

# Newcastle Treatment and Recovery Timetable



**SMART**



**PSI**



**Sport & Exercise**



**Wellbeing**

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
<b>Gym Session</b> Gosforth leisure centre Referral only 10am-12pm	<b>Mindfuel</b> Byker Sands Open to all 11am-12:30pm - last Tuesday of the month group starts at 12pm	<b>Mindfuel</b> Fenham Library Open to all 10:30am-12:0pm	<b>Swimming</b> Elswick community centre Referral only 9:30am-10:30am	<b>Gym Session</b> Gosforth leisure centre Referral only 8am-10am	<b>SMART Meeting:</b> 7th and 21st June Plummer court Open to all 11am-12:30pm
<b>SMART Meeting</b> Fenham Library Open to all 11am-12:30pm	<b>Gym Session</b> Elswick leisure centre Referral only 10am-11am	<b>Arts and Crafts</b> Byker Sands Open to treatment 10:30am-12:0pm	<b>Teat&amp;Toast + SMART Meeting</b> Byker Sands Open to all 9:30am-11:30am	<b>PIE Club:</b> 13th and 27th June Byker Sands Open to treatment 10am-11:30am	
<b>Making Changes</b> Plummer court Open to treatment 2:30pm-4pm	<b>Healthy Lifestyle</b> Byker Sands Referral only 1pm-1:45pm	<b>Exercise Class</b> Fenham library Referral only 12pm-1pm	<b>Allotment Group</b> Fenham Library Open to all 10am-12pm	<b>Something For The Weekend</b> Plummer court Open to treatment 11am-12:30pm	
	<b>Prehab</b> Plummer court Referral only 1pm-2pm	<b>SMART Meeting</b> George street Open to all 1pm-14:30pm	<b>Gym Session</b> East End Pool Referral only 12pm-1pm	<b>Open Table</b> Byker Sands Open to all 1:30pm-3pm	
	<b>Relapse Prevention</b> Fenham library Open to all 1pm-3pm	<b>Gym Session</b> Newcastle trampoline park Referral only 2pm-3:30pm	<b>Badminton</b> Newcastle united foundation Referral only 2:30pm-3:30pm	<b>Gym Session</b> St Nicholas Hospital Referral only 1pm-3pm	
	<b>Gym Session</b> East End Pool Referral only 2pm-3pm		<b>Creative Literacy</b> Fenham library Referral only 1pm-3pm	<b>Gym Session</b> East End Pool Referral only 5:30pm-7pm	
	<b>Football</b> Walker activity dome Referral only 7pm-8pm		<b>SMART Meeting</b> Plummer court Open to all 6pm-7:30pm		

## 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

## 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.



## Contact our group facilitators

### Changing Lives Team

**Mazi:** 07812 672 686

**Jack:** 07706 354 504

**Alan:** 07519 120 728

### Prehab Group

**Mark:** 07970 634 068



**CHANGING  
LIVES**



**Waythrough**

**NHS**  
Cumbria, Northumberland,  
Tyne and Wear  
NHS Foundation Trust