Fitness Activities

There are lots of activities, groups and classes in Newcastle that offer fun ways to be more active, get out and about, meet new people and keep fit.

You can find out more about the health benefits of taking exercise in our section on **Keeping physically active.**

Badminton

Tyneside Badminton Centre run a Keenagers session for the over 50s. The sessions are suitable for all standards of play, from beginner to expert.

Westerhope Community Association run a regular Badminton Club.

Welcome to Badminton run regular badminton sessions for refugees, asylum seekers and migrants. Playing badminton for fun, to make friends, learn new skills and keep healthy. No experience needed. All equipment is provided. Visit their Facebook page for more information on venues, days and times.

West End Refugee Service run weekly badminton and table tennis sessions in collaboration with Welcome to Badminton on Mondays from 2pm to 4pm.

Kenton Park Sports Centre has badminton courts available to hire

Search our **Events and Activities** section for ‘Badminton’ for more details.

Martial arts

Capoeira

Capoeira is an Afro-Brazilian martial art that combines elements of dance, acrobatics, music and spirituality.

Heaton Community Centre runs a Capoeira class

Karate

Find a local Karate club on the KUBO website.

Judo

There are a number of Judo Clubs across Newcastle and nearby including Nuns Moor, Newburn, Battle Hill and Northumbria University. Find a club near you on the **British Judo website.**

British Blind Sport offer Judo at South Shields

Japanese sword arts

Ojika Dojo is a group where you can study traditional and modern Japanese Sword Arts in Newcastle upon Tyne. They train in a range of Arts;

- **Kendo** is fast, noisy and active
- **Iaido** and **Jodo** are more technical and less cardio-intensive, but train the mind and spirit

---

Chair-based exercises

You don't have to move around much to take some kind of exercise. There are exercises that you can do while sitting down, or while standing up and holding on to a chair to help you. Chair-based exercise classes tend to be held in the community, for example in community centres, sheltered housing complexes and churches.

Yoga Therapies run chair-based yoga classes.

Silverline Memories' Zumba Gold Chair is seated exercise set to lively and energetic music.

St Martin's Centre Byker run a Fit and Fab exercise class for over 55's.

Climbing

Climbing and bouldering is a great way to stay in shape. There are a few places where you can learn to climb or practice your climbing indoors in Newcastle such as

- **Climb Newcastle**
- **Sport Central**
- Newcastle Climbing centre

Cricket

As well as being a fun and skilled sport, cricket has added health benefits of stamina, endurance, balance and coordination.

Benwell and Walbottle Cricket Club offers different levels of cricket for juniors and adults and welcomes anyone to join them.

Croquet

If you have enjoyed competitive sport in the past but now find games like tennis too physically taxing, croquet could be the game for you. There are many health benefits for older players; including gentle physical exercise, intellectual stimulation and warm sociability. It can also be played competitively or purely for pleasure.

Tyneside Croquet Club actively encourages new members. You can go along to try the game out at venues such as the old bowling greens in Exhibition Park and Nuns Moor Park.

Cycling

You can cycle by yourself or as with others as part of a group. As a group exercise, cycling encourages team building and leadership skills.

The following organisations may be of interest:

British Cycling Lets Ride Programme organises traffic-free bike rides through major towns and cities and small local rides which are great for families and beginners.

Newcastle City Council Bikeability are an accredited Bikeability Cycle Training provider and they deliver National Standard cycle training in Newcastle to both children and adults.

Cycling in the City is Newcastle's campaign to get more people on their bikes and more active. On their website you can find, free guided bike rides, **adult cycling training,** bike maintenance, and information about where to get a bike.

I am Roadsmart builds your skills and confidence to ride safely with local instructors and volunteers.

WATbike organise regular guided bike rides, support and training for all abilities across the North East. They transport bikes and riders to various locations to offer longer bike rides such as Edinburgh and John O'Groats. Guided rides are usually on evenings or weekends. There's a small charge for transportation and support.

The Breeze Network can help you find a bike to ride, get some basic training and join other women who just want to enjoy a safe, local bike ride. There are opportunities to volunteer to encourage other women to get back on a bike.

Recyke y'bike refurbish and sell bikes at a low cost. They offer training on bike maintenance and bike services for a small fee. You can donate your old bike to be refurbished and sold on to help the charity or learn to fix it yourself in their workshop. It is a community project supporting people to access bikes and training including long-term unemployed people, those who have been homeless, and those with mental health problems.

Sustrans run the **Silver Cyclists group** with free guided bike rides for over 50's. They also offer training to help you to use your bike safely. They help people think about and change the travel choices they make and work to create better walking and cycling links, including the National Cycle Network, they're providing the space to make sure sustainable travel is not just a choice: it's the most obvious and convenient option.

Sustrans run **the Bike Garden** in Nuns Moor Park, a new space offering volunteer opportunities & training, weekly Dr Bike sessions for all local residents with led walks and rides.

The Cycle Hub is a cycling cafe and bike shop where you can stop for repairs, maintenance and equipment. They host a range of activities from group rides, cycle classes and refresher training to shows and events.

The International Bike Fitting Institute (IBFI) is an international organisation developing a global standard for the bike fitting industry.

Go Smarter Go Active has North East walking and cycling maps and travel itineraries.

Dancing

Anyone can enjoy dancing, regardless of age, shape, size, or whether or not you have danced before. Usually, you don't need any special equipment to be able to dance. You can dance as part of a group, or alone, and in a variety of places. The social side of dancing can reduce isolation and help you to build your confidence and self-esteem. The following organisations may also be of interest:

Age UK Gateshead run several different dance classes across Newcastle.

Chapel House and District Community Association (CHADCA) offer a range of dance classes including Irish and Line.

Dance City has an extensive programme of dance classes for people aged 55+. You can take part in classes, keep fit, learn new skills, watch performances and talk about dance. Classes include:

- **Tap Dancing** for intermediate/advanced tappers.
- **Cuban Salsa** learn to salsa the Cuban way including footwork, rhythm/salsa beats and partner work. No partner required.
- **Ballet*** new class created for the more mature body. Ballet targets core strength, flexibility, balance and alignment whilst challenging the mind through musicality and sequencing. This class is a wonderful way to stretch, learn, and engage your sense of expression through classical movement in a friendly and positive environment.
- **Pilates*** Holistic exercise which elongates, strengthens and restores the bodies balance. This is a core strength class using controlled contractions of the abdominal and lower back muscles.
- **Dance** for people with Parkinsons
- **Dance** for people with Dementia
- **Boundless** for 55 years plus

Denton Youth and Community Project offer dance sessions for all ages such as line dancing.

East End Pool and Library offer dance sessions for all ages such as line dancing.

Heaton Community Centre offers a range of dance classes including Morris.

Helix Arts run a free weekly dance workshop for anyone over 65. The dance workshops are held at West Denton Community Centre.

The Jenian School of Dancing have a variety of dance classes including ballroom, tango, salsacise and tea dances.

Kenton Park Sports Centre runs weekly dance classes

Newcastle Dance Centre has a programme of dance classes for all ages and abilities; whether you are a beginner, an accomplished professional, or just seeking extra enjoyment from dancing.

St. Vincent's Centre (Blackfriars Centre) Newcastle host tea dances and dance classes including Ceroc.

Walbottle Village Institute runs dance sessions including tango and line.

Westerhope Community Association (The Tute) offer a range of dance classes including Sequence and Line.

Tea Dances take place across Newcastle.

Exercise Classes

Age UK Gateshead offer a weekly programme of opportunities across the Newcastle where you can look after yourself, get to know new people and stay connected in your community by joining a class. Contact Age UK Newcastle for times, prices and more information. Classes include

- **Dance**
- **Keep fit**
- **Tai Chi**
- **Men's Keep Fit**

West Denton Community Centre have a programme of exercise classes, including, Zumba and Metafit. Contact them for more details.

St Martin's Centre Byker run a Fit and Fab exercise class for over 55's.

Denton Burn Community Association offer a programme of exercise classes.

Jesmond Pool offer a programme of exercise classes including Men's Keep Fit, yoga and swimming.

Denton Burn Community Association offer a programme of exercise classes.

Chapel House and District Community Association (CHADCA) offer a range of exercise classes including Kickboxing.

Heaton Community Centre offers a range of classes including Tai Chi and karate.

Kenton Park Sports Centre has a range of fitness classes including pilates, circuits, gentle exercise and more

Search offers a gentle exercises class for Chinese people over 60 at the **North East Chinese Association** on Stowell Street.

Merton Lodge Community Hub run weekly fitness classes on Monday evenings.

Exercise classes for balance

Healthworks runs the **Staying Steady** programme. It is for anyone who is worried about their balance OR is afraid of falling OR has had a fall OR has osteoporosis. It will help to improve your balance to reduce the risk of you falling. Download a self-referral form from the Healthworks website.

Jesmond Pool also run their Standing Taller exercise class for the over 50s. This class might suit you if you've attended the Healthworks Staying Steady classes, or if you do other fitness activities and want to maintain your balance, strength and posture. Classes take place on Fridays from 11.30am -12.15pm at Jesmond Pool.

Football

Whether you like to watch or play there are plenty of places to enjoy a game of football.

Leisure centres in the city have indoor and outdoor pitches for hire

Heaton Stannington Football Club are a football club based in Heaton.

Soccerworld has groups that you can join to play football. They run a session for asylum seekers and refugees. Or you can hire a pitch to play with friends.

Walking Football

Newcastle United Foundation organise Walking Football sessions at various venues. Search our Events section for Walking Football.

Blue Flames Sporting Club run weekly Walking Football sessions for over 50's who enjoy football but perhaps haven't played for some years. Sessions cost £3 and take place on Tuesdays and Fridays.

Walking basketball

Walking Basketball Newcastle group for people over the age of 35. They meet weekly, on Thursday evenings in Gosforth. The sessions are designed for all levels of fitness and abilities. The sessions are suitable for people of all levels of fitness and experience. Sessions cost £6. Contact the coach for more information or to book a place

---

Gentle Exercise – after illness

If you have long term medical conditions, or you've always thought that exercise wasn't for you, it can be almost impossible to think of ways you can exercise safely, comfortably and enjoyably.

Healthworks **Next Steps – exercise class:** This class involves gentle movement to music helping to gradually build up your fitness and your confidence.

Healthworks social prescribing Healthworks can work with you to organise a tailored made exercise programme suitable for you and your medical condition. They start slowly and help you to gradually build up your fitness and your confidence in the exercise equipment. You don't have to do anything that you don't want to or use equipment that you don't like and you won't be on your own in a room full of fitness fanatics. To get involved you will need to be referred to the scheme usually by your GP, Practice Nurse, health visitor or Physiotherapist. You can also download a referral form on their website.

Walkerville Community Centre offers gentle exercise classes.

Kenton Park Sports Centre offers a gentle exercise class.

Search Newcastle run a 'Mature Movers' gentle exercise class every Thursday from 1.30pm – 2.30pm at Benwell St John Church, Fergusons Lane. The class costs £1.50 per session.

Golf

Better Days offer golf lessons and support for people with a learning disability

Golf in Society run social courses and 1: 1 sessions for people with a range of chronic and neurological conditions at Matfen Hall Golf Club and NE1 Morpeth. Run by people who have expertise in gold and volunteers. Both sites have driving ranges, putting areas, as well as shorter courses.

Gym

Healthworks have 2 community facilities which you can access at a reduced rate.

Leisure centres are available across Newcastle.

Green Gym

Groundwork run The Green Gym for adults who have an inactive lifestyle, feel lonely, or have mental or physical health problems. You can 'work out' in your local community through activities such as litter picking, woodland management and hedge pruning. Training and support is available so you can develop skills and confidence. This helps to make new friends, learn new skills, increase your fitness, to be healthier and happier.

Hiking and trail running with your dog

Cani-fit offer hiking and trail running opportunities with your dog including Rising Sun Country Park and Weetslade.

Mental health

US Active works with young people 12 to 25 years old, who have, or are at risk of developing mental health difficulties. They engage young people in a sport or activity of their choice, to help improve their mental health. Being physically activity helps them to feel good, increase their confidence and self-esteem.

Nordic Walking

Groundwork offer free Nordic Walking Sessions from Newcastle Quayside, Mondays 10am. The walks will last no longer then 1 hour and are great for getting/keeping fit, losing weight or just enjoying a nice walk with new friends. They supply the poles, just bring yourself and some comfortable walking shoes.

Outdoor activities

WinG Outdoor Activities offers a range of outdoor activities for individuals, families and groups. Using outdoor activities to improve people's well being, improve fitness, meet new people and learn new skills whilst connecting with the wonder of nature.

Activities include: canoeing, cycling, bush craft, woodland wellbeing sessions, cabin building, cooking over an open fire, rock climbing and hill walking an map reading sessions.

They provide all outdoor equipment, minibus transport and instruction at the sessions.

Read more about **parks, gardens, forests and woodlands** on InformationNOW

Pickleball

Pickleball is a new sport to the UK- and played mainly by the over 50s- and is a "cross" between tennis, badminton and table tennis. They use a badminton court and a tennis height net and special paddles – about twice the size and thickness of a table tennis bat – and balls- all of which they provide.

Newcastle Pickleball play every Thursday at Tyneside Badminton Centre. It is a very easy game to pick up and is suitable for all ages including over 50s.

Pilates

Pilates combines western and eastern philosophies; teaching body awareness and breathing techniques, as well as promoting strength, flexibility, balance and co-ordination.

Body Control Pilates has a network of qualified teachers who work to a strict Code of Practice governing their teaching standards and professional ethics. Visit their website to look for a qualified teacher close to you.

East End Pool and Library offers pilates classes.

Dance City is expanding its programme for older people and offers Pilates classes.

Walbottle Village Institute runs pilates classes.

Jesmond Pool and Gym run a Pilates class for people aged 60 +.

Kenton Park Sports Centre has a weekly Pilates class.

LD Sports Massage provide sorts massage and run regular Pilates classes in numerous locations.

Running

Running is a great way to get your heart rate up and build your bone strength. You can gradually build up your speed, stamina and distance on your own. If you want to collaborate or run with friends why not join the **Newcastle Park Run** or **Good Gym** and combine with volunteering.

Skateboarding

There are skate board parks in Blakelaw Park and Exhibition Park. Find out more about the skateboarding community on the Skate Newcaslte Facebook page.

Swimming

Leisure centres and **swimming pools** section on Information Now has more information about activities or classes at your local swimming pool or leisure centre.

Swim NE provide adult swimming lessons in various swimming pools in Newcastle.

Tai Chi

Tai Chi originates from China and is a form of martial art which gently exercises the body, strengthens muscles, increases flexibility and improves balance. It is a great way of relaxing the mind and body, helping to combat the stresses and strains of everyday life.

Age UK Gateshead run Tai Chi classes in Community Venues in Newcastle.

Search run a weekly Tai Chi group for people aged over 50 on Tuesdays from 11.30am – 12.30pm at Fenham Association of Residents, Acanthus Avenue.

St Martin's Centre run a weekly Tai Chi class for over 55's every Friday 1pm to 2pm

Many **Community Centres** and **leisure centres** offer Tai Chi classes.

Tennis

There are tennis clubs at Gosforth, Jesmond and in David Lloyd clubs and tennis courts at Leazes and Exhibition Parks.

Jesmond Dene Real Tennis Club have indoor tennis courts for real tennis which is different to lawn tennis.

British Blind Sport run tennis for visually impaired at the Northumberland Club.

Walking

Walking is an ideal way to get some fresh air. You can walk by yourself, or you can join others on an organised walk. There are some local organisations that provide support for walking activities, some of which are mentioned below. See our **walking and health article.**

Go Smarter Go Active has North East walking and cycling maps and travel itineraries.

Linskill Healthy Walks CIC provide organised Health Walks involving the local community to improve their health and fitness levels.

Hazlerigg Walking Group is run by Chain Reaction on Tuesdays at Hazlerigg Community Centre. Walks may last over an hour. An opportunity to make new friends and walk with new people.

Walking for Health is England's largest network of health walk schemes. Part of the Ramblers. They aim to help all kinds of people lead a more active lifestyle.

Newcastle City Guides take people on guided tours around landmarks in Newcastle. You can join them on a range of public walking tours from May to September.

Newcastle & District CHA HF Rambling Club has been around since 1902. They organise 3 led walks a week and weekends away.

Newcastle Volunteer Ranger Service provides details of a number of self-led walks on countryside sites in Newcastle. Locations vary from areas of ancient woodland to country parks developed on reclaimed land. Ranger-led walks are also available by request.

Newcastle U3A – University of the Third Age has several walking groups, undertaking coastal strolls, nature walks and rambles. Members walk at a steady pace, giving plenty of time to look around and chat.

Ouseburn Trust have developed several heritage walks around the Ouseburn Valley. They also have a programme of organised walks and talks.

Pottery Bank Community Centre has a weekly walking group.

Search Project organises several different walking groups. Their Wednesday walking group meets on the last Wednesday of each month and lasts 2-3 hours. They also run an easy walking group which lasts around 20 minutes. You can download free Heritage walking trails for the West end of Newcastle from their website.

Dog Walking – You can find social dog walking groups via **Meetup.** They're a great opportunity to meet new people, get out in the fresh air and find new places to go for a stroll.

Walkerville Community Centre has a walking group.

The Ramblers is an organisation that helps everyone, everywhere in the UK, enjoy walking and protects the places we all love to walk. They have a website called Walking for Health. They have clear information on how long a walk may take, what the benefits are and maps and directions.

The **Walking Works Wonders** scheme is a well-established weekly walking programme offering two free walks in Newcastle and eight in South Tyneside, including Nordic walking.

Trails

St Cuthbert's 3 Church trail Northumberland

Take ten minutes meditation walks in Castle Farm (opposite the Freeman Hospital in High Heaton), Hodgkin Park in Benwell, City Stadium in Shieldfield, Iris Brickfield Park in Heaton and Tyne Riverside Park in Newburn.

The Hidden Gardens of Craster open as part of National gardens scheme

---

Yoga

Yoga originated in India and combines exercise with posture, breathing and relaxation techniques. There are many different types of yoga.

British Wheel of Yoga is a registered charity and is the governing body for yoga in Great Britain. They have a nationwide network of qualified teachers and can help you to find a class in your local area. They promote yoga classes to the general public.

Healthworks **Core Fusion – exercise class.** A mix of Yoga, Pilates & callanetic moves that concentrate on working the core muscles, build stamina, strengthen, lengthen and stretch the body. You get out what you put in to the exercises and everyone works to their own level. It's suitable for any level of fitness and any age group.

Healthworks **Stretch and Relaxation at The Lemington Centre.** This class blends Yoga, Pilates and Tai Chi moves to stretch the muscles, work the spine, lubricate the joints, and strengthen the core, finished by guided relaxation to set you up for the day. A wonderful way to exercise and de-stress. Suitable for any level of fitness and any age group.

Shanti Bee in Byker run different types of yoga classes. This includes chair ,baby and parent and mindfulness.

Walbottle Village Institute runs yoga classes.

Yoga Therapies offers lunchtime sessions of Yoga in the community where you can leave a donation for the class which will be used to support local causes.

St Vincent's Centre Newcastle runs a Yoga for beginners class on Wednesdays 2pm to 3pm

Many **Community Centres** and **leisure centres** offer yoga classes.

Zumba

Many **Community Centres** and **leisure centres** offer Zumba classes including

West Denton Community Centre

Gosforth Garden Village Association

Westerhope Community Association (The Tute)

Check the accessibility of the place before you visit

Read more about how to find public and accessible toilets and changing places in Newcastle on InformationNOW.

AccessAble can help you to plan your trips to places like cinemas, theatres, restaurants, railway stations and more. They visit and review the accessibility of places in Newcastle. Use their directory of venues to find wheelchair friendly venues, read more about facilities and disabled access available.

Euan's Guide is a disabled access review website where disabled people, their families, friends and carers can find and share the accessibility of venues around the UK and beyond. The website shares thousands of experiences, helping you to plan activities, days out, short breaks and holidays that suit your needs.

You can find reviews of venues and facilities such as, accessible toilets, wet rooms, changing places, accessible accommodation, theatres, cinemas, restaurants, activities and much more. You can search by keyword and category and share your own reviews.

Last updated: March 28, 2025

Useful Organisations

Search Newcastle

Email: info@searchnewcastle.org.uk

Website: www.searchnewcastle.org.uk

Telephone: 0191 273 7443

Address: Carnegie Building, NE4 8XS

Newcastle U3A – University of the Third Age

Email: newcastleu3a@hotmail.com

Website: u3asites.org.uk/newcastle

Telephone: 0191 230 4430

Address: 5 Pink Lane, NE1 5DW

British Wheel of Yoga

Email: office@bwy.org.uk

Website: www.bwy.org.uk

Telephone: 01529 306 851

Address: 25 Jermyn Street, NG34 7RU

Body Control Pilates

Email: info@bodycontrol.co.uk

Website: www.bodycontrolpilates.com

Telephone: 020 7636 8900

Address: 35 Little Russell Street, WC1A 2HH

Dance City

Email: info@dancecity.co.uk

Website: www.dancecity.co.uk

Telephone: 0191 261 0505

Address: Temple Street, NE1 4BR

Newcastle Dance Centre

Email: info@newcastledancecentre.co.uk

Website: www.newcastledancecentre.co.uk

Telephone: 0191 273 9987

Address: 36-38 Grainger Park Road, NE4 8RY

Recyke y’bike

Website: www.recyke-y-bike.org

Telephone: 0191 265 4197

Address: Recyke y' bike, NE6 2AR

Ouseburn Trust

Email: hello@ouseburntrust.org.uk

Website: ouseburntrust.org.uk

Telephone: 0191 261 6596

Address: Ouseburn Trust, NE1 2PQ

Healthworks

Email: enquiries@hwn.org.uk

Website: https://www.healthworksne.org.uk/

Telephone: 0191 272 4244

Address: Health Resource Centre, NE4 8BE

West Denton Community Centre

Email: westdentoncommunitycentre@hotmail.com

Website: https://wdcc.communitybookings.co.uk/

Telephone: 0191 267 4242

Address: Hillhead Road, NE5 1DN

WATbike

Email: cycling.watbus@yahoo.co.uk

Website: http://www.watbike.co.uk

Telephone: 01661 825599

Address: Thorneyford Farm , NE20 0AJ

St Martin’s Centre

Email: info@stmartinscentre.org.uk

Website: http://www.stmartinscentre.org.uk

Telephone: 0191 276 4002

Address: St Martin's Centre, NE6 2RJ

Newcastle United Foundation

Email: nucastle@nufc.co.uk

Website: http://www.nufoundation.org.uk/

Telephone: 0844 372 1892

Address: NUCASTLE, NE4 6BQ

AccessAble

Email: hello@accessable.co.uk

Website: https://www.accessable.co.uk/organisations/newcastle-city-council/

Telephone: 01438 842 710

Address: Unit 7 Arlington Court, SG1 2FS

Newcastle City Council Bikeability

Email: road.safety@newcastle.gov.uk

Website: https://www.newcastle.gov.uk/services/roads-pavements-and-streets/road-safety-and-training/bikeability-cycle-training

Telephone: 0191 211 5962

Address: Civic Centre, NE1 8QH

Newcastle Cycling Campaign

Email: newcastle.cycling.campaign@gmail.com

Website: www.newcycling.org

Newcastle City Guides

Email: newcastlecityg@gmail.com

Website: https://newcastlegateshead.com/newcastle-city-guides

Newcastle & District CHA HF Rambling Club

Email: walking1902@tiscali.co.uk

Website: www.newcastlewalking.co.uk

Telephone: 0191 266 8326

East End Pool

Email: eastend.leisure@gll.org

Website: http://www.better.org.uk/leisure-centre/newcastle/east-end-pool

Telephone: 0191 260 0507

Address: Hadrian Square, NE6 1AL

Tyneside Croquet Club

Email: tynesidecroquet@gmail.com

Website: https://tynesidecroquet.org/

Telephone: 07792 958 406

Address: Exhibition Park, NE2 4PZ

Denton Burn Community Association

Email: dentonburnca@outlook.com

Website: www.dentonburncommunityassociation.co.uk

Telephone: 0191 274 1232

Address: Denton Burn Community Association, NE5 2UQ

The Breeze Network

Email: breeze@britishcycling.org.uk

Website: https://www.letsride.co.uk/breeze

Telephone: 0161 274 2117

Sustrans

Email: newcastle@sustrans.org.uk

Website: www.sustrans.org.uk

Telephone: 0191 261 6160

Address: Sustrans North East, NE1 8AF

Denton Youth and Community Project

Email: info@dycp.org.uk

Website: http://www.dycp.org.uk/

Telephone: 0191 264 7566

Address: Hillhead Road, NE5 1DN

Gosforth Garden Village Association

Email: info@ggva.org.uk

Address: Garden Village Community Centre, NE3 5DD

St. Vincent’s Centre Newcastle

Email: stvincentsnewcastle@svp.org.uk

Website: https://www.svp.org.uk/st-vincents-newcastle/

Telephone: 0191 261 6027

Address: St Vincents Centre Newcastle, NE1 2TQ

Chapel House and District Community Association (CHADCA)

Email: chadca.centre@gmail.com

Telephone: 07758 256 780

Address: CHADCA Centre, NE5 1EG

Westerhope Community Association

Email: westhopecc@outlook.co.uk

Website: http://westerhopecommunityassociation.co.uk/

Telephone: 0191 267 3757

Address: Westerhope Community Association (The Tute), NE5 1DN

Heaton Community Centre

Email: heatoncc@hotmail.co.uk

Website: http://www.heatoncc.org.uk/

Telephone: 0191 276 6712

Address: Heaton Community Centre, NE6 5LT

Westerhope Methodist Church

Website: https://www.westerhopemethodistchurch.com/

Telephone: 0191 271 1587

Address: Westerhope Methodist Church, NE5 5HA

Blue Flames Sporting Club

Email: reception.blueflames@googlemail.com

Website: www.blueflames.co.uk

Telephone: 0191 270 0885

Address: Whitley Park, NE12 9SF

Climb Newcastle

Email: info@climbnewcastle.com

Website: http://www.climbnewcastle.com

Telephone: 0191 276 2174

Address: Climb Newcastle, NE6 2DQ

The Cycle Hub

Email: enquiries@thecyclehub.org

Website: http://www.thecyclehub.org/

Telephone: 0191 276 7250

Great Park Community Centre

Email: info@greatparkcommunitycentre.com

Website: http://www.greatparkcommunitycentre.com/

Telephone: 0191 236 8196

Address: Great Park Community Centre, NE13 9BD

Coxlodge Community Centre

Telephone: 07751320023

Address: 9 Jubliee Road, NE3 3UR

Jenian School of Dancing

Email: info@jenian.co.uk

Website: www.jenian.co.uk

Telephone: 0191 236 5878

Address: Woodlands Hall, NE13 6JR

Women’s Cycling North East

SwimNE

Email: hello@swimne.co.uk

Website: www.swimne.co.uk

Telephone: 0191 281 7678

Helix Arts

Email: info@helixarts.com

Website: https://www.helixarts.com/

Telephone: 0191 241 4931

Address: 2nd Floor, NE29 0AT

Cycling in the City

Email: cyclinginthecity@newcastle.gov.uk

Website: http://cyclinginthecity.activenewcastle.co.uk/

Telephone: 0191 211 5962

Address: Walker Activity Dome, NE6 3BR

YogaTherapies

Website: www.yogatherapies.co.uk

Telephone: 0191 447 9876

Address: YogaTherapies, NE6 5DE

Newcastle Pickleball

Email: harryandjessie46@aol.com

Website: http://tynesidebadmintoncentre.co.uk/tyneside-pickleball/

Telephone: 0782 7776101

Address: Tyneside Badminton Centre,

Meetup

Website: https://www.meetup.com/

Jesmond Pool and Gym

Email: info@jesmondpool.online

Website: http://jesmondpool.online

Telephone: 0191 281 2482

Address: St Georges Terrace, NE2 2DL

Tyneside Badminton Club

Email: enquiries@tynesidebadmintoncentre.co.uk

Website: http://tynesidebadmintoncentre.co.uk/

Telephone: 0191 241 5385

Address: Tyneside Badminton Centre , NE5 2TA

Age UK Gateshead in Newcastle

Email: advice@ageukgateshead.org.uk

Website: https://www.ageuk.org.uk/gateshead/

Telephone: 0191 477 3559

Address: Age UK Gateshead, NE8 1BX

British Cycling

Email: KatherineKnox@britishcycling.org.uk

Website: https://www.letsride.co.uk/

Telephone: 07984390285

Address: British Cycling HQ, M11 4DQ

North East Chinese Association

Email: necancluk@hotmail.co.uk

Website: http://necauk.org.uk/

Telephone: 0191 261 8583

Address: 25-27 Stowell Street, NE1 4YB

The City Baths

Email: ncb-sales@fusion-lifestyle.com

Website: https://www.city-baths.co.uk/

Telephone: 0191 261 7207

Address: Northumberland Road, NE1 8SG

Sport Central

Email: northumbriasport@northumbria.ac.uk

Website: www.nusportcentral.com

Telephone: 0191 227 4700

Address: Northumbria University, NE1 8ST

Westerhope Golf Club

Website: http://official.sportnetwork.net/main/westerhope-golf-club/s718.htm

Telephone: 0191 286 7636

Address: Westerhope Golf Club, NE5 1PP

LD Sports Massage

Address: 1 Benton Park Road, NE7 7LX

International Bike Fitting Institute

Email: andy@ibfi-certification.com

Website: https://ibfi-certification.com/

Telephone: 0333 121 0322

Address: 3 Larkspur Close, DE24 3FN

Living Streets

Email: info@livingstreets.org.uk

Website: https://www.livingstreets.org.uk/

Telephone: 020 7377 4900

Address: 2 America Square, EC3N 2LU

High Gosforth Park Golf Club

Website: http://parklandsgolf.co.uk/

Telephone: 0191 236 4480

Address: High Gosforth Park, NE3 5HQ

Ramblers

Email: ramblers@ramblers.org.uk

Website: https://www.ramblers.org.uk/

Telephone: 020 3961 3300

Address: The Ramblers, SE1 9PA

Groundwork North East and Cumbria

Email: north.east@groundwork.org.uk

Website: https://www.groundwork.org.uk/north-east-and-cumbria/

Telephone: 01388 662 666

Address: Groundwork NE and Cumbria, DL5 6ZE

IAM Roadsmart

Email: support@iam.org.uk

Website: https://www.iamroadsmart.com/

Telephone: 0300 303 1134

Address: 1 Albany Place, AL7 3BT

Golf in Society

Email: anthonye.golfinsociety@gmail.com

Website: www.golfinsociety.com

Telephone: 07984 374441

Address: 4 Elmfield Gardens, NE3 4XB

British Blind Sport

Email: info@britishblindsport.org.uk

Website: https://britishblindsport.org.uk/

Telephone: 01926 424 247

Address: 19 Coventry Road , CV32 7JN

Exhibition Park

Email: parks@newcastle.gov.uk

Website: https://new.newcastle.gov.uk/parks-play-spaces-and-allotments

Telephone: 0191 814 4574

Address: Exhibition Park, NE2 4AA

Jesmond Dene Real Tennis Club

Email: club@jdrtc.co.uk

Website: https://www.jdrtc.co.uk/

Telephone: 0191 281 6854

Address: Matthew Bank , NE2 3RE

Benwell and Walbottle Cricket Club

Email: benwellandwalbottlecc@outlook.com

Website: https://benwellandwalbottle.play-cricket.com/home

Telephone: 0191 267 3839

Address: Benwell & Walbottle Cricket Club, NE15 9TP

North East North Cumbria Integrated Care Board (ICB)

Email: necsu.nenc-icb.contactus@nhs.net

Website: www.northeastnorthcumbria.nhs.uk

Address: Integrated Care Board, NE15 8NY

Welcome to Badminton

Email: ashfordruth27@yahoo.com

Telephone: 07856 516 204

Address: Northumbria Sports Central, NE1 8ST

Heaton Stannington Football Club

Email: kerryjoanneelliott@hotmail.com

Website: https://heatonstan.co.uk/

Telephone: 0773 910 3029

Address: Heaton Stannington Football Club, NE7 7HP

Newcastle United Football Club (NUFC)

Email: boxoffice@nufc.co.uk

Website: https://www.nufc.co.uk/

Telephone: 0344 372 1892

Address: St. James Park , NE1 4ST

Soccerworld

Email: newcastle@soccerworlduk.com

Website: http://soccerworlduk.com/soccerworld-newcastle/

Telephone: 0191 272 4968

Address: Adjacent to Westgate College Campus , NE4 9LG

Newcastle Climbing Centre

Email: enquiries@newcastleclimbingcentre.co.uk

Website: https://www.newcastleclimbingcentre.co.uk/home/

Telephone: 0191 265 6060

Address: St Marks Church, NE6 2UQ

Ojika Dojo

Email: enquiries@ojika.org.uk

Website: www.ojika.org.uk

Telephone: 0191 276 6712

Address: Heaton Community Centre, NE6 5DY

Shanti Bee Yoga & Wellbeing Centre CIC

Email: shantibeeinfo@gmail.com

Website: www.shantibee.co.uk

Address: Charles Street Community Centre, NE6 5EP

WinG Outdoor Activities

Email: info@wingoutdooractivities.org

Website: www.wingoutdooractivities.org

Telephone: 07506 176888

Address: WinG Outdoor Activities, NE1

Pottery Bank Community Centre Ltd

Email: info@potterybankcc.co.uk

Website: http://new.potterybankcc.co.uk/

Telephone: 0191 224 2349

Address: Yelverton Crescent, NE6 3SW

Kenton Park Sports Centre

Email: kentonpark@live.co.uk

Website: https://www.kentonparksportscentre.co.uk/

Telephone: 07592 363 131

Address: Anfield Road, NE3 3LL

Walking Basketball Newcastle

Email: 3142symchris@gmail.com

Telephone: 07943537792

Address: Sports@Gosforth, NE3 2JH

US Active

Email: info@usactive.org.uk

Website: https://www.usactive.org.uk/

Telephone: 07397189965

Address: US Active, NE3 9EU

Summerhill Bowling Club

Email: hello@summerhilltrust.org.uk

Website: http://www.friendsofsummerhill.org.uk/

Telephone: 07473144332

Address: Summerhill Bowling Club, NE4 6EH

Merton Lodge Community Hub

Email: Mertonlodgebenwell@gmail.com

Website: https://www.facebook.com/groups/mertonlodgecommunitygroup/

Telephone: 0748 7665 733

Address: Merton Lodge Community Hub, NE4 8JD

Related Articles

10 Tips for good health

Benefits of being physically active

Parks, gardens, forests and woodlands

Things to do in Newcastle

Leisure Centres in Newcastle

Food and Friends

Weight management

Falls prevention

How to stay active while you are at home

Walking, running and health