

The Thomas Hepburn Community School

A Specialist Science College



Swards Road, Felling,
Gateshead NE10 9UZ

Tel: 420 4555

E-mail community@thomashepburn.org.uk
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Science

WE'RE BACK!

After a two year building programme we are re-opening access for our Community.



With a brand new building, a spacious Sports Hall, Dance Studio, Fitness Room, Community and Meeting rooms we are delighted to welcome everyone into our school.

We first opened as The Thomas Hepburn Community School 20 years ago and to celebrate this and our new building we want to invite you to come and see us at our open day on 15th October 2011, 10am – 2pm, for a look around our new school.

Enquiries, please contact: community@thomashepburn.org.uk **at any time.**

After the school reopens on 5 September contact

Community Consultant Margaret Carter 0191 4204555

Community Development Liaison Gina Barron 0191 4204555 ginabarron@gateshead.gov.uk

Our Community Programme is a mix of activities organised by our Community Team and those provided by people who hire the premises from us.

MONDAY

Parent and Toddlers – 9.30am – 11.30 Starts Monday 31 October 2011

Cost per session is 1 child & 1 adult £1.00, 2 or more children & 1 adult £1.20. There was a Parent and Toddler group on this site before The Thomas Hepburn Community School opened and it's most recent organiser is a former Thomas Hepburn student. Contact Ann Fullerton 0191 422 8996.

Multiple Sclerosis Society – Drop In – 12.00 – 3.00pm. Starts 3 October 2011.

The MS Society have a Drop In on alternate weeks. Contact 0191 2670594.

E-mail: newcastlegateshead@blueyonder.co.uk

Web site: www.mssociety.org.uk/newcastle

After school activities - 3.15pm – 5.00pm. Starts 3 October 2011 for Thomas Hepburn Year 7 students.

Ladies Shape up - 6.00pm – 7.00pm. Starts 3 October 2011.

£4.00 per session. A mix of moves and exercises to condition and tone the whole body.

Pilates – 7.00pm – 8.00pm. Starts 3 October 2011.

£4.00 per session. A mat-based workout to help create a strong and flexible body using exercises that rebalance and strengthen – together with learning techniques to relax and de-stress.

Takes place in the Dance Studio. Contact Margy Cummings 0191 4360421 / 07816894982.

E-mail: margycummings@yahoo.co.uk

Boot Camp – 7.00pm – 9.00pm. Starts 3 October 2011.

£4.00 per session or £40.00 per course of 2 x 1 hour sessions for 5 weeks. Body weight training, light weight training or Cardio training, in the Sports Hall. Contact Paul Jobling 07962378685.

E-mail: paulj010@msn.com

Web site: www.aspire2personaltraining.co.uk

TUESDAY

Women's Group - 10.00am – 12.00. Starts 27 September 2011.

£2.00 per session. A legend in its own time. The Thomas Hepburn Community School Women's Group has grown into a thriving, supportive, social group for women who are young at heart. The group enjoys visits, crafts, talks, cooking and all sorts of activities that keep the mind and body active. Because of space restrictions we haven't been able to take new members while the new school was being built but the membership list is now open. Contact Margaret Carter 4204555

E-mail: community@thomashepburn.org.uk

Armchair Aerobics – 1.00pm – 2.00pm. Starts 27 September 2011.

£1.50 per session. Are your joints creaky and achy? Do you need exercise but are not as mobile as you once were? This could be for you – a class to keep your joints moving – all done sitting down so there is no chance of falling over. Stay on afterwards for a cuppa and a chat.

Contact Margaret Carter 4204555

E-mail: community@thomashepburn.org.uk

After school activities - 3.15pm – 5.00pm Starts 4 October 2011 for Thomas Hepburn Years 8 & 9 students

Zumba Class - 6.30pm - 7.30pm. Starts 4 October 2011.

£3.50 per session. An energetic and fun way to get fit in the Dance Studio. Contact Louise 07773444171

E-mail: zumbafit4funlouise@yahoo.co.uk

WEDNESDAY

Parent and Toddlers – 9.30am – 11.30am. Starts 2 November 2011.

Cost per session is 1 child & 1 adult £1.00. 2 or more children & 1 adult £1.20

There was a Parent and Toddler group on this site before The Thomas Hepburn Community School opened and it's most recent organiser was a former Thomas Hepburn pupil. Contact Ann Fullerton 0191 422 8996.

After school activities - 3.15pm – 6.00pm Starts 5 October 2011 for Thomas Hepburn Years 10 & 11 students.

Jujitsu – 6.00pm – 7.00pm. Juniors (6+) £3 per session.

7.00pm – 8.30pm Seniors (16+) £4 per session. Starts 5 October 2011

All new starters are made welcome and the first lesson is FREE. We are always looking for new students and this is an ideal way to start in a brand new school. When joining if you can show a copy of this programme, then the second lesson is also FREE.

Contact Graeme Morrison 07564921835

E-mail: senseigraeme@yahoo.co.uk.

Web site: www.northeastjujitsuandkobudo.webs.com

Sugarcraft - 6.30pm – 8.30pm. Starts 5 October 2011.

£40 full, £20 concessions for 10 weeks.

Contact: ginabarron@gateshead.gov.uk

Wednesday Night is Baking Night -

Learn to bake or brush up your baking skills.

Save money and treat your family to home baked goods, family favourites, pies, cakes and breads. Short courses in different aspects of baking, £3.50 per session payable at the beginning of each course. Participants will supply their own ingredients. Course need 10 students to run.

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| 1. Pastry making ; | Oct 5, 12, 19, | 6.30 - 8.30pm £10.50 |
| 2. Cakes ; | Nov 9,16,23,30. | 6.30 - 8.30pm £14. |
| 3. Sweet Pastries; | Jan11,18,25, Feb1 | 6.30 - 8.30pm £14 |
| 4. Biscuits and Cookies; | March 7,14,21,28 | 6.30 - 8.30pm £14 |
| 5. Bread and Yeast cookery; | April 25,May 2,9,16 | 6.30 - 8.30pm £14 |
| 6. Special Occasion Bakes; | June13,20,27, July 4 | 6.30 - 8.30pm £14 |

Contact Margaret Carter 4204555 to book a place.

E-mail: community@thomashepburn.org.uk

THURSDAY

HARP Art Group 9.30am – 12.30pm

Web site: www.harpeart.org.uk

Below the Belt – 6.00pm – 7.00pm. Starts 3 October 2011.

£4.00 per session. A class of exercises to tone and firm up bums, legs and abs – what every women wants!!

Takes place in the Dance Studio. Contact Margy Cummings 0191 4360421 / 07816894982.

E-mail margycummings@yahoo.co.uk

Boot Camp – 7.00pm – 9.00pm. Starts 6 October 2011.

