

# Summer Activities

## Big Local Base Jarrow Focus, Cambrian Street

Family First Aid - 3 days of learning basic first aid alongside your child/Grandchild. Know what to do in an emergency. Funded By Big Local

31st July, 1st and 2nd August at 10am.

Limited places ....to book contact 0191 4241577

## Big Local Base Jarrow Focus, Cambrian Street

### Little and Loud music sessions

Tuesday 23rd, and 30th July and 6th, 13th and 20th August

For times and spaces contact Laura:

littleandloudmusic@gmail.com or book on

<https://bookwhen.com/littleandloud>



### CLOG FIT with Laura - LittleandLoud

A four week taster session subsidised by Big Local.

Children aged 5 plus, come along with an adult and try out clog dancing with some simple stretching exercises. A fun way to keep fit together. In the Big Local Base Tuesdays 3.15 - 4.15 30th July, 6th, 13th and 20th August.

Places must be booked to ensure clogs are available in your size. book via <https://bookwhen.com/littleandloud>

£1 per adult and child

Throughout the school holidays the Army will be outside of Morrisons each Monday with a climbing wall -its free to give it a go -!

YMCA North Tyneside will be supporting Youth Activity across the summer -Saturday sessions continue as normal at Grange Road

Wednesdays outside - on the grass outside Raglan Street with sports and arts and games times TBC expected to be midday to 2pm

Wednesday 14 August (date to be confirmed by venue) Day trip doing Discovery activities in Hamsterley Forest. For further information about planned activities contact 07522365460

**Sports Development Team Open Access Sports and Games  
11am - 3pm (Ages 5-14years)**

**Week 2 - 29th July - 2nd August at The Cabin, School Street**

**Week 4 - 12th - 16th August West Park Jarrow**

**Week 5 - 19 - 23 August West Park South Shields**

**Week 6 - 27th - 30th August Fit@Heart, Hebburn Clegwell CA**

**Families welcome**

**Big Local Central Jarrow Open Meetings**

**Open to ALL living, working or volunteering in Central Jarrow**

**Tuesday 30th July and 4th Sept at 6pm in the Big Local Base,**

**Jarrow Focus**

**Jarrow Hall**

**There will be lots happening across the summer,  
there will be activities every day of the school**

**holidays. If you live in Jarrow purchase an annual**

**pass for the cost of a day entry.**