

Get Connected Factsheet

Please see some great information from our Get Connected partners about things that you and you and your family can be enjoying.

Family Advice and Support Team, Skills for People 0191 281 8737

We're still here for you

Are you a parent/carer of a child/young person with additional needs in Newcastle?

I think its important we let people know we can support them with their queries

Our Family Advice and Support team can offer you one to one information, advice and support sessions via Zoom, WhatsApp, or telephone.

Or join us for an Zoom Online coffee morning.

Get in touch with us on **0191 281 8737** or

Email: information@skillsforpeople.org.uk

Facebook: [@passitonnewcastle](https://www.facebook.com/passitonnewcastle)



Arts Connect

Arts Connect are busy staying in touch with families and offering support online and in person where possible.

We are still open to referrals and helping children and young people with SEND get access to the arts activities they are interested in.

Below is a summary of what we can offer -

Facebook page - search for Arts Connect Parents Group - links to activities and offers



Art & Music Garden Autumn 2020

Sadly this Covid Chaos is still affecting the way we can run Art & Music Garden, so we need to continue asking you to book your visit.

We're inviting families to the garden to enjoy some outdoor exploration, art, music and movement with the Arts Connect team.

You will be able to book one of two time slots, 1.30-2.30 or 3.00-4.00pm.

Where possible we ask you to come alongside another family (and maintain social distancing) but you can book a sole use visit if attending alongside another family is not right for you.

Either way, we'd love to see you!

3 Oct – Art
10 Oct – Music & Movement
17 Oct – Art
24 Oct – Music & Movement
31 Oct – Art
7 Nov – Music & Movement

14 Nov – Art
21 Nov – Music & Movement
28 Nov – Art
5 Dec – Music & Movement
12 Dec – Art
19 Dec – Something seasonal!

**To book your free time slot or for more info contact
Nicky Sargeant 07598 139334 or nickv@sncg.org.uk**

(We can also reimburse the cost of taxis if transport is a problem)



MOVE DISCOVER CREATE

Newcastle Arts Team in partnership with Arts and Sports Connect and local organisation Pendower Good Neighbours Project have come together to develop and publish 8 creative activity sheets aimed at families who will be holidaying at home this summer.

The activity sheets can be enjoyed in the natural or urban environments, with activities requiring little or no additional resources – just imagination!

We hope these will encourage families into outdoor spaces – to Move, Discover and Create together during summer 2020.

Printed copies of each activity sheet will be offered free to families we are currently working with as part of our Get Connected Programme. They will also be available from your local community centre and on-line for you to download at home.

Join our social media page for more ideas, examples of activities and to share pictures or videos of how you Moved, and what you Discovered or Created. Search Facebook: **outdoordiariesnewcastle**

If you would like to make an outdoor diary from all these activities as a summer keepsake, we can deliver a scrap book and glue stick to you, please contact Lynn Campbell on 07906 854 092 or Lynn.campbell@newcastle.gov.uk

Arts Connect aims to connect children with additional needs in Newcastle to inclusive creative and cultural activity. We can connect you to activities such as music, dance, drama, visual art, poetry and photography.

Sports Connect is working with children and young people with additional needs in Newcastle to get them connected into inclusive sports activities. No need to choose a sport straight away, we will help you, or your child, find the best place to have fun, exercise, and meet new people in your community.

Newcastle Arts Team encourages, supports and facilitates participation in high-quality creative activities by people who, for a variety of reasons, might not otherwise have that opportunity. Projects are designed and developed with potential participants and key community-based organisations to ensure that activities reflect their creative skills and ambitions and the rich cultural heritage of the city's many communities.

Arts Connect: Lynn Campbell | email: Lynn.campbell@newcastle.gov.uk | Tel: 07906 854 092

Sports Connect: Stephen Douglas | email: stephen.nct@outlook.com | Tel: 07944 644 284

Newcastle Arts Team: alison.flanaganwood@newcastle.gov.uk



MOVING EXPERIMENTS

When out and about can you find places to spin, jump, balance, go over, get under, stretch, go softly, go heavily, go backwards, go sideways? Try challenging each other – for example can you jump all the way to the next lamppost?



EGG BOX TREASURE CHEST

Take an old egg box out with you on your wander, and use it to store any interesting natural treasures you find on your journey, such as a pine cone, a beautiful stone or a colourful flower.



A CHANGE OF VIEW

Find a spot up on a hill, in a tree, on a parents' shoulders, and notice the world from that viewpoint. Imagine yourself flying above the earth like a bird or towering like a giant – how does it feel? Can you see anything you couldn't before? Then find a spot down low and imagine yourself to be tiny like an ant. How does the world look now? What senses have changed? Take some photos from high and low if you can.



Today the weather is...

I am outside with...

For more great **Move**, **Discover** and **Create** ideas, as well as ways to share what you have done, search **outdoordiariesnewcastle**



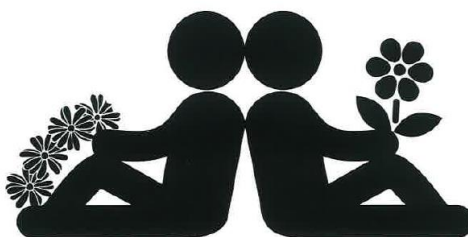
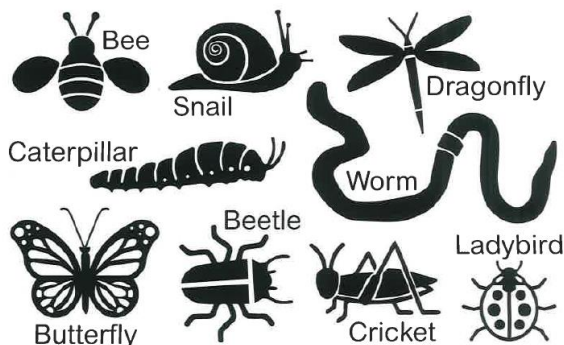
GIVE A TREE A HUG



Find a tree and spend some time with it – lean on it, shelter under it, feel the bark, look up, does it have a smell? Can you stretch your arms around a tree? Do you need someone else to join you to reach around a really big tree?

GOING ON A BUG HUNT

Many different kinds of bugs and insects live in the environment around us. How many can you spot out on your journey today?



FABULOUS FLOWERS

If you come across a patch of grass as you explore, why not stop a while to enjoy the flowers – smell them, collect them or make a daisy chain for a friend.



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I am outside with...

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GET ON YOUR WHEELS

Take a bicycle, your wheelchair, roller boots, skateboard or scooter out with you today. Don't forget to wear your helmet! How does it feel going up hill? Downhill? Over bumps? Round corners?



TREMENDOUS TEXTURES

Notice the textures you can find outside – brick walls, the bark of a tree, a wooden fence. Touch them as you pass by – how do the different textures make you feel? Try recording the textures by taking rubbings using paper and a crayon.

OUT ON LOCATION

Take some small toy figures (e.g. lego people, plastic animals, action figures, etc.) and have fun setting them up in exciting scenes, or recreating scenes from your favourite movies. Use what is around you for a backdrop – walls, steps, signs, bushes etc. Take photos if you can.



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I am outside with...

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T Digital music making online with Konnect – contact for dates and info info@konnectaudio.com



Konnect Audio Facebook page

<https://www.facebook.com/Konnect-Audio-101420811544486>

Photo club - some digital meet ups and some local outdoor site visits - every second Saturday - to book contact lynncam5@aol.com

Art and Music Garden - Saturday afternoons in Scotswood Gardens contact nicky@sncg.org.uk - one family at a time with an artist/ musician as a guide and with time to explore the gardens

Hang out and Dance - half term offer at Dance City for one family at a time - dates/times to be finalised - for info contact lynncam5@aol.com

Laing art group - on line offer with video /making opportunities - for info contact lynncam5@aol.com

Sports Connect

Currently, Sports Connect is not delivering any face to face activities. Here are some digital activities you can access. I have provided links & a QR code, use your smart phones camera to scan the code and be taken directly to the website.

A video will be added each week to inspire you to explore your local areas. Join Stephen as he walks around parks & areas of Newcastle Upon Tyne. Why not try the routes out for yourself?

Link to YouTube: <https://youtu.be/zqbohKQ3oL4>



The Outdoor Diaries project launched this summer – check out the facebook page for ideas of activities you can do when you are exploring:

<https://www.facebook.com/outdoordiariesnewcastle>



#



Youth Links

Because growing up can be hard

Youth Link

1:1 MENTORING

ONLINE SERVICE

Are you aged between 11 – 18?

Would it help having someone nearer your own age to talk to?

Youth Link can offer you online support from another young person aged 17 – 25.

SOUNDS GOOD?

A Youth Link Mentor might be able to help support you in:

- Dealing with uncertain times
- Talking through any problems you might have
- Helping you feel more confident
- Encouraging you to get further support if needed

FOR MORE INFORMATION PLEASE CONTACT ONE OF THE YOUTH LINK TEAM

Rebecca.George@children-ne.org.uk • Teresa.Bromilow@children-ne.org.uk

Stephanie.Weighill-Cole@children-ne.org.uk

HOW TO REFER: <https://newpip.children-ne.org.uk/youthlink-referral>

PROGRAMMES RUN IN NEWCASTLE, SOUTH EAST NORTHUMBERLAND AND NORTH TYNESIDE

CHILDREN NORTH EAST
YOUNG PEOPLE'S SERVICE

CNEYOUNGPEOPLESERVICE

@CNEYPS



The Pilgrim Trust





Online Youth Link Volunteer Mentor Opportunity

Are you aged 17 – 25?

Are you looking for volunteering hours or a new challenge?

Not sure which career path to follow?

Simply want to give back to your community?

Can you spare 1 hour a week?

WHY NOT STAND OUT FROM THE CROWD?

**SIGN UP TO BECOME AN ONLINE YOUTH LINK VOLUNTEER TODAY AND HELP
YOUNG PEOPLE**

You're one step away from a life changing experience!

(TRAINING, DBS AND SUPPORT PROVIDED)

HOW TO APPLY:

<https://newpip.children-ne.org.uk/volunteer-mentor-application-form>

**PROGRAMMES RUN IN NEWCASTLE, SOUTH EAST NORTHUMBERLAND AND NORTH TYNESIDE –
BUT ALL SUPPORT IS BASED ONLINE.**

PLEASE NOTE: WE WILL BE LOOKING TO GET BACK TO FACE TO FACE SESSIONS AS SOON AS WE ARE ABLE TO.



**CHILDREN NORTH EAST
YOUNG PEOPLE'S SERVICE**



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@CNEYPS



The Pilgrim Trust



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