

Looking for things to do at the Weekend?


The Toby Henderson Trust

A blog by Katherine Atsma, Autism Family Support Specialist at The Toby Henderson Trust



Are you looking for things to do with your family? Look no further as we have compiled a list of places that you can visit all over the North East! Please note that some activities are specifically for the neurodiverse community, but some aren't so make sure you check the full details and contact the event provider if you are unsure. We hope you find this information helpful!

- The Common Room in Newcastle are hosting the following events: LEGO Mini Model Workshops, School of Rocks Workshops and Live History and Science Show: <https://thecommonroom.org.uk/programme/whats-on/>.
- Located in the heart of Newcastle within the Eldon Square Shopping Centre, Eldon Soft Play & Bowling offers a 2 story soft play area for families and kids to enjoy: [Eldon Soft Play and Bowling | Soft Play & Bowling in Newcastle | Better](#).
- Newcastle Castle normally have lots of free events and activities for families to access: [What's On – Newcastle Castle](#).
- Seven Stories in Ouseburn are offering free storytelling and interactive sessions: <https://www.sevenstories.org.uk>.
- The Alan Shearer Activity Centre is a specialist recreational, sensory and social resource for disabled people of all ages, catering to a wide spectrum of need. Facilities are completely free to use and include a hydrotherapy suite, sensory rooms and cave, a giant ball pool, a music room, seasonal activities and a café. Overhead tracking and hoists are fitted throughout, enabling full accessibility to all areas for those with limited mobility: [Homepage - Alan Shearer Centre](#).
- The Baltic in Gateshead have various family events and they also have a drop in sensory room too: [Family Events :: BALTIC Centre for Contemporary Art](#).
- The Tim Lamb Centre in North Tyneside is a specialist play and leisure provision for children, young people and adults aged 0-25's with disabilities and their families. Facilities at the Tim Lamb Centre include soft play, indoor trampolines, sensory room, ICT suite, café and an outdoor fully enclosed play-garden: [The Tim Lamb Centre - Pathways 4 All](#).

- Smile Through Sport have a whole host of programmes across the North East for disabled children, their siblings and family members across the North East: [Sessions and Events Calendar – Smile Through Sport](#).
- Woodhorn Museum in Ashington, Northumberland, has their 'Pit Yard Play Area' which features a range of accessible play equipment, integrated with the original play equipment. This area is accessible by a new wheelchair / pushchair friendly path too: <https://museumsnorthumberland.org.uk/woodhorn-museum/event/pit-yard-play-area/>.
- Northumberland Zoo is a family run, not-for-profit Zoo in the heart of Northumberland: <https://www.northumberlandzoo.co.uk>.
- Daniel Farm Day Out are a working farm based in the village of Wylam, Northumberland. They currently have some fun farm day events which are available to book on their website: [Fun Farm Tickets – Daniel Farm](#).
- Cleaswell Hill School have a hydrotherapy pool which is available to hire: [Cleaswell Hill School Hydrotherapy Pool Half Term Hire - Cleaswell Hill School](#).
- Clarty Commandos Outdoor Adventure for ALL have so many fun and engaging sessions in their woodland setting near Howick Hall in Northumberland: [\(10\) Camp Resilience | Facebook](#).
- Clart About have a sensory café which is calming, relaxing and stimulating experience. Each play session lasts 90 minutes and spaces are limited to ensure an enjoyable experience for all, you can book by visiting their website: <https://clartabout.co.uk/product/sensory-cafe/>.
- Sunderland Training and Education Farm often run open day sessions for families with children under 5's or children with disabilities: [Facebook](#).
- Tyne and Wear Museums have family events across many locations in the North East: <https://www.twmuseums.org.uk/ways-to-play>.
- The Sensory Place provide activities, events and support for children with disabilities and their families across the North East: [\(10\) The Sensory Place OPEN PAGE | Facebook](#).
- To discover more activities to access then please visit: [North East Family Fun](#).

We hope you enjoy some of our recommended places visit! Team Toby are available to contact if you would like further support from our Family Support Team: [Contact - The Toby Henderson Trust \(ttht.co.uk\)](#).