



# Lynnfield Ready to Open!



Anthony Brownbridge is looking forward to the forthcoming opening of Lynnfield Community Learning Centre, which will be happening in the next few weeks.

As part of his role as Centre Manager, Anthony has already worked with a number of organisations such as Sure Start and Patch to ensure that NDC residents can access a range of facilities under one roof.

The Centre is now completely furnished and boasts a colourful outdoor play facility and activity room. It also has a fully equipped kitchen, IT suite, consultation spaces and an adult learning room.



Anthony Brownbridge

Anthony said, "If groups are looking for meeting facilities or places to hold their courses or events we are here to help. We want the Centre to be a valuable community resource with plenty to offer everyone."

The Lynnfield Centre is attached to Lynnfield Primary School and staff also want to thank everyone for their patience and understanding during last year's building work.

See the next issue of the NDC newsletter for news on the opening of the Lynnfield Centre; in the meantime contact Anthony on 232946 for more information.

# Health Check for 2005 with NDC

NDC are running a series of sessions to help residents improve their health for 2005. Melanie Weeks, NDC Health Theme Co-ordinator, is delighted with the success of the newly-launched projects. She said, "We are hoping that NDC residents will start this New Year as they mean to go on by joining in with some new activities."



Smoking Cessation Team

For those trying to stop smoking, a drop-in session is held every Tuesday between 9.30am & 11.30am at The People Centre on Raby Road. Call Smoking Cessation on 01642 223 023 in advance to to confirm availability.



Fresh Fruit & Veg at the Food Co-op

Residents hoping to improve their daily diet can now buy locally grown fresh fruit and vegetables at a **Food Co-op at The Stranton Centre every Tuesday between 3.30pm & 5.30pm.** Melanie said, "The Food Co-op is easy to access – all you do is place your order one week and collect a bag of healthy produce the next – for only £2.50."

Basic fitness levels can be raised by attending **Tai Chi classes**; there are 3 sessions to choose from:

- Tuesdays 7.30pm – 9pm  
at The People Centre
- Wednesdays 9.15am – 10.30am  
at The Belle Vue Centre
- Thursdays 1pm – 2.30pm  
at The People Centre



Tai Chi

Places in the classes are on a first-come first-served basis so there is no need to book. This means that, on occasion, some people might not get a place, but staff will try hard to accommodate as many people as possible.

To find out more about how you can access healthy activities in the NDC area, please contact Melanie Weeks on 287376.

## Hartlepool Youth Activities

**HARTLEPOOL  
YOUTH LIMITED**

Hartlepool Youth Limited - the organisation behind youth facility Café 177 – is running a range of activities at The Lynnfield Centre and The Stranton Centre for 5 – 13 year olds. Cooking, arts & crafts, music and dancing are all on the agenda as well as time to just chill out with friends.

Young people interested can go along to The Lynnfield Centre every Wednesday or The Stranton Centre every Thursday. Sessions for 5 – 9 year olds take place from 5.30pm – 7pm and 9 – 13 year olds are invited from 7.30pm – 9pm.



Active Club at the Stranton Centre

Children aged 2 to 12 should visit the **Active Club at The Stranton Centre** if they would like to burn off some excess energy. There is certainly plenty to choose from with modern dance, Tai-Chi, Kidz Fitness and Fun Tots amongst a long list of activities. Taster sessions are taking place each Saturday throughout January and February between 10am – 12pm. Parents and children can simply turn up and pay only 50 pence to join in a full morning of fun.