

# Hub Activities in Middlesbrough



[Exercise, Health & Wellbeing](#)



[Dementia Support](#)



[Arts & Crafts](#)



[Children's Activities](#)



[Reading Groups](#)



[Advice, Money, Health & Benefits](#)



[Community Classes & Job Clubs](#)



[Social Groups & Coffee mornings](#)

**Acklam Community Hub**, Acklam Road, TS5 7AB

01642 817810

[acklam\\_library@middlesbrough.gov.uk](mailto:acklam_library@middlesbrough.gov.uk)

**Central Library**, Centre Square, TS1 2AY

01642 729002

[central\\_lending@middlesbrough.gov.uk](mailto:central_lending@middlesbrough.gov.uk)

**Easterside Community Hub**, Broughton Avenue, TS4 3PZ

01642 513150

[easterside\\_library@middlesbrough.gov.uk](mailto:easterside_library@middlesbrough.gov.uk)

**Grove Hill Community Hub**, Bishopton Road, TS4 2RP

01642 278444/822555

[grove\\_hill\\_library@middlesbrough.gov.uk](mailto:grove_hill_library@middlesbrough.gov.uk)

**Hemlington Community Hub**, Crosscliffe, TS8 9JJ

01642 591918

[hemlington\\_library@middlesbrough.gov.uk](mailto:hemlington_library@middlesbrough.gov.uk)

**Marton Community Hub**, The Willows, TS7 8BL

01642 300255

[marton\\_library@middlesbrough.gov.uk](mailto:marton_library@middlesbrough.gov.uk)

**MyPlace**, Custom House, North Street, TS2 1JP

01642 728015

[myplace@middlesbrough.gov.uk](mailto:myplace@middlesbrough.gov.uk)

**Newport Community Hub**, St Paul's Road, TS1 5NQ

01642 802892

[newport\\_hub@middlesbrough.gov.uk](mailto:newport_hub@middlesbrough.gov.uk)

**North Ormesby Community Hub**, Derwent Street, TS3 6JB

01642 726196/243581

[northormesby\\_libsstaff@middlesbrough.gov.uk](mailto:northormesby_libsstaff@middlesbrough.gov.uk)

**Thorntree Community Hub**, Birkhall Road, TS3 9JW

01642 246827

[thorntree\\_library@middlesbrough.gov.uk](mailto:thorntree_library@middlesbrough.gov.uk)



# Exercise, Health & Wellbeing

Community Hub	Activity	Day	Time	Frequency	Price & Booking
Acklam	Walking Group	Thursday	1.30pm	Weekly	Free
Easterside	Active for life/over 50s exercise class	Tuesday	10.30-11.30am	Weekly	£2. Drop-in
	Table Tennis	Tuesday	2-4pm	Weekly	£2. Drop-in
	Community Litter pick	Tuesday	10-11.30am	Last Tuesday of month	Free. Drop-in
	Community Indoor bowls	Monday	1-3pm	Weekly Oct- April	Booking required
	Health village walking group	Tuesday	9-11am	Weekly. Term time	Free. Drop-in
	Tia Chi	Mon 10:30-11:30	Thur 11:15-12:15	Weekly	Free. Drop-in
Grove Hill	Bowls - AgeUK	Monday	10am - 2pm	Weekly	£1. Drop-in. <i>Tina Bonner 805500</i>
	Community Litter pick	Friday	10-11.30am	Last Monday of month	Free. Drop-in
Hemlington	Walking Group	Thursday	10am-12pm	Weekly	50p (Inc. Refreshments)
	Let's Dance - Seated Exercise	Thursday	10-10.45am	Weekly	£3. Booking required
	Wellbeing Drop - AgeUK	Thursday	2-3pm	Weekly	50p. <i>Tina Bonner 805500</i>
	MOM - Mind Over Matter	Tuesday	1.30-3.30pm	Weekly	50p (Inc. Refreshments)
	Mindful Movement (Yoga Pilates Tai Chi)	Tuesday	1.30-2.30pm	starts 2nd April. Weekly	£3. Booking required
Newport	Carpet bowls	Tuesday	1.30-3.30pm	Weekly	£1.20. Drop-in
	Creative Minds Community Group	Wednesday	9.30-11am	Weekly	Drop-in
	Karate	Monday	6.30-8pm	Weekly	Drop in £3 per session
	Tees Dance	Monday	6-7pm	Weekly	Free. Drop-in
	Walking Football	Wednesday	12-1pm	Weekly	Free. Drop-in
	Adult Kick about Football session	Wednesday	7-9pm	Weekly	Free. Drop-in
North Ormesby	A.B.C Boxing Club	Mon, Wed, Thur	5.30-7.30pm	Weekly	Booking required
	Chair-Based Yoga & Exercise	Monday	10.30-11.30am	Weekly	Free. Drop-in
	Dance Class	Tuesday	10-11am	Weekly	Free. Drop-in
	Badminton	Thursday	2-3pm	Weekly	Free. Drop-in
	Tai Chi	Thursdays	10-11am	Weekly	Free. Drop-in
Marton	Chair Yoga	Friday	10-11am	Weekly	Free. Booking required
Thorn tree	White Tiger Taekwondo	Mon 6pm-8pm	Wed 7pm-9pm	Twice weekly	Graham Harbisher: 07728 776236



# Children's Activities

Community Hub	Activity	Day	Time	Frequency	Price & Booking
Acklam	Tots Tales	Monday	10am - 10.30am	Weekly	Free. Drop-in
	Rhyme Time	Thursday	10am - 10.30am	Weekly. Term Time	Free. Booking Essential
	Lego Club. 4+yrs	Saturday	10.30am - 11.30am	Weekly	Free. Drop-in
	Stay & Play (Babies & Toddler)	Friday	9.30am - 10.30am	Weekly	Free. Drop-in
Easterside	Story time	Friday	9am - 10am	Weekly. Term Time	50p donation. Drop-in
	Baby Rhymetime	Thursday	1.30pm-2.30pm	Weekly. Term Time	Free
	Kidz Kabin Youth session. 8-11yrs	Monday	5pm - 6pm	Weekly	50p. Drop-in
	Junction youth session. 11-19yrs	Monday	7pm - 9pm	Weekly	Free. Drop-in
	Rubie's Girls Group. 8-11yrs	Wednesday	4.30pm - 7.30pm	Weekly. Term time	Drop-in
	Teacher Time Day Nursery	Mon-Fri	7am - 6pm	Daily	01642 214003 for day rates
	Street Dance	Tuesday	5pm - 6pm	Weekly	Age 4+. £6 per session
	Claire's Baby-Dance Class. 0-5yrs	Tuesday	9.15am - 10.30am	Weekly	£4. Drop-in. 07824317854
Grove Hill	Little Learners Nursery	Mon-Fri	7am - 6pm	Daily. Term Time	01642 214029 / littlelearnersgrovehill@gmail.com
	Linx Youth Club	Wednesday	5pm - 7pm	Weekly	50p per session. 01642 591 955
	Baby Massage	Wednesday	10-11am	Weekly. Term Time	Booking essential 07936948196
	Amazing babies	Friday	10 – 11.30am	Weekly	Free. Drop-in
	Baby & Toddler Stay & Play	Monday	9 – 11.30am	Weekly. Term Time	50p. Drop-in
Hemlington	Lego Club	Saturday	10.30am - 11.30am	Weekly	Free. Drop-in
	Martyn The Music Man Rhyme Time	Tuesday	10am - 11am	Weekly. Term Time	Free. Drop-in
Marton	Lego Club	Saturday	10.30am - 11.30am	Weekly	Free. Drop-in
	Stay & Play for babies & toddlers	Monday	10am - 11am	Weekly. Term Time	Free. Drop-in
	Martyn the Music Man. 0-4yrs	Thursday	10am - 11am	Weekly. Term Time	Free. Booking Essential
	Pre-School Storytime	Thursday	1.30-2.30	Monthly	Free
MyPlace	Youth Sessions (with SEND)	Thursday	11-24yrs:	18+yrs:	Weekly £1.50 per session Drop-in

			5pm - 6.45pm	7pm - 8.30pm		
Newport	Youth Club	Thursday	6pm - 8pm		Weekly	50p
	Karate	Monday	6.30pm - 8pm		Weekly	Drop in £3 per session
	Baby Café	Monday	9.30-10.30am		Weekly	Free. Drop-in
	Kicks MFC session for children	Wednesday	5pm - 7pm		Weekly	Free. Drop-in
North Ormesby	Youth Club Ages 10+	Monday	5.30pm - 7.30pm		Weekly	50p. Drop-in
	Nursery. Ages 2+	Mon-Fri	8.30am - 6pm		Daily	£4.50 per hour. Booking essential
	Lego Club. Ages 4+	Saturday	10.30am - 11.30am		Weekly	Free. Drop-in
	Baby & Toddler Yoga	Wednesday	10am - 12pm		Weekly	£2 - booking essential at <a href="http://www.kalmalifeuk.co.uk/teesside">www.kalmalifeuk.co.uk/teesside</a>
	Young Dad's & Lads Stay & Play 0-2yrs	Friday	1-2pm		Weekly	Free. Drop-in
	Sensory Play under 2's	Friday	1-2pm		Monthly	£2 Donation. Booking essential 01642 243581
Thorntree	Baby Rhymetime	Friday	11am - 12pm		Weekly	Free. Drop-in.
	Tumblers & Toddlers Play Session	Friday	9am - 11.30am		Weekly	£1 (inc. refreshments)
	Bright Stars Nursery	Mon - Fri	9am - 4pm		Daily	01642 727960
	Baby Café	Friday	1pm-2pm		Weekly	Free. Drop-in.
	Thorntree Youth Focus (10-13yrs)	Tuesday	5.30pm – 7.00pm		Weekly	Free. Drop-in.
	Family Reading with Linda Murphy	Tuesday	9.30am - 11.30am		Weekly	Linda Murphy 01642 728360



## Social Groups & Coffee mornings

Community Hub	Activity	Day	Time	Frequency	Price & Booking
Acklam	Coffee Morning	Tuesday	10am - 12pm	Weekly	Free. Drop-in. Tina Bonner 805500
Easterside	Friendship group	Friday	1pm - 3pm	Fortnightly	£2 per session
	Community Bingo	Thursday	1pm - 3pm	Weekly	All in all, out / various

Grove Hill	Coffee Afternoon - AgeUK	Tuesday	2pm - 3.30pm	Monthly	Free. Drop-in
Hemlington	Coffee Morning	Tuesday	10pm - 11.30am	3 <sup>rd</sup> Tuesday of month	50p (Inc. Refreshments)
	Coffee Afternoon - AgeUK	Thursday	2.30pm - 4pm	Weekly	Free. Drop-in. <i>Tina Bonner 805500</i>
Newport	'Cuppa & a Chat'	Wednesday	12pm - 2pm	1st Wednesday of month	Free. Drop-in
North Ormesby	Friendship Group	Wednesday	1pm - 3pm	Weekly	Free. Drop-in
	'Cuppa & a Chat'	Tuesday	1pm - 2pm	1 <sup>st</sup> Tuesday of month	Free. Drop-in
Marton	Poetry Group	Friday	10am - 11.30am	3 <sup>rd</sup> Friday of month	£2. Drop-in
Thorntree	Coffee, Cake & Crafts	Wednesday	9am - 11.30am	Weekly	£1 (Inc. Raffle). Drop-in



## Advice. Money, Health & Benefits

Community Hub	Activity	Day	Time	Frequency	Price & Booking
Acklam	Credit Union	Tuesday	9.30am - 10.30am	Weekly	Free. Drop-in
Easterside	Citizens Advice Bureau	Thursday	9am - 12pm	Weekly	Free. Booking Essential
	Energy Advice sessions MEC	Thursday	10am - 11.30am	Last Thursday of month	Free. Drop-in
	Thirteen housing drop in	Thursday	9am - 5pm	Weekly	Free. Drop-in
	ACT Drop-in	Tuesday	Fortnightly	11am-1pm	Free. Drop-in
	PCSO Public Drop-In	Contact Easterside Hub for specific dates: 01642 513150			Free. Drop-in
Grove Hill	Citizens Advice Bureau	Wednesday	9am - 4pm	Weekly	Free. Booking Essential
	Credit Union	Wednesday	9am - 10am	Fortnightly	Free. Drop-in
	Thirteen Housing drop-in	Friday	9.30am - 11.30am	2nd Friday in month	Free. Drop-in
	Age UK W.I.S.E.	Friday	Fortnightly	2-3:30pm	tina.bonner@ageukteesside.org.uk
	Kinship Carers Group.	Monday	10am - 1pm	Weekly	Free. Drop-in
	ACT Drop-in	Friday	Fortnightly	11am-1pm	Free. Drop-in
	PCSO Public Drop-In	Contact Grove Hill Hub for specific dates: 01642 278444			Free. Drop-in
Hemlington	CAB & Benefits	Monday	1.30pm - 5pm	Weekly	Free. Booking Essential
	Credit Union	Thursday	9.30am - 11.00am	Weekly	Free. Drop In
	Kinship Carers Group	Monday	10.30am - 11.30am	Weekly	50p (Inc. Refreshments)
Marton	PCSO Public Drop-In	Contact Marton Hub for specific dates: 01642 300255			Free. Drop-in
Newport	CAB	Monday	1pm - 4pm	Weekly	Free. Booking Essential
	Thirteen Employability	Wednesday	10.30 am – 2.30pm	Fortnightly	Free. Drop-in

North Ormesby	Citizens Advice Bureau	Tues, Wed & Thurs	Times vary	Weekly	Free. Booking Essential. 01642 243581
	Anti-Social Behavior & PCSO			By appointment	Appointments. 01642 243581
	Drugs & Alcohol Drop-in	Thursday	10am-12pm	Fortnightly (25/4)	Free. Drop-in
	Credit Union	Thursdays	10am - 11am	Weekly	Free. Drop-in
Thorntree	CAB & Benefits	Tuesday	10am - 4.30pm	Weekly	Free. Booking Essential
	Credit Union	Thursday	9.30am - 11.30am	Weekly	Drop-in
	Thirteen Housing drop-in	Thursday	1-4pm	Weekly	Free Drop-in & Appointment
	ACT Drug & Alcohol Drop In	Wednesday	1.00 – 3.00pm	Fortnightly from 24/01	Drop-in



## Arts & Crafts

Community Hub	Activity	Day	Time	Frequency	Price & Booking
Easterside	Craft Class	Wednesday	4.30pm - 6.30pm	Weekly	£1. Drop-in
Grove Hill	Knit & Natter	Friday	10am - 11.30am	Fortnightly	Drop-In
	Sewing Press	Wed & Sat	11am-1pm	Weekly. Term Time	Free. Drop-In
Hemlington	Craft Class	Tuesday	2.30pm - 4.30pm	Weekly	Free. Drop-In
	Knit & Natter	Saturday	10am - 12pm	Weekly	Free. Drop-In
North Ormesby	Craft Class	Monday	1pm - 3pm	Weekly	£1.50. Drop-in
Thorntree	Natty Knitters	Tuesday	9am - 2pm	Weekly	£1. Drop-in



## Community Classes & Job Clubs

Community Hub	Activity	Day	Time	Frequency	Price & Booking
Easterside	Thirteen Employability	Tuesday	10am - 12pm	Weekly	Free. Drop-In

Grove Hill	Egyptology Group	Fridays	2-4pm	Monthly	Call Hub for Info.
	Thirteen Employability	Tuesday	1-3pm	Weekly	Free. Drop-In
Hemlington	U3A History Group	Tuesday	10.30am - 12pm	1 <sup>st</sup> & 3 <sup>rd</sup> Tuesday of the Month	50p (Inc. refreshments)
Marton	Ancestry Group	Mondays	2.30-4.30pm	Weekly	Free. <i>Steve Thompson 729392</i>
North Ormesby	Job Search Club	Thursday	9.30-12.30am	Weekly	Free. Drop-In



## Reading Groups

Community Hub	Activity	Day	Time	Frequency	Price & Booking
Acklam	Reading Group	Monday	10am - 11am	2 <sup>nd</sup> Monday of the month	Free. <i>01642 817810</i>
	Reading Group	Monday	10am - 11am	3 <sup>rd</sup> Monday of the month	Free. <i>01642 817810</i>
Grove Hill	Reading Group	Monday	9.30am - 11.30am	1 <sup>st</sup> Monday of the month	Free. <i>01642 278444</i>
Hemlington	Reading Group	Thursday	1.30pm - 2.30pm	1 <sup>st</sup> Thursday of the month	Free. <i>01642 591918</i>
Marton	Reading Group	Monday	3.30pm - 4.30pm	1 <sup>st</sup> Monday of the month	Free. <i>01642 300255</i>
Thorntree	Family Reading with Linda	Tuesday	9.30am - 11.30am	Weekly	Linda Murphy 01642 728360



## Support for People Living with Dementia

Community Hub	Activity	Day	Time	Frequency	Price & Booking
Acklam	Dementia Support Sessions - <i>AgeUK</i>	Thursday	1-3pm	Weekly	Free. Drop-in. <i>Sophie Armstrong 01642 805500 / 07719029674</i>
Hemlington	Dementia Support Sessions - <i>AgeUK</i>	Thursday	9.30am - 11.30am	Monthly	Free. Drop-in. <i>Sophie Armstrong 01642 805500 / 07719029674</i>

MyPlace	Dementia Friendly Cafe	Fridays	11am - 1pm	Fortnightly	Free. myplace@middlesbrough.gov.uk / 01642 728015 to book
Newport	Dementia Support Sessions- <i>AgeUK</i>	Thursday	9.30am - 11.30am	Monthly	Free. Drop-in. <i>Sophie Armstrong 01642 805500 / 07719029674</i>
Marton	Dementia Support Sessions - <i>AgeUK</i>	Thursday	9.30-11.30am	4 <sup>th</sup> Thursday of the month	Free. Drop-in. <i>Sophie Armstrong 01642 805500 / 07719029674</i>