

Complete a feedback card at any festival event for the chance to win £100 in our prize draw.

‘ This year’s festival is full of opportunities for people over 50 to try new things, make new friends and enjoy life! ’

‘ You can have a go at new age bowls, learn circus skills or take up salsa dancing during the month-long series of activities and events hosted by local organisations. ’

We hope you enjoy the programme for our 14th festival for people over 50 in North Tyneside and invite you to celebrate UK Older People’s Day by joining us on Thursday, October 1st for the Festival Launch and Gala Day at the John Willie Sams Centre in Dudley.

Look after yourself and enjoy life!

The NHS North of Tyne Healthy Communities Collaborative (HCC) makes a welcome return to this year's festival.

NHS staff and local volunteers are working within the community to help people recognise early signs of lung, breast and bowel cancer and, if concerned, to see their GP without delay.

Visit the HCC stand to meet the team, get advice and pick up some information. Test your awareness by trying the quiz – you could be a prize winner!

For more details, call Lesley Davie on 643 2890.

North Tyneside 
Primary Care Trust



Events to enjoy all month

Every Monday – borrow an item from Killingworth Library and get a voucher for a FREE drink in the White Swan Centre's Cygnet Community Café. Free. (643 2040).

Every Tuesday: Archery – fancy yourself as the next Robin Hood? Sessions are designed for all abilities and are led by a qualified instructor. £2.50 per one-hour session. 12.30 to 1.30pm or 1.30 to 2.30pm at The Parks Sports Centre, North Shields. Please book. (643 7439).

Every Tuesday: Badminton for Women – join a friendly group of ladies who love to play badminton. From 8 to 10pm at John Spence Community High School sports hall, North Shields. Rackets and shuttles provided. £3, please book. (257 8673).

Every Wednesday: Get Roped In! – take a trip back in time to the playground at a fun skipping class. A qualified instructor will lead the class, which is ideal for beginners. A fantastic way to keep fit! 1.30 to 2.15pm at The Lakeside Centre, Killingworth. £1.50. Please book. (643 7439).

Every Friday (except October 2): **Cycle Ride** – a two-hour cycle ride led by qualified bike leaders. Suitable for all abilities. Bikes and cycle helmets are available to borrow but please book if required. Meet at 10am at The Parks Sports Centre. Free. (643 7439).

Visit **Segedunum Roman Fort**, Baths and Museum and enjoy your local history for £1 with a copy of this programme. (236 9347).

Get Fit as a Fiddle and meet new friends! If you have not yet tried Age Concern North Tyneside's Fit as a Fiddle activities, call Charly on 280 8499 for a free voucher and programme of activities or pick them up at the festival launch.



Festival

Thursday, October 1st – Older People's Day.

Festival launch gala day at the John Willie Sams Centre, Dudley (11am to 3.30pm) with Alex Watson from Tyne Tees TV, Backworth Colliery Band, Going Platinum from the Sage Silver Programme, taster sessions, displays and entertainment. Free. (280 8498).

Amongst Friends coach outing – to Bowness with boat trip on Lake Windermere. See page 4 for details.

Coffee morning – Forest Hall Library, Whitfield Road, with advice available on benefits and pensions. 10am to noon. (200 7839).

Mid-life Moves – a one-day introduction to living, learning and working over 50 and the opportunities open to you. 10am to 3.30pm at the Bradbury Centre, 13 Saville Street West, North Shields. Free (including lunch) but please book. (280 8484).

Friday 2nd Coffee morning and display of Old Whitley Bay. From 10am at Whitley Bay Library, Park Road. Free. (200 8500).

I Remember It Well – bring along photographs, memorabilia, clothing, or objects to link a story to your life and the local area. Funny or bittersweet, we invite true stories that have shaped you and your area. Join in with North Tyneside Disability Forum from noon to 2pm at the Shiremoor Centre, Earsdon Road. Free. (200 8570).

Monday 5th to Friday 11th Enjoy the Rising Sun Restaurant Specials at the Rising Sun Countryside Centre, off Whitley Road, Benton. Subject to availability. Early Bird Special - bacon, sausage or egg sandwich and any hot drink for only £2.95, from 9 to 11.30am. Afternoon Special - cake or scone with any hot drink for only £2.20, from 2.30 to 4.30pm.

Diary

Monday 5th

Introduction to family history – 10am at Central Library, North Shields. Free. Please book. (200 5424).

Coffee morning – Forest Hall Library, Whitfield Road, with local history display. 10am to noon. (200 7839).

Beach to beach walk – a two-hour guided walk along the scenic coast of Tynemouth. Beginning at Tynemouth Priory at 10.30am, the walk will finish at Crusoe's Café at Longsands. Free. (643 7439).

Dancer-cise – enjoy getting fitter with dance moves and great music from 2 to 3 pm at Royal Quays Community Centre. Free. (287 7021).

IT (give it a go!) – introductory session for absolute beginners – 2pm at John Willie Sams Centre, Dudley. Free, but please book. (643 2030).

Salsa and merengue – learn these exciting latin dances – 7pm at John Willie Sams Centre, Dudley. Free. (643 2030).

Tuesday 6th

Coffee and bingo – Killingworth Library at the White Swan Centre. Eyes down at 10.15am. Free. (643 2040).



Angels and Demons – relax and enjoy this Festival Senior Screen of the prequel to Dan Brown's Da Vinci Code, starring Tom Hanks. 10.30am at Odeon Silverlink. £3, including tea or coffee and a biscuit. (0871 22 44 007).

Coffee morning – Wallsend Library from 10.30am to 12.30pm, with advice on benefits and pensions. Free. (200 6968).

Age Takes Centre Stage Awards

During October, the Age Takes Centre Stage Awards are presented on board DFDS Seaways' MS King of Scandinavia at Royal Quays. The ceremony celebrates the achievements of individuals and groups and their contribution to the community.

Join Age Takes to the Sea 2009 – for a Taste of Holland from just £87 per person

As well as hosting the Age Takes Centre Stage Awards, DFDS Seaways are offering a special cruise break to Holland as part of the festival. Sailing from North Shields to Holland at 5pm on Wednesday, October 14 and returning to North Shields at 9am on Friday, October 16. The tour includes an open-air museum, the lovely town of Volendam and the home of Edam cheese.

To book, visit www.dfds.co.uk/age or telephone 0871 882 0887 and quote "Age Takes Centre Stage". Terms and conditions: **Subject to availability. Credit card and telephone booking fees apply.** Visit www.dfds.co.uk/terms for full details.

Outings organised by the Amongst Friends Friendship Centres, for Age Takes Centre Stage 2009, with coaches supplied by Chris Cooper Travel

Thursday, October 1

Bowness with 45-minute boat trip on Lake Windermere

Thursday, October 8

Richmond, Hawes and Aysgarth Falls

Thursday, October 15

Whitby via Goathland

Thursday, October 22

York

Thursday, October 29

Edinburgh

The cost is £11.50 per person for each outing (£18 for Bowness including boat trip).

The coaches pick up at Killingworth, West Allotment, Shiremoor, Whitley Bay, Cullercoats, North Shields, Wallsend and Central Station. Please telephone Chris Cooper Travel for availability on (0191) 421 1894. Once booked, cheques can be sent to Chris Cooper Travel, 8 Spoor Street, Dunston, Tyne & Wear NE11 9BD

Campfire cooking – join the Rising Sun Countryside Centre education staff at the Celtic Village to prepare and cook soup over an open fire, help with a few odd jobs and enjoy an informal 'get together'. 11am to 1pm at the Rising Sun Countryside Centre, off Whitley Road, Benton. Please wear suitable outdoor clothing. Cost £1.50. Booking essential. (643 2241).

Dr Bike and cycle safety session – from broken brakes to snapped chains, we can fix it! Even if your bike is in top condition, you can get information and guidance on cycle safety. 1 to 3pm at The Parks Sports Centre. Free. (643 7439).

Tea dance – enjoy an afternoon's dancing at West Moor Community Centre, Benton Lane from 1.30 to 3.45pm. £1.50, including tea and cake. (216 1005).

Café Re – re-introduce yourself at our relaxed afternoon session with refreshments, music, good company, conversation, music, video, humour and worship from 2 to 3.30pm at Oxford St Methodist Church, Whitley Bay. Free. (253 1730).

A peek into the past – Shiremoor Library Club invites you to hear about the treasures in Tyne & Wear Archives from Peter Hepplewhite. 2pm at Shiremoor Library, Earsdon Road. Free but please book. (200 6412).

One-to-one computer introduction – 2pm at Central Library, North Shields. Free. Please book. (200 5424).

Croquet for beginners – Learn to play with help from members of Tynemouth Golf and Croquet Club. From 10am to noon at Tynemouth Cricket Club, Preston Avenue, North Shields. Free but please book. (251 1067).

Wednesday 7th

Badminton for all – join a friendly group of social players. Beginners and experienced players welcome. Rackets, shuttles and help provided. 9.30 to 11.30am at The Parks Sports Centre, North Shields. Free. (290 3358).

Mini-golf tournament – whether you're a complete beginner or a professional, come along and take part in the first Age Takes Centre Stage mini-golf trophy! Meet at 10am at Whitley Bay Mini-golf on The Links. Free. (643 7439 or 643 7448).

Childhood memories – a chance to reminisce from 10 to 11.30am at St John's Court, Cockburn Terrace, Percy Main. Free. (287 7021).

Our folk – bring your views and life experiences to combine with music, poetry and song to make a DVD that links our future with our shared heritage. Join in with North Tyneside Disability Forum from noon to 3pm at the Shiremoor Centre, Earsdon Road. Free. (200 8570).

Thursday 8th

Cycle ride – a one-hour cycle ride led by qualified bike leaders, suitable for all abilities. Helmets are available for hire on the day. Meet at 10am at Age Concern, Whitley Bay Centre, Park Road. Free. (643 7439).

Behind the scenes at Central Library, North Shields – a guided tour at 10am. Free. Please book. (200 5424).

Ten pin bowling challenge – hosted by Amongst Friends. 11am at the XS Superbowl, Whitley Road, Benton. Join in as an individual or bring a team of four along. £3.50 for two games and tea or coffee. (252 4967).

Amongst Friends coach outing – to Richmond, Hawes and Aysgarth Falls. See panel on left for details.

Tai Chi – suitable for beginners. 2.30 to 3.30pm at Royal Quays Community Centre. Free. (287 7021).

Tea With Dorothy – an informal social evening to meet other lesbian, gay, bisexual or transgender people over 50, from 6 to 8pm. £1. For more information and venue details, call Ann at Age Concern North Tyneside on 287 7014.



Age Takes Centre Stage

Festival Programme

2009



Coffee morning with local history display and reminiscence from 10am at Longbenton Library, the Oxford Centre, West Farm Avenue. Free. (643 2750).

Friday 9th

Coffee morning – and display of Old Whitley Bay, from 10am at Whitley Bay Library, Park Road. Free. (200 8500).
Bowl along! – try carpet bowls and new age bowls from 10am to noon at John Willie Sams Centre, Dudley. Free. (643 2030).

Jazz night – New Orleans-style live band and jacket potato supper with Great Lime Road Community Group, 7 to 10pm at West Moor Methodist Church Hall, 79 Great Lime Road, Forest Hall. £5. Please book. (263 1145).

Saturday 10th

Behind the Scenes at Central Library – a guided tour at 2pm. Free. Please book. (200 5424).

Monday 12th

Robert Smith – Cullercoats Hero – an illustrated talk by Dorothy Brownlee about the first motor lifeboats on the Tyne and a heroic rescue in 1914. 10.30am at Cullercoats Community Centre, Belle Vue Street. £1 (including tea/coffee). (280 8498).

Creating a calendar in Word – create a 12-page monthly calendar with pictures. Bring along your own digital photographs and create a personalised gift! 10am to 12.30pm at Age Concern North Tyneside. Booking essential – call 280 8484.

Lunch – at West Moor Community Centre, Benton Lane. A home-cooked 3-course meal for just £2 will be served from noon to 1.30pm. (216 1005).

Card making – taster session from 2 to 4pm at John Willie Sams Centre, Dudley. Free. (643 2030).

Warm up for Winter – plenty of ideas for keeping warm, well and saving money over the coming months, including a free bowl of soup. Call in from 3.30 to 6.00pm at Jarrett's Coffee Shop, Age Concern North Tyneside, 13 Saville Street West, North Shields. Free. (280 8484).

Tuesday 13th

Wartime costume and memories – at Wideopen Library, Canterbury Way with displays, music and refreshments. From 9am to 1pm and 2 to 7pm. Part of Community Week at the library. Free. (200 7900).

Amongst Friends walk in

Northumberland – enjoy a five-mile walk along Druridge Bay. Meet at 9.30am at Cullercoats Methodist Church car park, Broadway. Bring a packed lunch and stout shoes. Car share available. Free. (237 3796).

Create a slide show with music – all you need to know to turn photographs on your computer into a slide show with a soundtrack of your choice. 10am to 12.30pm at Age Concern North Tyneside. Free but booking essential – call 280 8484.

Last Chance Harvey – enjoy this Festival Senior Screen, featuring Dustin Hoffman in London for his daughter's wedding, meeting a new woman played by Emma Thompson. 10.30am at Odeon Silverlink. £3 including tea or coffee and a biscuit. (0871 22 44 007).

Art in Cullercoats – a one-hour guided walk around Cullercoats, exploring its history, works of art and famous buildings. Meet 2pm at Cullercoats Watch House, returning for tea afterwards. Free but booking essential. (643 7420 or email jonathan.barrand@northtyneside.gov.uk).

Silver Surfers – try surfing with an expert instructor, all equipment provided, just bring your swimwear and a towel. Meet 2pm on Tynemouth Longsands. £10 per session. Please book with Hurley Tynemouth. (257 5032).

Your past, their heritage – find out how important your memories, photos and memorabilia are for recording our local history for future generations. From 2 to 4pm at Oxford Centre, West Farm Avenue, Longbenton. Volunteers from Remembering the Past, Resourcing the Future will be on hand to scan images and record memories. Free but please book. (200 6412).

Balliol Opera Showboat Evening – with songs from the shows, 7 to 9.30pm at West Moor Methodist Church, 79 Great Lime Road, Forest Hall. £4. Please book. (215 9262).



Wed 14th

Creating a calendar in Word – create a 12-page monthly calendar with pictures. Bring along your own digital photographs and create a personalised gift! 10am to 12.30pm at Age Concern North Tyneside. Booking essential – call 280 8484.

Our Folk - bring your views and life experiences to combine with music, poetry and song to make into a DVD that links our future with our shared heritage. Join in with North Tyneside Disability Forum from noon to 3pm at the Shiremoor Centre, Earsdon Road. Free. (200 8570).

Songs and Stories of Northumbria – a talk by Geoff Hughes plus cream tea with Amongst Friends at 2pm at Cullercoats Methodist Church Hall, Broadway. £1. (237 3796).

Meals for one – Marjorie Goodchild shows how to make healthy and delicious dishes (raffled during tea/coffee). 2pm at Holy Saviour's Parish Hall, Manor Road, Tynemouth (with Hearing Loop). Hosted by HoHo (Hard of Hearing Organisation). Tickets £1. Please book. (252 3807).

Your Past, Their Heritage – find out how important your memories, photos and memorabilia are for recording our local history for generations to come. From 2 to 4pm at John Willie Sams Centre, Market Street, Dudley. Volunteers from Remembering the Past, Resourcing the Future will be on hand to scan images and record memories. Free but please book. (200 6412).

October 14th to 16th

Mini Cruise to Amsterdam – with a Taste of Holland Excursion. See page 3 for details.

Thursday 15th

Local History of Tynemouth - facts, snippets and information and a chance to enter a local history quiz. Reminisce over a cup of tea/coffee and biscuits, 10am to noon at Tynemouth Library, Front Street. Free. (200 5856).

Coffee Morning – at Battle Hill Library, Bewick Drive, with advice on benefits and pensions. 10am to noon. (200 6976).

Coffee Morning – at Monkseaton Library, Woodleigh Road, at 10am. Free. (200 8538).

Amongst Friends coach outing – to Whitby via Goathland. See page 4 for details.

Pilates – taster session, noon to 1pm at John Willie Sams Centre, Dudley. Free. (643 2030).

Afternoon of entertainment – with singer and comedian Kenny Daniels, 2pm at the White Swan Centre, Killingworth. Hosted by the Killingworth Community Consortium. Tickets £1 (include light refreshments) from White Swan Centre reception. (268 4739).

Friday 16th

Coffee morning and display of Old Whitley Bay, from 10am at Whitley Bay Library, Park Road. Free. (200 8500).
Coffee Morning – at Forest Hall Library, Whitfield Road, with local history display. 10am to noon. (200 7839).

Walk – with the Dudley Walking Group. Meet at 1pm at the John Willie Sams Centre, for a 2-hour local walk. Please wear suitable shoes and clothes. Free. (643 2030).

Saturday 17th

Festival Tea Dance for Apple Day – come sequence dancing with the Fit as a Fiddle Tea Dancers from 1.30 to 4pm at Cullercoats Community Centre, Belle Vue St. Join in our apple theme. Tickets £2.50 (including afternoon tea) from Age Concern North Tyneside, 13 Saville Street West, North Shields. (280 8484).

Cream tea – enjoy scones and homemade cake with Great Lime Road Community Group, 2.30 to 4.30pm at West Moor Methodist Church Hall, 79 Great Lime Road, Forest Hall. £2. Please book. (263 1145).

Sunday 18th

Festival church service – 2.30pm at St Columba's Church, Northumberland Square, North Shields. Everyone welcome to join a friendly service and stay for refreshments afterwards. (289 1184).

Monday 19th

Introduction to family history – 10am at Central Library, North Shields. Free. Please book. (200 5424).

Coffee morning – at Coast Road Library, 10.30am. Free. (200 5857).

Beetle drive – with West Moor Methodist Church Network, 2 to 4pm at West Moor Methodist Church Hall, 79 Great Lime Road, Forest Hall. £2. Please book. (268 2131).



Age Takes Centre Stage

Festival Programme

2009

Entertainment with Young at Heart

– from 2pm at Balliol Centre, Chesters Avenue, Longbenton. Hearing Loop. Free. (280 8498).

Befriending for beginners – an informal afternoon with some of Age Concern North Tyneside's volunteer befrienders. Try the quiz, find out about local friendship groups. Drop in from 3 to 5.30pm at Jarrett's Coffee Shop at the Bradbury Centre, 13 Saville Street West, North Shields. Free. (280 8484).

Salsa and merengue – 7pm at John Willie Sams Centre, Dudley. Free. (643 2030).

Tuesday 20th

Our Ideal Community – intergenerational conference. A day for young and older people to explore issues together. 10am to 2.30pm at the Langdale Centre, Howdon. Free. Booking essential. (07974 074 344).

Coffee and bingo – at Killingworth Library, the White Swan Centre. Eyes down at 10.15am. Free. (643 2040).

Coffee morning – at Cullercoats Library, St George's Road at 10.30am. Free. (200 8537).



My Sister's Keeper – a moving drama about a young family whose daughter has leukaemia, featuring Cameron Diaz. Enjoy this Festival Senior Screen at 10.30am at Odeon Silverlink. £3 including tea/coffee and a biscuit. (0871 22 44 007).

Wallsend Pensioners' Association social afternoon – Tea dance, bingo, raffle and refreshments, 1 to 4pm at Wallsend Memorial Hall, Station Road. Tickets £2.50. (262 8761).

Café Re – See October 6 for details.

Wednesday 21st

Line Dancing Day – 11am to 3pm with the Howdon Home League at St Paul's Centre, Willington Quay. £2. (289 1184).

A talk about the British Red Cross – at Tynemouth and North Shields Amongst Friends, 1.30pm at Tynemouth Social Club, Front Street. Steps at this venue. Free. (259 2774).

Thursday 22nd

Coffee morning – at Shiremoor Library, Earsdon Road at 10am. Free. (643 2036).
Creative recycling – take part in model-making with wood, create colourful collages or try your hand at fabric printing. 10am to noon at the Rising Sun Countryside Centre, off Whitley Road, Benton. £2.50. Booking essential. (643 2241).

Nostalgia Quiz – 10.30am at the John Willie Sams Centre, Dudley. Free. (643 2030).

Live at Home Concert – singing, dancing and entertainment with Stephen Lee Garden and partner. From 1.30 pm at North Shields Methodist Church Hall, Hawkey's Lane. Free. Refreshments 50p. (272 8368).

Amongst Friends coach outing – to York, see page 4 for details.

Pricetag party – a fun evening to find new homes for clothes you bought but never wore and spot great bargains. (Donations of new or once-worn items or unwanted gifts welcome). 6 to 8pm at Age Concern North Tyneside's Whitley Bay Centre, Park Road. Entry £1, all items £1. (287 7021).

Murder mystery evening – join a team of sleuths to piece together the clues and find out who dunnit! 7pm at Central Library, North Shields. £2. Please book. (200 5424).

Friday 23rd

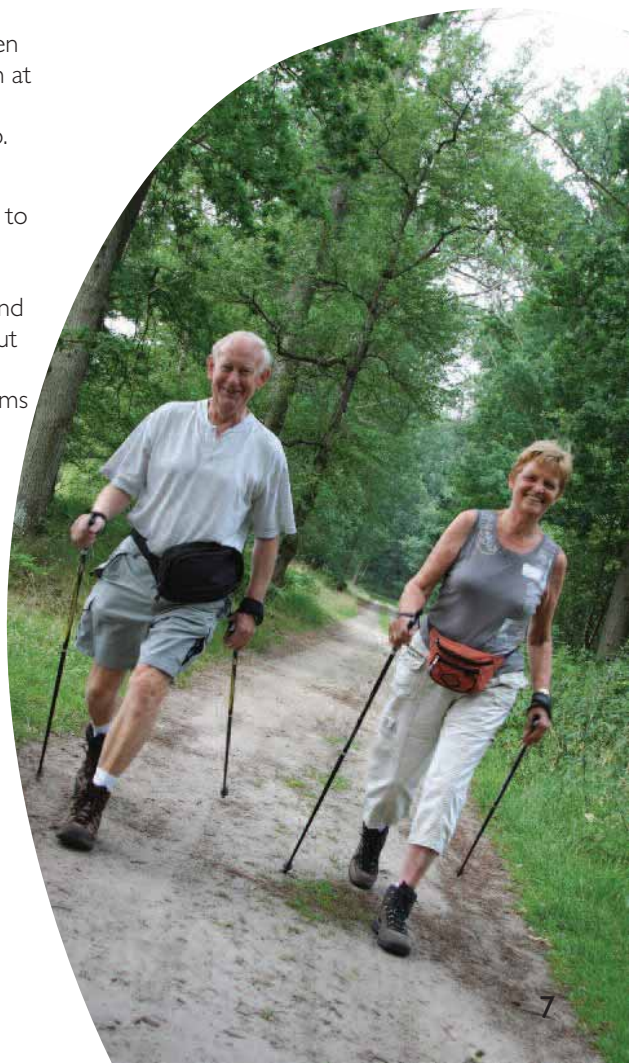
Bowl Along! – try carpet bowls and new age bowls from 10am to noon at John Willie Sams Centre, Dudley. Free. (643 2030).

Using Tyne & Wear archives – browse North Tyneside documents and learn how to research the history of your community. 10.30am to noon in the Education Room at the Archives, Discovery Museum, Blandford Square, Newcastle. Free but booking essential. (280 8484).

Nature Walk at the Rising Sun – join us for a two-hour guided walk around the country park. Meet at 10.30am at Rising Sun Countryside Centre, off Benton Road. Free. (643 7439).

Saturday 24th

Silver Circus – North Tyneside Arts invite you to try magical and age-defying circus skills at the Saville Exchange, North Shields. From juggling to stilt-walking, plate-spinning to unicycling. 10am to noon and 1pm to 3pm. Free but booking essential. (643 7090 or email: saville-arts@northtyneside.gov.uk)



Model enthusiasts show – enjoy magnificent models with Great Lime Road Community Group. Drop in, 10am to 3pm at West Moor Methodist Church Hall, 79 Great Lime Road, Forest Hall. £2. (215 9262).

Sunday 25th

Songs of Praise – all your favourite hymns, from 6 to 7pm at West Moor Methodist Church, 79 Great Lime Road, Forest Hall. (215 9262).

Monday 26th

Community lunch – with Great Lime Road Community Group. Two-course lunch at noon at West Moor Methodist Church Hall, 79 Great Lime Road, Forest Hall. £2.50. Please book. (215 9262).

Family history – taster session, 2 to 4pm at John Willie Sams Centre, Dudley. Free. (643 2030).

Tuesday 27th

Health & Wellbeing Information Event. Drop in for a wide range of displays, demonstrations, information and health checks between 10am and 2pm at the Linskill Centre, Linskill Terrace, North Shields. Hosted by the Community Health Care Forum. Free, but please book for lunch. Tel 295 4233.

Silver Surfers – see October 13 for details.

Wednesday 28th

Stroll in Plessey Woods – enjoy the autumn colours, bring a camera to capture the scene and enter your pictures in a fun photo challenge. Meet 10.15am under the clock at the Haymarket Bus Station or at 11am at Plessey Woods Car Park (280 8484).

Games afternoon – with Howdon Home League. Have a go at new age bowls/kurling, Nintendo Wii and more from 1.30pm at St Paul's Centre, George St, Willington Quay. £1. (289 1184).

Thursday 29th

How to use your camcorder – from filming to editing, including music, voiceover and special effects. Drop in between 10am and noon, 1-3pm at Bradbury Centre, 13 Saville Street West, North Shields. Free. (257 6818).

Amongst Friends – coach outing to Edinburgh. See page 4 for details.

Spooky coffee morning – enjoy the Halloween theme from 10am to 11.30am at West Moor Community Centre, Benton Lane. Free entry. (216 1005).

Inter-generational crafts and coffee morning – with local history display, from 10am at Longbenton Library, the Oxford Centre, West Farm Avenue. Free. (643 2750).

Friday 30th

Older people's stakeholder event – discuss the new Older People's Strategy at the Saville Exchange, North Shields. 10.30am start, lunch included. Free but please book. (643 7940).

Coffee morning – in Howdon Library, Churchill Street, with advice on benefits and pensions. 10am to noon. (643 2070).

Fancy dress carpet bowls – a fun introduction! From 3pm to 5pm at West Moor Community Centre, Benton Lane. £1. (216 1005).

Motown magic – join us for a night of dancing and fun to celebrate the end of Age Takes Centre Stage. Meet up with friends, try the quiz, enter the raffle. 7 to 11pm at the Lindisfarne Club, West Street, Wallsend. Tickets £5 (including buffet) available from the Lindisfarne Club, or Age Concern North Tyneside, 13 Saville Street West, North Shields. (280 8484).

Age Takes Centre Stage is North Tyneside's annual festival for people aged over 50. For more information, including photos from previous years, visit our website: www.agetakescentrestage.org.uk

Ideas and offers for the 2010 festival are warmly invited.

For more details call 280 8498 or email: info@agetakescentrestage.org.uk

The festival is a joint project involving local organisations promoting older people's issues, in partnership with North Tyneside Council. For more information about any of the organisations, please call:

- Age Concern North Tyneside (280 8484)
- Amongst Friends – Whitley Bay, Tynemouth and North Shields friendship centres (252 4967)
- Churches Working Together – Wallsend & North Shields (257 6127)
- Community Health Care Forum (295 4233)
- North Tyneside Council (643 2030)
- Older People's Forum (280 8496)

Published by the Age Takes Centre Stage Planning Group, August 2009

For a large print programme, please call (0191) 280 8498.

Please note: Events may be subject to change.

