

Newcastle Treatment and Recovery Timetable



SMART



PSI



Sport & Exercise



Wellbeing



Recovery month

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
Gym Session Gosforth leisure centre Referral only 10am-12pm	Mindfuel Byker Sands Open to all 11:30-1pm - last Tuesday of the month group starts at 12pm	Mindfuel Fenham Library Open to all 10:30am-12:0pm	Swimming Elswick community centre Referral only 9:30am-10:30am	Gym Session Gosforth leisure centre Referral only 8am-10am	SMART Meeting: 13th & 27 th September Plummer court Open to all 11am-12:30pm
SMART Meeting Fenham Library Open to all 11am-12:30pm	Gym Session Elswick leisure centre Referral only 10am-11am	Arts and Crafts Byker Sands Open to treatment 10:30am-12:0pm	Tea&Toast + SMART Meeting Byker Sands Open to all 9:30am-11:30am	PIE Club: 5th and 19 th September Byker Sands Open to treatment 10am-11:30am	Recovery walk: 20 th September Baltic Square in Gateshead Open to all 9:30am start
Group therapy skills (DBT) Byker Sands Referral only 12:30pm-3pm	Healthy Lifestyle Byker Sands Open to all 1pm-1:45pm	Exercise Class Fenham library Referral only 12pm-1pm	Allotment Group Fenham Library Open to all 10am-12pm	Something For The Weekend Plummer court Open to treatment 11am-12:30pm	
Making Changes Plummer court Open to treatment 2:30pm-4pm	Prehab Plummer court Referral only 1pm-2pm	SMART Meeting George street Open to all 1pm-14:30pm	Gym Session East End Pool Referral only 12pm-1pm	Open Table Byker Sands Open to all 1:30pm-3pm	
Stall @ George street: 1 st September George street Open to all 1pm-3pm	Relapse Prevention Fenham library Open to all 1pm-3pm	Gym Session Newcastle trampoline park Referral only 2pm-3:30pm	Badminton Newcastle united foundation Referral only 2:30pm-3:30pm	Gym Session St Nicholas Hospital Referral only 1pm-3pm	
	Mean & Clean workshop: 9 th September Oaktrees Open to all 9am-3pm		SMART Meeting Plummer court Open to all 6pm-7:30pm	Gym Session East End Pool Referral only 5:30pm-7pm	
	Football tournament: 16 th September Gateshead Power league Referral only 10am-4pm		Wellness day: 18 th September Oaktree's Open to all 10am-4pm		

How to find our venues

Newcastle West

Fenham Library: Fenham Hall Dr,
Newcastle-upon-Tyne, NE4 9XD

Elswick Community Centre: Beech
Grove Rd, Newcastle-upon-Tyne,
NE4 6RS

Newcastle East

Byker Sands: 19 Raby Cross,
Byker, Newcastle-upon-Tyne, NE6
2FF

East End Pool: Hadrian Square,
Byker, Newcastle-upon-Tyne, NE6
1AL

Newcastle Central

George Street Social: 46 - 51 George
St, Newcastle-upon-Tyne, NE4 7JN

Newcastle United Foundation: Diana
St, Newcastle-upon-Tyne, NE4 6BQ

Gym at St Nicholas Hospital: Jubilee
Rd, Gosforth, Newcastle-upon-Tyne, NE3
3XT

Gosforth Leisure Centre: Regent Farm
Rd, Newcastle-upon-Tyne, NE3 3HD

Recovery college: 1, Carlol Square
Newcastle upon Tyne NE1 6UF.

Contact our group facilitators

Changing Lives Team

Mazi: 07812 672 686

Jack: 07706 354 504

Prehab Group

Mark: 07970 634 068

Getting support:

If you live in Newcastle and wish to access support related to addiction you can contact Plummer court to make a referral:
0191 206 1100

If you want speak with someone about the problems you are facing you can scan the below QR code.



**CHANGING
LIVES**



Waythrough

NHS
Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust