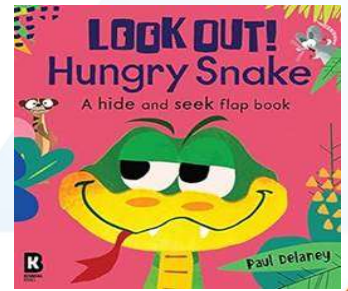


# John Willie Sams Centre Dudley Community Hub and Library Newsletter



## Dudley Library

Join us for storytime and craft  
Thursday 23 January 10.00am  
Thursday 30 January 10.00am  
Thursday 6 February 10.00am  
Thursday 13 February 10.00am  
Thursday 20 February 10.00am



Pop into Dudley Library and try something new  
– free sessions – no booking required.



Come and have  
fun with stories.  
It's FREE!

Supported and funded by  
ARTS COUNCIL  
ENGLAND

All children must be accompanied by an adult.

## Relaxation and Mindfulness Monday 13 January, 2pm

Join Susan Johnson who is a qualified Yoga Teacher who teaches Relaxation and Meditation. If you have problems sleeping with restless nights or need to calm down, Susan can show you how to relax with simple breathing techniques. The talk and demonstration will take you on a journey to relaxation that you can use at home.



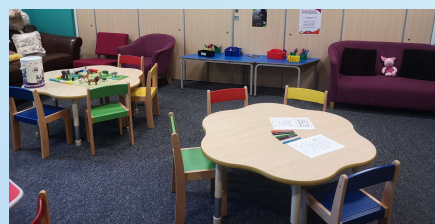
Free event, booking essential. To book visit the link or scan the QR code <https://bookwhen.com/ntclibraries>

## Dudley Library Children's Craft Room

Dudley Library craft and playroom has a selection of new toys and games available for you to use.

We still have board games, jigsaws, colouring and crafts available – all free to use when the library is open.

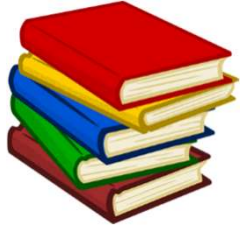
All children must be supervised by an adult.



North  
Tyneside  
Council

John Willie Sams Centre, Market Street, Dudley,  
Cramlington, NE23 7HS (0191) 643 2030  
E-mail: [johnwilliesamscentre@northtyneside.gov.uk](mailto:johnwilliesamscentre@northtyneside.gov.uk)  
Opening hours: Monday – Friday: 8.30am – 9.00pm  
Saturday: 9.00am – 5.00pm

# Dudley Library



**Dudley Library opening hours**  
**Tuesday 9am – 1pm and 2pm – 5.30pm**  
**Thursday 9am – 1pm and 2pm – 5.30pm**  
**Saturday 9am – 1pm**  
**Telephone number (0191) 643 2035**



Not a library member? – it is free to become a member of North Tyneside Libraries, simply complete an application form, which is available from any library – up to date proof of address is required.

## New books

Look out for the new books request list that is published each month. Why not take a look on the new books stand in the library to see what we have been getting new in from other libraries as well as brand new titles.

## Love to Read?

North Tyneside Libraries 'Love2Read' card allows you to borrow 20 books at a time and make unlimited reservations – all for an annual fee of £5.00. Interested? – contact **Dudley Library** on **(0191) 643 2035** or speak to a member of library staff.

Free use of the People's Network computers for all library members.  
Printing and photocopying charges

10p per A4 page for black and white prints and 30p per A4 page for colour prints. All libraries have free Wi-Fi throughout the building to give you access on your mobile, laptop or tablet device.

## Warm Welcome offer in Dudley Library

includes free use of Wi-Fi, free access to a PC, comfortable chairs, board games and puzzles, toys and crafts for children.  
**Tuesdays and Thursdays 2pm – 5pm, Saturdays 9am – 12.30pm**  
– free hot drink and biscuits



## EBooks and Audiobooks

Library customers can download Ebooks and Audiobooks onto their smart phone or tablet by downloading the BORROWBOX app and it is FREE to register with your library membership. You can pick up the joining instructions in the library or please ask a member of library staff for information.

## Rhymetime

**Tuesdays 10am**

Fun, free, 30-minute interactive session singing songs and rhymes in a friendly, supportive environment.



## Storytime

**Thursdays 10am**

Enjoy a story, then craft and create something to take home with you!  
Free session.

Sessions are term time only. Please look out in the library for extra children's activities. All children aged 8 years and under must be accompanied by an adult.

# Weekly Programme

Monday		Thursday	
Reception	8.30am – 9.00pm	Reception	8.30am – 9.00pm
QFit gym	8.30am – 8.30pm	QFit gym	8.30am – 8.30pm
Ladybird Children's	9.00am – 3.00pm	Dudley Library	9.00am – 1.00pm
Nursery (term time only)			2.00pm – 5.30pm
Slimming World	9.30am – 11.00am	Ladybird Children's	9.00am – 3.00pm
QFit Pilates	10.00am – 11.00am	Nursery (term time only)	
Salute cafe	10.00am – 2.00pm	Storytime	10.00am – 10.30am
		Adult Archery	10.00am – 11.30am
		Salute cafe	10.00am – 2.00pm
Tuesday		Luncheon club	11.30am – 1.30pm
Reception	8.30am – 9.00pm	Adult Archery	11.45am – 12.45pm
QFit gym	8.30am – 8.30pm	Baby clinic	1.30pm – 3.00pm
Dudley Library	9.00am – 1.00pm	Dance Unlimited	4.00pm – 6.30pm
	2.00pm – 5.30pm		
Ladybird Children's	9.00am – 3.00pm	Friday	
Nursery (term time only)		Reception	8.30am – 9.00pm
Inbetweenies (term time only)	9.30am – 11.30am	QFit gym	8.30am – 7.30pm
Rhymetime	10.00am – 10.30am	Ladybird Children's	9.00am – 3.00pm
		Nursery (term time only)	
Weekly café club	9.00am – 1.30pm	Salute cafe	10.00am – 2.00pm
QFit BoxActive	10.30am – 11.15am	QFit Dance Gold	10.30am – 11.30am
QFit Active Gold	11.30am – 12.15pm	Saturday	
QFit Tai Chi Qigong	1.30pm – 2.30pm	Reception	9.00am – 5.00pm
Dudley art & craft group	1.00pm – 4.00pm	Dudley Library	9.00am – 1.00pm
Inspire Youth Group	4.00pm – 6.00pm	QFit gym	9.00am – 1.00pm
Adult karate	7.00pm – 8.00pm		
Wednesday			
Reception	8.30am – 9.00pm		
QFit gym	8.30am – 8.30pm		
Ladybird Children's	9.00am – 3.00pm		
Nursery (term time only)			
Salute cafe	10.00am – 2.00pm		
QFit Pilates	10.30am – 11.30am		
QFit Seated Pilates	11.45am – 12.30pm		
Walking group	1.00pm – 3.30pm		
One to one drop in clinic (appointment only)	1.30pm – 7.00pm		



Free North Tyneside Council helpline telephone available in John Willie Sams Centre reception.

## Weetslade Ward Councillors' Surgeries

2<sup>nd</sup> Friday of the month  
9.30am – 10.30am

1<sup>st</sup> Saturday of month  
10.15am – 11am

No appointment required.

## Car park

When using John Willie Sams Centre facilities, please use the 72-space floodlit car park. The car park is located adjacent to the building behind Borderline taxi, Market Street.

## Customer Services

We now provide appointments with an advisor at John Willie Sams Centre. Appointments can be made by contacting **0345 2000 106**

## PROPS

A specialist service for people whose lives are affected by someone else's alcohol or drug use. Free, confidential support is available. Their helpline is open every day, including weekends, 9am – 9pm, call (0191) 226 3440 or come to their drop in every other Thursday, 10am – 12pm, starting 2 January.

## Slimming World

**Mondays 9.30am**

Come along to this friendly and supportive group.

For more information visit the website [www.slimmingworld.co.uk](http://www.slimmingworld.co.uk)

## Dudley Luncheon Club

**Every Thursdays 11.30am – 1.30pm**

Come along for a home cooked lunch and a chat. For further information please leave your details at reception and a member of the group will contact you. Nominal charges apply.

## Dudley Arts and Social Hub

**Meet every Tuesdays 1.00pm – 4.00pm**

An informal and friendly group of people of all ages who enjoy arts and crafts. There are no instruction periods, although there are always plenty of tips and advice from fellow members on painting and drawing. Nominal charge to cover room hire and refreshments. For further information please leave your details at reception and a member of the group will contact you.

## The QFit Gym

**Monday to Thursday 8.30am – 8.30pm**

**Friday 8.30am – 7.30pm**

**Saturday 9am – 1.00pm**

Last admission is 30 minutes prior to closing time.

### Timetable of exercise classes inside

Various exercise classes and membership packages available –

for further information contact **QFit Gym** on (0191) 250 0166 or

e-mail: [bookings@qfitgym.uk](mailto:bookings@qfitgym.uk)

website: [www.qfitgym.uk](http://www.qfitgym.uk)

Facebook: [@qfitgym](https://www.facebook.com/qfitgym)

## Community Adult Archery Sessions

**Thursdays**

**10am – 11.30am**

**11.45am – 12.45pm**

for more information contact

**Sport North Tyneside on (0191) 643 7447**



## Baby clinic

**Every Thursday 1.30pm – 3pm**

No appointment needed – just drop-in at any time during the session to get your baby weighed and speak with your local health visitor.

## North Tyneside Citizens Advice

How to access Citizens Advice services :

- Call the adviceline on **0808 278 7822** – open **Monday to Friday, 9am – 5pm.**
- Visit their website at [ntcab.org.uk](http://ntcab.org.uk) and complete a contact form and someone will call you back.
- Download their App – theirs is the App with the North Tyneside logo.

## Dudley Walking Group

**Every Wednesdays 1pm – 3.30pm**

Group leave the centre for a local walk and return to the centre for refreshments. Nominal charge applies. For further information please leave your details at reception and a member of the group will contact you. Walking boots or walking trainers and a waterproof coat/jacket should be worn.

## Play time sessions

Would you like to listen to a story and take part in fun activities from messy play to songs and rhyme? Come along to this friendly session.

**Fridays (term time only),**

**9.30am – 11am**

**Nominal charge applies**

## Working Well North Tyneside

Confidential, tailored support to help you progress in work and life.

**Tuesdays 10am – 2pm**

Free support with job and skills, confidence, money, health and wellbeing.