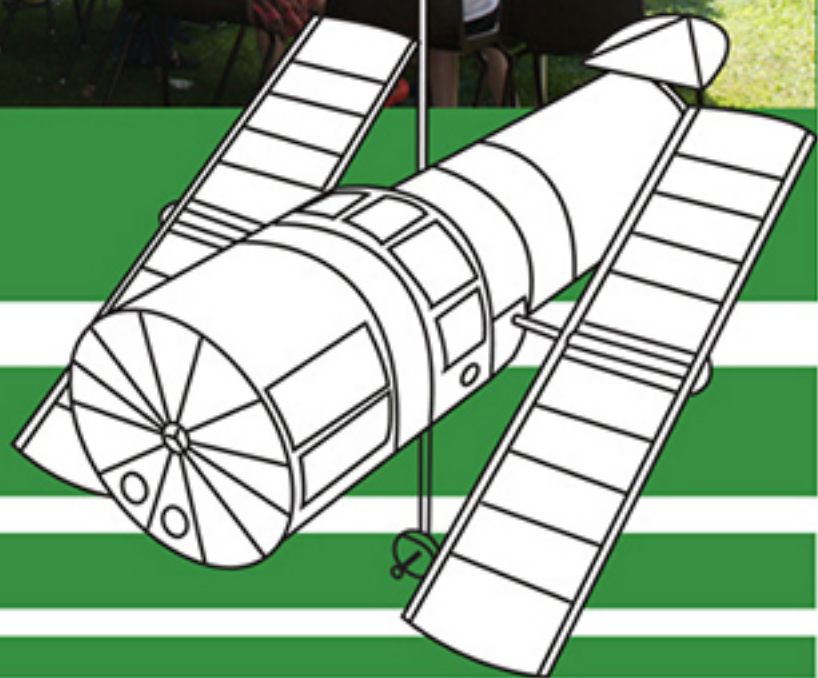


the HUBBLE



#4



Hello & Welcome to the Hubble!



This newsletter is for Learning Disabled People, their friends and families.

It shows you some activities people have enjoyed at the HUB, and also what's going on in and around Newcastle.

If you have any ideas what we can put in our next newsletter please get in touch!

Word Search

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W	A	G	C	Q	Z	V	O	E	Q	W	M	I	R	T
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PAINTBRUSH
DRUMMING
BLUECARD

DRAMA
RADIO
MUSIC

COOKIES
TROPHY
FILMING

MODEL
PRINT

★ News for YOU ★

'Safe Places' Are Here!

Sometimes when you are in the city centre you might get scared, lost or you don't know what to do

Don't worry; there are now places that can help. These are called Safe Places.

They have stickers with this picture on outside:



Safe Places are free to go to go.

They have staff who are friendly and can help you

They can help you calm down if you are upset, ring for help or just give you a cup of tea or some time.

If you have been hurt they may be able to give first aid. They can certainly get medical help for you.

At the moment the Safe Places are:



Catholic Cathedral



City Library



Civic Centre

If you want to make it easier for people at a Safe Place to help you it might be good to get a Blue Card from Arcadea.

Call 0800 145 5345 to get your Blue Card.



For more information about Safe Places get in touch with Bill Norman at Newcastle City Council. Tel: 0191 2777453.

Rally Against Bedroom Tax



The Bedroom Tax affects people living in housing association or council housing. People with spare rooms will lose on average £728 per year from their Housing Benefit – or face having to move somewhere smaller.

While families with a disabled child who needs a separate bedroom will now be entitled to this, 420,000 disabled adults in the UK still remain at risk.

For example, the rules will have an impact on a couple where one person has a disability, and needs a separate bedroom. This might be because the individual needs medical equipment in the room during the night.

This rally in Newcastle will bring together the Bedroom Tax protest groups from all over the North East. It will be a day of action to protest against the bedroom tax.

The main demands are:

- No Bedroom Tax.
- Hands off Disability Living Allowance and the Independent Living Fund.
- Councils and other landlords must not evict tenants in arrears due to the Bedroom Tax.



27 July 2013
2pm



Starts at Newcastle
Civic Centre



What's On?



The Lawnmowers

Krokodile Club



A night ran by and for adults with learning difficulties



12 July 2013, 7-10.30pm



0191 443 4661



Gateshead Old Town Hall



£5
Carers free

Youth Theatre School

For people aged 13 -17 years @ Lawnmowers Cultural Hub.



12 & 13 August 2013
10.30am - 3.00pm



£5

Evening Clubs

Interested in Drama, having fun and Making New Friends?



Monday Evening
6-8pm



£5



Swinburn House, Swinburn St
Gateshead, NE8 1AX



0191 478 9200



Summer Days 2013

The Better Days summer programme includes:

A Trip to Tynemouth

Food, travel by metro & drink are not included in the price.



1 August 2013



£4.20 Tynemouth Priory
£6.75 Sealife Centre

Ten Pin Bowling



22 August 2013



Westgate Rd



£2
per game

Tour: Sage Gateshead

Interested in Drama, having fun and Making New Friends?



29 August 2013



To be announced

If you are interested in these activities please contact Better Days. You will need to fill in a registration form.



0191 281 5541



better-days@lineone.net

Millenium Club

Trip to Scarborough

It's the Club summer trip!



The coach to Scarborough will leave from:
Cornerstone, 62 Armstrong Road, Benwell.



8am
20 July 2013



0191 226 0941



£8

Places must be booked and paid for in advance.



AGM

At this meeting members will talk about the club and vote for the committee members. Then at 7pm there will be a BBQ, bring some CDs and a bottle if you want to drink.



Cornerstone, 62 Armstrong Road, Benwell



5.30-9pm
10 July 2013



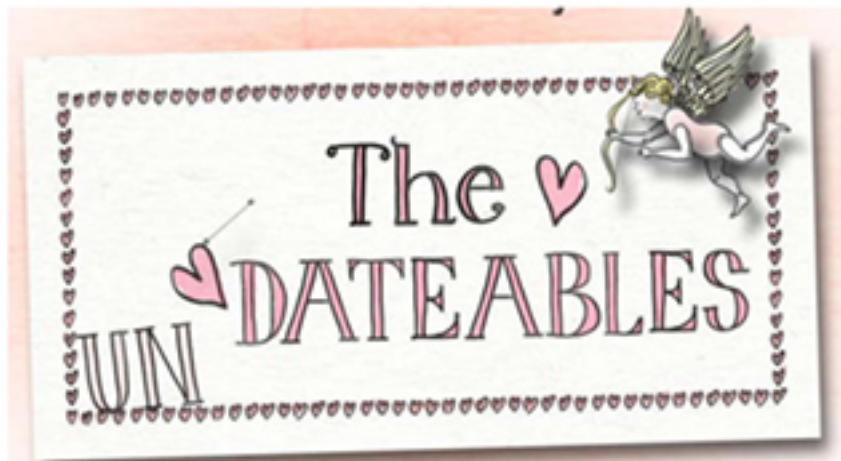
Denise:
0191 226 0941

The Undatables

Are you interested in taking part in a Channel 4 documentary TV series about love and disability? 'Betty' is making a third series series 'The Undateables' for Channel 4.

They will be following disabled people and those with a variety of conditions through the highs and lows of finding love.

If you are single and looking for love and would like to take part get in touch.



0207 290 0223



undateables@betty.co.uk

Bats & Moths in Jesmond

Image © Alternative Path



This is an evening event in the outdoors. The Rangers will tell you about the different species of bats that live in the UK. Then you will set out for a walk and see which ones you can find.

The Rangers will also run a moth trap throughout the evening and you will have a look to see what has been caught on your return to the Visitor Centre.



Visitor Centre, Jesmond Dene
Red Walk, NE7 7BQ



0191 281 2082



5 September 2013
Evening: time to be confirmed



£4

The Sage

SummerTyne Americana Festival takes place over three days at The Sage. It offers a sizzling gumbo of American roots music - from fiery tex-mex to classic country and blues, the newest southern soul and Americana, to cajun, folk and bluegrass



The Sage
Gateshead, NE8 2JR



0191 443 4661



19-21 July 2013
12-11pm



Free Outdoors (12-7pm)
Tickets £ Vary (7-11pm)



The full programme can be found at:
www.thesagegateshead.org

Life Science Centre



Straight from the Natural History Museum in London...Prepare to be transported back in time more than 65 million years to a Jurassic forest, home to some weird and wonderful plants and animals including dinosaurs like Tarbosaurus, the scary cousin of T.rex. The exhibition includes real dinosaur bones and fossils.



Times Square
Newcastle NE1 4EP



£10.85
Carers admitted free



Until 3 November 2013

Live Theatre: Tyne

This play will take you on a journey through time along the banks of the Tyne. It maps the history, atmosphere and soul of this mighty river in story, music, film and images.



'Tyne' features the stories of some of the greatest writers of the North East who have collaborated with Live Theatre since it started 40 years ago.



Broad Chare
Newcastle, NE1 3DQ



0191 232 1232



11, 17 & 20 July 2013
Times Vary



£15 or
£5 concessions

Theatre Royal



Joseph and the Amazing Technicolour Dreamcoat.

Andrew Lloyd Webber's sparkling family musical continues to enjoy huge success across the country. A retelling the Biblical story of Joseph, his eleven brothers and the coat of many colours, this magical musical is full of unforgettable songs.



100 Grey Street
Newcastle NE1 6BR



08448 11 21 21



23 July - 3 August 2013
Times Vary



Prices vary

Discovery Museum



West End Stories Exhibition

What's so special about the West End? What gives it its unique character? Who built the West End and what is its story?

A new exhibition created with people from the West End of Newcastle reveals stories about life in this area.

Delaval Road, June 8 1956. Photo by Jimmy Forsyth Collection. © TWAM



Blandford Square
Newcastle, NE1 4JA



0191 232 6789



Until 7 July 2013



Free

intu Metro Centre

Everyone's Invited

Come on over to intu Metrocentre for two jam-packed days of fun for all the family with live music, drama, dance, food and drink, and thousands of prizes to give away.

Everyone's invited to join in the fun, whether you're five or 95.



Metro Centre
Gateshead NE11 9YG



0191 493 0200



13 July 2013 9am-7pm
14 July 2013 11am-5pm



Free

EAT! Festival

EAT!
NewcastleGateshead

The NewcastleGateshead food and drink festival returns in 2013 for another 16 days of events that serve up food in a brand new way.

Grab a fork and get stuck in to the very best North East food and drink. Many places across NewcastleGateshead will be involved. The full programme can be found on the website at <http://www.newcastlegateshead.com/eat-festival>. Tickets can be bought on the website or from Newcastle Gateshead Visitor Information Centre, Market Street, Newcastle.



24 Aug - 9 Sep 2013



Prices Vary

The Newcastle mela

Melas originate from the Indian sub continent. The word Mela comes from the Sanskrit "to meet".

The Newcastle Mela is a big event, it attracts up to 30,000 people every year. It is a free event, based around Punjabi, Pakistani, Bengali and Hindi and other South Asian cultures, and is open to anyone who wants to learn more, be entertained and meet new people as well as enjoy different music, art and food.

With a line up including the hottest contemporary Asian acts as well as traditional displays of music and dance it's an event for all ages and races.



25-26 August 2013
12-6.30pm



Exhibition Park
Claremount Rd
Newcastle



Free

★ News from the HUB ★

The Late Shows 2013



During May at our base in Commercial Union House, we put on the HUB Cap Café. This was part of the Late Shows Festival of arts and culture in Newcastle Gateshead.

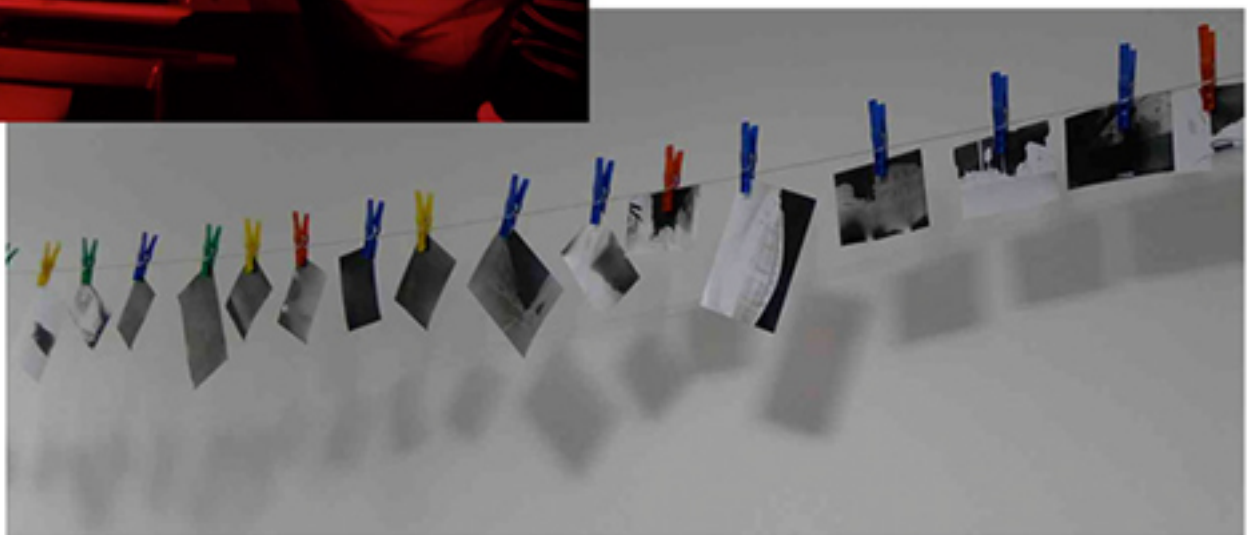
We built a massive Scalectrix track that glowed in the dark and set up a café that looked a bit like a 1970's greasy spoon. We all had a really great time. Some of us looked after the track and made sure members of the public knew what they were doing and some of us were characters in the Café, like the angry owner and her tear away daughter.

Over a thousand people popped in on the Saturday Night, not all of them for a cup of tea though, the people we spoke to about the project really enjoyed the atmosphere, the café characters we made up and, of course, having a go on the Scalectrix.

Byker Metro Project

In June a group went to Byker to work with local artist Judith Thomas, who is working for Nexus on a big piece of art for Byker Metro Station. We took part in a pinhole camera project that will be part of this. We made our own pinhole cameras, took black and white photographs on Shields Road, then developed the film. The resulting pictures were really exciting and strange and ghostly. Judith took copied photographs, they made them much bigger and put them together with work two other groups in a collage.

You will be able to see work in Byker Metro Station during August September and October, its absolutely huge so you wont miss it!



HUB Summer Barbecue



It's summer ... and it's time for the HUB's 2nd annual barbecue and everyone is invited to join us.

The theme for this year's Barbecue is Australia so bring your Didgeridoo. Grab a hot dog, while we make all sorts of Australian themed crafts on the day, you could design and print your own Aboriginal Style Mug (bring £2 to cover the cost of the MUG), make one of those strange hats with corks hanging down or race through the outback on our new Ayres Rock themed Scalectrix track.

Bring some wine or a 4xxx if you want and apart from the cost of mug printing, it's all free.



31 August 2013
1.30-4.30pm



Charles St Community Ctr
Algernon Rd, Byker



hub@arcadea.org



0800 145 5345



www.arcadea.org/hub



Arcadea
2nd Floor Commercial Union House
Pilgrim St, Newcastle, NE1 6QE

Newcastle
City Council 