# St Paul's Community Partnership

St. Paul's Centre, George Street, Willington Quay, NE28 6SL Tel: 0191 280 2594 Email: stpaulscentre@hotmail.co.uk Web: www.stpaulscentre.btik.com



## Annual Report 2017-18

Dear Friends,

This year has been a year of change for St Paul's which has included the departure of Stephen and Lynn Ramshaw back in January. We were sad to see them go. Stephen, along with the volunteers at St Paul's, had done a tremendous job out and about in the community, networking with funders and interested partners, to spread the news of all the good things that were happening in our Centre. He was such an enthusiastic member of the Willington Team, and totally dedicated to the needs of those in the Willington Quay area.

During this last year some things, like youth work and children's work continued as did the Craft group, Tai Chi, the Digi Drop-in, Lunch Club, Line Dancing, Brownies, Guides, Credit Union) – all supporting the local community. And we give thanks for the funding which has allowed these to continue.

But there were new ventures too...

On a Monday we now have a new Craft group meeting; on the one hand there's knitting, crocheting and cross stitch and a good old natter with Ann on offer and on the other hand, thanks to some grant funding, there's also a different craft activity offered each week with Kirsty.

The Warm Hub was started on Tuesdays and provides a regular meeting place and a simple lunch. People come to chat, to do crafts, or sometimes play games like pool. It's also the day that we now have our regular Communion service at 11.30am each week. This was started at the request of those who attend different community sessions at St Paul's and is appreciated by all who attend.

On a Tuesday afternoon, there is also now 'Triple Tuesdays'; a toddler group, followed by a a healthy eating session and then family fun. The healthy eating session uses simple ingredients that can be cheaply bought to prepare a delicious meal – and this session has the added bonus of teaching the families who attend how to cook simple meals on a budget.

On Wednesdays the Lunch Club used to be followed by Home League but now the Lunch Club is followed by our recently developed Friendship Club. This has a different programme every week and is greatly enjoyed by those who attend. The recent seated Zumba, for instance, was a great success!

On a Thursday afternoon there is also a new Men's group – Happy Chappies - which has been running for a few weeks. Organised by one of the Management committee members a few men meet to chat, and enjoy a game of pool or table tennis. We are hoping to get them cooking and baking too. Already they've enjoyed entering the cake decorating competition which was one of the events at the Easter Eggstravaganza - the entries were pretty good too!

One of the casualties of Stephen leaving has been the monthly Messy Church on Sunday afternoons at St Paul's. Although Julie, Emma, myself and Jean have continued to provide a monthly service the attendance has dwindled. For now, we're going to leave it and wait until someone else is in post to pick up and run with it – perhaps in a very different format. We've done this in consultation with the few who still attended.

Apart from this, all the sessions still continue at St Paul's. Members of the Management Committee have really stepped up to the mark; and, as you can see, new things have started in the interregnum period too. The Management Committee continues to meet monthly and there are always new ideas shared – some of which are quite ambitious. Perhaps one of our most ambitious to date will be the Great Willington Quay Exhibition to showcase employers in the area to local people and local schools. Not something we've done before.

We also continue to meet the needs of Stephenson school. Emma and I provided Easter themed sessions for each of the key stages who came down to St Paul's just before the Easter holidays; hard work, but worth the effort. We're also hoping to start Open the Book sessions in Stephenson school, as we do in the other Wallsend schools.

It's also been good to share in worship together during various points of the year – I do think it's a means of sharing God's grace when we can forego our 'own' church services for the sake of a 'bigger picture' and come together as a Willington Team parish –and here I'm including our ecumenical brothers and sisters. Our joint service of celebration at the end of our December Mission week was wonderful. And it was also good to see so many from the Willington Quay community turning up at our Stations of the Cross service on the Wednesday of Holy Week. We also had (by default because of the broken boiler at St Mary's!) the ecumenical Wallsend Churches Together Christmas service and blessing of the community angels.

Thank God we secured funding for a further two years for Angela Abrahams who does a wonderful job in the office – and whose guidance and knowledge I couldn't manage without as I seek to 'plug' a little of the gap left by Stephen's departure. I usually spend Tuesday mornings at St Paul's each week, and am called upon at other times to deal with queries, meet with funders and other community people and sometimes have to tackle quite difficult issues. It takes up a fair bit of my time as Chair of the Management Committee, on top of all my other work as Vicar and Rector.

But my heartfelt thanks to all who give of their time and energy to not only keep things going but volunteer for new things too.

Let's hope and pray for a replacement for Stephen who can take forward the wonderful work that is done at St Paul's.

Sue McCormack Chair of the Management Committee

#### During 2017-18 the members of St. Paul's Community Partnership Management Committee have been:

Stephen Ramshaw (Chair, until January 2018) Sue McCormack (Chair, appointed January 2018) Ann Nuttall Julie Robertson Peter Spark Sheila Davidson Stephen Ramshaw (Former Chair, resigned January 2018) Vicky Cowley Yvonne Webster

#### Co-opted members:

Kirsty Watkins Corrie Rowe Jocelyn Hunter

The Committee have worked tirelessly to pursue St. Paul's Community Partnership's aim of listening to the needs of our neighbourhood and supporting the community by offering groups, activities and events that help to make Willington Quay a better place to live and work.

#### Funding:

In addition to donations from groups and individuals that meet at St. Paul's Centre, we have been most grateful for donations and grants from the following organisations who have supported our work during 2017-18:

- Ballinger Trust
- Banks Foundation
- Building Futures North East
- Catherine Cookson Trust
- Community Foundation
- Greggs Environmental Fund
- Hospital of God at Greatham
- International Syalons
- Karbon Homes
- Lomax Training

- North Tyneside Councillors North Tyneside Councillors
- Northumbria Police and the Police Mutual Team
- RW Mann Trust
- Shepherd Offshore Limited
- TT2 (Tyne Tunnel 2)
- Unicorn Sheet Metal Workers
- Victor Mann Trust
- Young in Wallsend (formerly Wallsend Action for Youth WAfY)

#### Thank you, we appreciate you!

St Paul's Community Partnership (Willington Quay) St Paul's Centre, George Street, Willington Quay, Tyre & West, NE25 65L, West: www.stpaulecentre.btch.co.uk Enablesentre@hutmail.co.uk Tet 0191 280 2594

#### Accounts from 1 April 2017 - 31 March 2018

General Fund Receipts and	Payments Account				
	2017/18	2016/17			
Balance brought forward	£ 9,131.92	£ 11,096.47			
Receipts	2017/18	2016/17	Payments	2017/18	2016/17
Donations	£ 4,793.07	£ 1,854.35	Expenditure	£ 13,195.65	E 10,793.39
Grant	£ 1,305.00	£ -			
Other	£ 116.00	£ 29.99			
Rent	£ 9,330.00	£ 6,906.50			
Sales	£ 40.00	£ 38.00			
Total Receipts	£ 15,584.07	£ 8,828.84	Total Payments	£ 13,195.65	£ 10,793.39
Breakdown of receipts:			Breakdown of payments		
Income	£ 9,741.07		Expenditure	£ 13,195.65	
Internal transfer of funds	£ 5,843.00		Internal transfers	£ .	
Total:	£ 15,584.07	£ 8,828.84	Total	£ 13,195.65	£ 10,793.39
Balance carried forward					
Agreed reserves	£ 7,000.00	£ -			
General funds	£ 4,520.34	£ 9,131.92			
Total	£ 11,520.34	£ 9,131.92			
Restricted Funds (see separ	ate notes overleaf)				
Restricted Funds (see separ Balance brought forward Receipts	ate notes overleaf) 2017/18 £ 16,219.07 2017/18	2016/17 £ 23,334.61 2016/17	Payments	2017/18	2016/17
Balance brought forward	2017/18 £ 16,219.07	£ 23,334.61	Payments Expenditure	2017/18 50625.03	2016/17 E 54.233.08
Balance brought forward Receipts Donations Grants	2017/18 £ 16,219.07 2017/18	£ 23,334.61 2016/17			
Balance brought forward Receipts Donations Grants Subs/Sales	2017/18 £ 16,219.07 2017/18 £ 2,710.48 £ 49,608.11 £ 1,397.93	£ 23,334.61 2016/17 E 2,576.15 E 26,431.00 E 1,246.26			
Balance brought forward Receipts Donations Grants Subs/Sales Refunds	2017/18 £ 16,219.07 2017/18 £ 2,710.48 £ 49,608,11 £ 1,397.93 £ 1.42	£ 23,334.61 2016/17 E 2,576.15 E 26,431.00 E 1,246.26 E 35.19			
Balance brought forward Receipts Donations Grants Subs/Sales Refunds Transfem	2017/18 £ 16,219.07 2017/18 £ 2,710.48 £ 49,608.11 £ 1,397.93 £ 1,42 £ 564.19	£ 23,334.61 2016/17 E 2,576.15 E 26,431.00 E 1,246.26 E 35.19 E 16,828.94	Expenditure	50625.03	£ 54,233.08
Balance brought forward Receipts Donations Grants Suba/Sales Refunds Transfem	2017/18 £ 16,219.07 2017/18 £ 2,710.48 £ 49,608,11 £ 1,397.93 £ 1.42	£ 23,334.61 2016/17 E 2,576.15 E 26,431.00 E 1,246.26 E 35.19			
Balance brought forward Receipts Donations Grants Subs/Sales Refunds Transfers Total receipts Breakdown of receipts:	2017/18 £ 16,219.07 2017/18 £ 2,710.48 £ 49,608,11 £ 1,397.93 £ 1.42 <u>£ 564,19</u> £ 54,282,13	£ 23,334.61 2016/17 E 2,576.15 E 26,431.00 E 1,246.26 E 35.19 E 16,828.94	Expenditure Total Payments Breakdown of payments	50625.03 £ 50,625.03	£ 54,233.08
Balance brought forward Receipts Donations Grants Subs/Sales Refunds Transfers Total receipts Breakdown of receipts: Income	2017/18 £ 16,219.07 2017/18 £ 2,710.48 £ 49,608.11 £ 1,397.93 £ 1.42 <u>£ 564.19</u> £ 54,282.13 £ 53,717.94	£ 23,334.61 2016/17 E 2,576.15 E 26,431.00 E 1,246.26 E 35.19 E 16,828.94	Expenditure Total Payments	50625.03	£ 54,233.08
Balance brought forward Receipts Donations Grants Subs/Sales Refunds Transfers Total receipts Breakdown of receipts: Income Internal transfer of funds	2017/18 £ 16,219.07 2017/18 £ 2,710.48 £ 49,608.11 £ 1,397.93 £ 1,42 £ 564.19 £ 54,282.13 £ 53,717.94 £ 564.19	£ 23,334.61 2016/17 £ 2,576.15 £ 26,431.00 £ 1,246.26 £ 35.19 <u>£ 16,828.94</u> £ 47,117.54	Expenditure Total Payments Breakdown of payments	50625.03 £ 50,625.03	£ 54,233.08 £ 54,233.08
Balance brought forward Receipts Donations Grants Subs/Sales Refunds Transfers Total receipts Breakdown of receipts: Income	2017/18 £ 16,219.07 2017/18 £ 2,710.48 £ 49,608.11 £ 1,397.93 £ 1.42 <u>£ 564.19</u> £ 54,282.13 £ 53,717.94	£ 23,334.61 2016/17 E 2,576.15 E 26,431.00 E 1,246.26 E 35.19 E 16,828.94	Expenditure Total Payments Breakdown of payments Expenditure	50625.03 £ 50,625.03 £ 32,510.85	£ 54,233.08

#### Summary of Unrestricted & Restricted Funds

	2017/18	2016/17			
Balance b/f	£ 25,350.99	£ 34,431.08			
Receipts Income - General Fund	2017/18 £ 9,741.07	2016/17 E 8.828.84	Payments Expenditure - General fund	2017/18 13195.65	2016/17 £ 10,793.39
Income - Restricted funds	£ 42,110.95	£ 47,117.54	Expenditure - Restricted fund	32610.85	£ 54,233.08
Total Income	£ 51,852.02	£ 55,946.38	Total	£ 45,806.50	£ 65,026.47
Internal transfers	£ 18,014.18	-	Internal transfers	£ 18,014.18	
Total Receipts	£ 69,856.20	£ 55,946.38	Total Payments	£ 63,820.68	£ 65,026.47
Total balance carried forward	£ 31,396.51	£ 25,350.99			

#### Statement of Assets and Liabilities

Assets Lloyds Current Account Cash in Hand Outstanding Income Transactions Outstanding Expenditure Transactio Total	2017/18 £ 29.351.73 £ 654.73 £ 5.000.00 -£ 3.609.95 £ 31.396.51	2016/17 £ 25,078.85 £ 471.94 £ 199.81 £ 25,350.99		
Examined by:	DONALD Print Nar	FORSTER	Signature	8  5/ 18 Date

St Paul's Community Partnership (Willington Quay) is a company limited by guarantee registered in England and Wales number 7121207 St Paul's Community Partnership (Willington Quay) is a registered Charity in England and Wales number: 1141083

## Independent Examiners Report on the accounts

Section A	Independent Examiner's Report		
Report to the trustees/ directors/members of	St. Paul's Community Partnership (Willington Quay)		
On the accounts for the year ended	31 <sup>st</sup> March 2018		
Charity No	1141083		
Company No	7121207		
Set out on pages	1-2		
Respective responsibilities of trustees and examiner	<ul> <li>The trustees (who are also the directors of the company for the purposes of company law) are responsible for the preparation of the accounts. The charity's trustees consider that an audit is not required for this year under section 144 of the Charities Act 2011 (The Charities Act) and that an independent examination is needed.</li> <li>It is my responsibility to: <ul> <li>examine the accounts under section 145 of the Charities Act,</li> <li>to follow the procedures laid down in the general Directions given by the Charity Commission (under section 145(5)(b) of the Charities Act, and</li> </ul> </li> </ul>		
	<ul> <li>To state whether particular matters have come to my attention.</li> </ul>		
Basis of independent examiner's statement	My examination was carried out in accordance with general directions given by the Charity Commission. An examination includes a review of the accounting records kept by the charity and a comparison of the accounts presented with those records. It also includes consideration of any unusual items or disclosures in the accounts, and seeking explanations from the trustees concerning any such matters. The procedures undertaken do not provide all the evidence that would be required in an audit, and consequently no opinion is given as to whether the accounts present a 'true and fair' view and the report is limited to those matters set out in the statement below.		

#### IE Report continued:

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Independent examiners statement	<ul> <li>In connection with my examination, no material matters have come to my attention (other than that disclosed below*) which gives me cause to believe that in, any material respect: <ul> <li>accounting records were not kept in accordance with section 386 of the Companies Act 2001; or</li> <li>the accounts do not accord with such records; or</li> <li>the accounts do not comply with relevant accounting requirements under section 396 of the Companies Act 2006 other than any requirement that the accounts give a 'true and fair' view which is not a matter considered as part of an independent examination; or</li> <li>the accounts have not been prepared in accordance with the Charities SORP (FRS102)</li> </ul> </li> <li>I have come across no other matters in connection with the examination to which attention should be drawn in this report in order to enable a proper understanding of the accounts to be</li> </ul>		
	* Please delete the words in the brackets if they do not apply		
Signed	D. Forsto.		
Date	8/5/18		
Name	DOWARD FORSTER		
Relevant professional qualification(s) or body (if any)			

Section B	Disclosure		
	Only complete if the examiner needs to highlight material matters of concern (see CC32, Independent examination of charity accounts: directions and guidance for examiners).		
Give here, brief details of any items that the examiner wishes to disclose	N/A		

#### Tai Chi

**Our St Paul's Tai Chi group had another successful year**, attracting plenty of newcomers who have continued to attend and are enjoying the benefits of this gentle, relaxing form of exercise. Beginners regularly comment on how welcome they feel when they first arrive to try out the class (a free taster class is available to beginners!) and how much encouragement and support they receive from the longstanding members of the group. This feel-good factor helps lift our spirits and makes everyone grateful to be part of the St Paul's community.

Notable events this year included the Tai Chi Christmas Dinner, shared with other groups that meet at St. Paul's, where we were able to enjoy meeting each other outside of the Tai Chi class. Then, in October, a number of members received Senior Practitioner Certificates from Ilona's Tai Chi Master, Joe Lok, from Hong Kong, when they attended a workshop in Newcastle. This was a genuine achievement and well deserved after all their years of regular Tai Chi practice.

 The St Paul's Tai Chi class takes place on a Wednesday, 10.30 - 11.30 and costs £3.00/session.

 Everyone is welcome!

 Ilona Tate, Tai Chi Tutor

#### Triple Tuesdays

Triple Tuesday is collection of activities which started in April last year and it is flourishing!



We start at 2.00pm with Parent & Toddlers from birth to pre-school, learning how to interact with others and learning through play and having fun, fun, fun! We have fruit and juice and activities including: toys, games, sing-a-longs and messy play. All the parents/carers join in and we have been making new friends ever since! The bouncy castle, which was supplied by TT2, has been a massive hit!



At 3-30pm everyone helps with tidy-up time so that we are ready, by 4.00pm, for our next session which is our Healthy Eating Club. This club is growing week-by-week! We start off with 15-20 minutes of gentle exercise which is so much fun and full of laughter. Then it's time to set things up ready for our meal; we all eat together as one big happy family.

The children have learned to stay seated throughout the meal while parents serve them - the reason they stay seated is in case they miss out on seconds! We encourage parents not to say "my child will not eat that" and to watch as, in a communal atmosphere, children will eat almost everything!



At 5.30 we're ready for more fun and games, which are age-related. We do craft activities, games, sports and, when summer arrives, our intentions are to do a lot more activities in our wonderful outdoor grounds, planting, growing, making bird boxes, etc...

Our success is growing and the only problem we foresee is that we might not have enough plates! We always welcome new members. Our motto is 'The more the merrier' so, if you enjoy fun, come along and join in! *Karen Spark, Volunteer* 

#### Digi Drop-in

#### The Digi Drop-In continues to be more popular than ever!

This year, with a Capital Grant from The Banks Foundation, we have renewed all the computer equipment in the IT Suite. Another generous grant was received from Karbon Homes to cover running costs to allow the already successful 'Digi Drop -In' to continue to support members of the community.

The project supports long-term unemployed people to improve and upskill as well as offering support to help find employment. We can also offer one-to-one digital support to help improve confidence and self esteem.

Since the project was launched three years ago, over 1,100 unemployed people have benefitted from the service by gaining a new digital skill, or by improving their current digital knowledge. Training available includes: L2 accredited online Food Hygiene, Health & Safety in the Workplace, Food Nutrition and a Personal Safety qualification.





Without digital skills a lot of adults are missing out on the opportunities the digital world offers. The projects aim is to upskill and equip people in every part of society, irrespective of age, gender, disability or ethnicity, with the opportunity to access the internet in a safe and friendly environment whilst developing their digital skills and bettering themselves.

"We are very grateful to Karbon Homes and The Banks Foundation for their donations this year which will help us to continue to offer this service for the benefit of the local community and a wider group of people living in North Tyneside."

Dot Owston, Tutor

Visit us at St. Paul's Centre every other Sunday 11.30 am - 12.00 noon



Loans and savings Membership required Pop along to see us for further information

## **St Pauls Youth Project**

In the past year young people involved in the Youth Club have experienced so much...

We always make sure we have fun at sessions! There is often pool and badminton competitions and arts and crafts are a real focus to many of our weekly sessions. Over the past year we have benefited from having our professional artist, Faye, working with us. We have created canvas art work, used clay, and had henna tattoos and much, much, more.



Each week we always make healthy meals and snacks – with the young people arranging the choices and budgeting for the ingredients. At the end of the session we always like to sit together to eat as a group.

Through building up positive and meaningful links with the local young people we are then able to offer some wonderful opportunities. This year we have linked to many national campaigns and events. Young people have taken part in workshops and events tackling issues such as mental health for young people, body confidence and LGBT issues. We were asked, by YMCA England, to take part in research projects which have led to national school strategies being introduced and implemented.



Many day trips and excursions have taken place as well as a summer programme based in nearby Howdon Park, where we were able to attract new young people to our group as well as signpost families to St Paul's.

Last summer we took part in St. Paul's annual day trip, with a large group of the young people enjoying a day in Scarborough. We also spent a few days in York, staying at the youth hostel, and had visits to see plays and performances in Newcastle.

The highlight of the year though must be taking 6 young people to both Greece and Slovakia as part of our Erasmus International Youth Exchange. In November the group flew out to Athens where they met

up with young people from a youth project there as well as young people from 2 youth projects in Slovakia. During the week they visited many historical sites as well as taking part in workshops and activities tackling issues around homelessness and poverty. After the trip, and in the lead up to the follow-on visit to Slovakia, the group remained in contact via social media and, when they met up again in Bratislava, all the young people all went on to get involved in many more great experiences. They visited a De'Paul-run provision for homeless people in the city centre, which attracts 300 people each evening. They also visited remote projects which experience extreme poverty and they all spent 3 days in the mountains where they climbed a 2000m high mountain and



took part in the final youth summit. Great friendships have been forged and the young people have experienced so much... we hope to be able to run a further international exchange next year.

## **Kids Club**



From June 2018 Kids Club will be under NEW leadership...

4.00-5.45pm on Thursday's during term-time For children in school year's 2-6 50p per child per session (includes healthy snack AND lots of activities)



### Line Dancing A great way to keep fit!



Friday's 1.30-3.00pm £2.00/session All welcome!

## Warm Hubs

A cosy group providing a place for our community to meet together, to chat, to listen, to enjoy each other's company.

Every Tuesday, 10am-2pm. Light lunch served from 12.00noon.



**Everyone welcome!** 



Every Wednesday 12.00noon – 1.00pm. Enjoy a hearty 2-course meal for just £2.50

Pre-booking is essential Contact the Centre office for more information: Tel: 0191 280 2594 Email: stpaulscentre@hotmail.co.uk

Come along and join us for great food and good company! (special diets can usually be catered for)

#### STOP PRESS... NEW Groups at St. Paul's for 2018...

#### **Happy Chappies**

At the moment this is a 1-hour session on a Thursday starting at 2 o'clock where a group of men meet, it numbers 5 at the moment and has only been going for 4 weeks at the time of writing.

We play pool, table tennis, indoor bowls and table football mostly in fun style. It is our intention to run a small maintenance routine in the church, doing repairs, painting, decorating and gardening etc.

One of our members is a trained chef and, at a later date, it's his intention to do some basic cookery lessons with us. *Peter Spark, Volunteer* 



## St. Paul's Friendship Group

The Friendship Group began on 11<sup>th</sup> April 2018. Anyone coming along to St. Paul's on a Wednesday between 1.30-2.30pm is offered the hand of friendship and a chance to join in a varied programme of activities.

So far we have enjoyed beetle drives and bingo, demonstrations of line dancing, and flower arranging, a Bon Marche clothing sale, sing-a-longs and a particularly invigorating session of armchair Zumba! In the coming months we will be welcoming a magician, a historian and an author.



Our expanding group enjoys a heartwarming experience of companionship and fun. Lena Watson, Volunteer

NB: This group is aimed at all members of the Community aged 50 or over - but younger members will be most welcome too!

#### Did you know that St. Paul's Centre is available for private hire?



Ideal for groups, activities, parties, meetings, training, corporate events, We can offer one-off and regular bookings (subject to availability) including:

- Large hall
- Meeting rooms
- Well-equipped kitchen
- Free Wi-Fi

- Level access
- Accessible facilities
- IT suite
- Free parking

Close to major road and rail links

- Nearest Metro station is Howden
- Nearest Mainline station is Newcastle

For current availability and charges please contact the Centre office: **Tel:** 0191 280 2594

Email: stpaulscentre@hotmail.co.uk

## St. Paul's is also available for weddings, baptisms and funerals?

Contact Rev'd Sue McCormack who will be happy to help you.

Tel: 0191 2099995

Email: suemccormack@gmail.com







## Weekly Activities at St. Paul's Centre George St., Willington Quay, NE28 6SL

MON	12.30-2.30pm	Coffee & Craft	Make new friends and learn new skills. Materials provided, or bring along your own project.	
	9.00-9.30am	Morning Praye	A short service of prayer & reflection to start the day.	
	10.00am-2.00pm	Tuesday Warm Hub Drop-in	Inviting the community to meet together, to chat, to listen, to enjoy each other's company. Drop in for a cuppa (Light lunch served from 12.00noon)	
	11.30am-12noon	Holy Communion Toddler Group	A short service of Holy Communion (all welcome)	
TUES	2.00-3.30pm		Play, sing-along, learn, have fun! Includes healthy refreshments: juice and fruit.	
	4.00-5.00pm	Healthy Eating Club	Everyone is welcome to join us for a 3-course meal. Ideal for all ages but <b>children must be</b> <b>accompanied by a responsible adult.</b>	
	5.00-6.00pm	Family Fun	A time for parents/carers and their children. Fun and laughter for all! Please note: <b>all children must</b> <b>be accompanied by a responsible adult.</b>	
	10.00am-4.00pm	Digi Drop-in	Discover the online world and improve your digital skills. Get help with finding a job. Gain qualifications.	
	10.30-11.30am	Tai Chi	Gentle, relaxed exercise for all.	
WED	12.00-1.00pm	Lunch Club	Time to chill out and enjoy good company over a 2- course meal. <b>Pre-booking is essential: 0191 280 2594</b>	
>	1.30-2.30pm	Friendship Grou	Good company and a varied programme of speakers and activities for the over-50's age group (younger members welcome too!)	
	5.45-7.15pm	Brownies	Popular activities group for girls aged 7-10	
	7.30-9.00pm	Guides	Popular activities group for girls aged 10-14	
UR	2.00-3.00pm	Happy Chappie	<ul><li>Men's group. Come along and chill out over a game of snooker, pool or table tennis. New members always welcome.</li></ul>	
THUR	4.00-5.45pm	Kids Club	Games and activities for children in school year's 2- 6	
	6.00-8.00pm	Youth Club	Activities for High School aged young people.	
FRI	1.30-3.00pm Line Dancing		Leave your mule at the door and enjoy good company and musical exercise!	
SAT	Centre available to hire for parties and special events. Prices from £10/hour Bookings: 0191 280 2594 or email: stpaulscentre@hotmail.co.uk			
SUN	11.50-120000		Available fortnightly for loans and savings. Membership required.	

For further information about any of these activities please contact St. Paul's Centre office: 0191 280 2594, Email: stpaulscentre@hotmail.co.uk