

The Fun's All Free

at the
Alan Shearer
Centre
Activity Centre



Saturday 19 January - BINGO!

Come and play for some "sweet" prizes

Saturday 26 January - Chill out day

Come along for a relaxing day of colouring, reading and jigsaws

Monday 28 January - Music making

If you like to sing and dance, join Carol from *Making Music Together*

Saturday 2 February - Friendship bracelets

Make a bracelet from colourful strands of wool to give to a special friend.

Saturday 9 February - Valentines crafts

Make a personalised valentine for someone special

Friday 15 February - Adults' Valentines Disco

Music, dancing and a free buffet. Meet old friends and make new ones. Everyone welcome, but please call reception in advance to book your place!

Saturday 16 February - Sock puppets

Bring along some of your old socks (clean ones!) and make a glove puppet.

All activities take place between 12 noon and 2pm unless otherwise stated.

Please note that activities may be subject to change.

Plus all our regular *FREE* facilities

- Giant Ball Pool
- Hydrotherapy Pool
- Music Room
- Sensory Rooms

Booking is essential. For more information, please call our Centre Manager,

Amanda Head, on **0191 267 8118**

Alan Shearer Centre • West Denton Close • Newcastle upon Tyne • NE15 7LU

www.alanshearercentre.org.uk

Do you know about our other two services based at the Centre?



Flexible, tailored respite care or longer holidays for both adults and children with profound and multiple disabilities.



Full time care in an enabling, homely environment for adults with complex disabilities and challenging behaviours.

Guests and residents have full, unlimited access to the Activity Centre's facilities.

If you would like more information our Manager, Jackie Dunn, will be delighted to speak to you. You can call Jackie on:

0191 267 8128

or email her at: jackie.dunn@alanshearercentre.org.uk



We are able to invest in new developments and provide enhanced facilities for disabled people through the fundraising support provided by the Alan Shearer Foundation.

The Alan Shearer Centre and the Alan Shearer Foundation are part of St Cuthbert's Care.

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