

**U | URBAN
GREEN**
NEWCASTLE

22-31 March 2022 Leazes Park, Newcastle

SAFER PARKS FOR EVERYONE

a free programme of arts, craft,
wellbeing & activities
for women & girls
celebrating the parks

Featuring:

Yoga Therapies - with accessible sessions
Hannabiell Sanders - workshops & performance
Beelines - with activities for young pollinators
Way of Life Tai Chi - with Wendy Chan
Yve Ngoo - nature crafts & activities
ReCoCo - with wellbeing sessions
Hattrick - with safety walk, sports activities
& food plus much more...



KIM MCGUINNESS
NORTHUMBRIA
POLICE & CRIME
COMMISSIONER



Leazes Park*, Newcastle 22-31 March 2022



All sessions take place outside Springbank Pavillion (near the children's play area)
EXCEPT: Youth Van - by the Bandstand & Hattrick, by Moffat Pavillion (beside Tennis Courts)

Tues 22 March	5.30pm-7.30pm 12pm-12.45pm	Youth Van - Be Safe sessions for young women ODFC Fitness Bootcamp
Thurs 24 March	12pm-4pm 12pm-12.45pm	Beelines - activities for young pollinators ODFC Fitness Bootcamp
Fri 25 March	2pm-3pm & 4pm-5pm: 3pm-4.30pm: 3pm-4pm & 5pm-6pm:	Yoga Therapies - gentle yoga for all Yve Ngoo - nature crafts & activities ReCoCo - wellbeing sessions
Sat 26 March	11am-12pm: 11am-12pm & 2pm-3pm: 11.30am-12.30pm & 1pm-2pm: 12pm-12.45pm: 12pm-1.30pm & 3pm-4.30pm: 3pm-5pm:	Way of Life Tai Chi - with Wendy Chan ReCoCo - wellbeing sessions Yoga Therapies - gentle yoga for all ODFC Fitness Bootcamp Yve Ngoo - nature crafts & activities Hannabiell Sanders - percussion workshops 1st hour: percussion workshop, then 2nd hour: live music performance
Mon 28 March	11.45am-12.45pm 12pm-4pm	Way of Life Tai Chi - with Wendy Chan Beelines - activities for young pollinators
Tues 29 March	5.30pm-7.30pm 12pm-12.45pm	Youth Van - Be Safe sessions for young women ODFC Fitness Bootcamp
Wed 30 March	5pm-7pm	Hattrick - with safety walk, activities & food
Thurs 31 March	12pm-12.45pm	ODFC Fitness Bootcamp

To sign-up to any of these sessions email: events@urbangreennewcastle.org



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