

Taster Sessions & Events

Are you feeling bored? Would you like to try something new, or rediscover an old hobby?

Why not come along and try some of our taster sessions. All sessions are **free** to attend, refreshments are included and there is always time for socialising. Non-members are welcome.



Please note: Only people living in Middlesbrough will be able to attend these sessions. The office will be closed for Christmas from 21st December to 2nd January 2019. Please select your top three choices and contact the team on **01642 061019** to request a place. You can also request places directly online www.ageingbettermiddlesbrough.org.uk

Activity	Date	Time	Venue
Chess Club Are you a chess player who would like to test your skills against other players? Or would you like to learn to play? Come along and join us.	Friday 4 th January	1pm - 3pm	Twisted Lip Public House, 11-13 Baker Street, Middlesbrough, TS1 2LF
Debenhams Café Meet Up Free refreshments, quiz and table games. No need to book just pop in.	Monday 7 th January	2.30pm - 4pm	Debenhams Café, 3 rd floor, 1 Newport Road, Middlesbrough, TS1 1LE
Marks and Spencer Café Meet Up Pop in and join us for a cuppa and have a chat to others. Table games available too.	Tuesday 8 th January	9.30am – 11am	Marks and Spencer Café, 1 st floor, Hill Street Shopping Centre, Middlesbrough, TS1 1RH
Steel Drums Workshop The opportunity to try out a tune or two with a Caribbean twist. Meet new people and have fun. No musical experience needed.	Tuesday 8 th January	1pm – 2:30pm	Disgraceland, 17 Baker Street, Middlesbrough, TS1 2LF
Craft Group A new weekly craft group starting today, come along and make a floral decoration and discover new crafts going forward.	Wednesday 9 th January	1pm - 3pm	Sunnyside Community Centre, (Thirteen Housing) Sunnyside Coulby Newham, Middlesbrough, TS8 0RF
Mens Social and Games Evening (weekly) An opportunity to play table games with other men and make new friends in the Coulby Newham area.	Wednesday 9 th January	5pm - 8pm	Sunnyside Community Centre, (Thirteen Housing) Sunnyside, Coulby Newham, Middlesbrough, TS8 0RF

Activity	Date	Time	Venue
Grave Talk Do you wonder what will happen at the end of your life? Are there decisions you would like to plan now, things you would like to be remembered for? Come along and ask questions and air your thoughts.	Thursday 10 th January	1pm - 3pm	The Hope Foundation, 1 Grange Road, Middlesbrough, TS1 5BA
Can She Fix It Join us to learn how to do your own odd jobs around the house. Wallpapering, tiling, replacing sealant, grouting, bleeding radiators, upcycling furniture and much more. Please note these sessions run once a fortnight.	Friday 11 th January	1pm - 3pm	St Barnabas Church Hall, St Barnabas Road, Middlesbrough, TS5 6JR
Tea and Technology Bring along your laptop, iPad, tablet or phone and learn how to make better use of it in a relaxed environment. If you do not have one you can try one of ours.	Friday 11 th January	10am - midday	The Hope Foundation, 1 Grange Road, Middlesbrough, TS1 5BA
Family Tree Who do you think you are? Come and meet our Genealogist and pick up tips on how to research your family tree.	Monday 14 th January	2pm - 4pm	Acklam Library and Community Hub, Acklam Road, Middlesbrough, TS5 7AB
Steel Drums Workshop The opportunity to try out a tune or two with a Caribbean twist. Meet new people and have fun. No musical experience needed.	Tuesday 15 th January	1pm - 2:30pm	Disgraceland, 17 Baker Street, Middlesbrough, TS1 2LF
Musical Memories Afternoon Come along for an afternoon full of music. Ask 'Alexa' to play your favourite song. Enjoy a sing-a-long and a game of music bingo.	Tuesday 15 th January	1pm - 3pm	Anchor Housing, Alderwood Retirement Village, Coulby Newham, Middlesbrough, TS8 0SZ
Jean's Kitchen Café Meet Up Come along and join us for free cuppa and piece of cake. Cannon Street Revisited will be with us at this session with a selection of photographs of the area, share your memories with others. A warm welcome guaranteed.	Wednesday 16 th January	10am - midday	Jean's Kitchen, Dundas Market, Dundas Arcade, Middlesbrough, TS1 1HR
Affordable Warmth Workshop Paying too much for gas and electric? Want to switch but think it is too much hassle? We have invited the Affordable Warmth Team from Middlesbrough Council to give advice on Smart Meters and how to switch energy suppliers to get the best deal.	Wednesday 16 th January	1pm - 3pm	St Barnabas Church Hall, St Barnabas Road, Linthorpe, Middlesbrough, TS5 8EU
History of Immigration In 1830 Middlesbrough was a farm and had a total population of 14. The farm was bought by a group of business men to develop a coal port and an influx of labourers from Ireland, Wales and Scotland flooded in.	Thursday 17 th January	1pm - 3pm	Streets Ahead, 109-111 Parliament Road, Middlesbrough, TS1 4JE
Photography Session Find out about the basics of photography, why we take photos and what we want to record in them. No previous experience necessary.	Monday 21 st January	7:30pm – 9:30pm	Trinity Centre, Trinity Church, The Market Place, North Ormesby, Middlesbrough, TS3 6LD

Activity	Date	Time	Venue
Steel Drums Workshop The opportunity to try out a tune or two with a Caribbean twist. Meet new people and have fun. No musical experience needed.	Tuesday 22 nd January	1pm - 2:30pm	Grove Hill Community Hub, Bishopton Road, Grove Hill, Middlesbrough, TS4 2RP
Flog It! Would you like to be able to buy or sell items on eBay, Gumtree or Shpock? Join us to find out how to sell your unwanted items, or how to grab a bargain.	Tuesday 22 nd January	1pm - 3pm	Middlesbrough College, The Brasserie, Dock Street, Middlesbrough, TS2 1AD
Decoupage A crafty session bringing things to life through the art of decoupage.	Wednesday 23 rd January	2pm - 4pm	Anchor Housing, Acklam Court, 322 Acklam Road, Middlesbrough, TS5 8DL
Can She Fix It Join us to learn how to do your own odd jobs around the house. Wallpapering, tiling, replacing sealant, grouting, bleeding radiators, upcycling furniture and much more. Please note these sessions run once a fortnight.	Friday 25 th January	1pm - 3pm	St Barnabas Church Hall, St Barnabas Road, Linthorpe, Middlesbrough, TS5 6JR
Steel Drum Workshop The opportunity to try out a tune or two with a Caribbean twist. Meet new people and have fun. No musical experience needed.	Monday 28 th January	1pm - 2:30pm	Grove Hill Community Hub, Bishopton Road, Grove Hill, Middlesbrough, TS4 2RP
Tea and Technology Bring along your laptop, iPad, tablet or phone and learn how to make better use of it in a relaxed environment. If you do not have one you can try one of ours.	Tuesday 29 th January	12:30pm – 2:30pm	Middlesbrough & District Motor Club, Coulby Manor Way, Coulby Newham, Middlesbrough, TS8 0RP
Turtle Bay Café Meet Up Join us at Middlesbrough's Caribbean Social for free tea and coffee while you enjoy a game or two of dominoes chess and more. No need to book just come along.	Thursday 31 st January	2:30pm - 5pm	Turtle Bay, 32 Corporation Road (opposite Town Hall) Middlesbrough, TS1 2RX
Chess Club Are you a chess player who would like to test your skills against other players? Or would you like to learn to play? Come along and join us.	Friday 1 st February	1pm - 3pm	Twisted Lip Public House, 11-13 Baker Street, Middlesbrough, TS1 2LF
Debenhams Café Meet Up Free refreshments, quiz and table games. No need to book just pop in.	Monday 4 th February	2:30pm - 4pm	Debenhams Café, 3 rd floor, 1 Newport Road, Middlesbrough, TS1 1LE
Stay Safe Online We have invited Cleveland Police's Stay Safe Online Team to come and do a talk to raise awareness of cyber security. They will give you the practical know how to spot anything suspicious and browse the internet worry free.	Tuesday 5 th February	1pm - 3pm	St Barnabas Church Hall, St Barnabas Road, Linthorpe, TS5 8EU
History of Middlesbrough Football Club Discover the history of the club from when it was first formed as the Middlesbrough Ironopolis to the early history of the ground, the iconic Arysone Park and finally the Riverside Stadium.	Thursday 7 th February	1pm - 3pm	Streets Ahead, 109 -111 Parliament Road, Middlesbrough, TS1 4JE
Can She Fix It Join us to learn how to do your own odd jobs around the house. Wallpapering, tiling, replacing sealant, grouting, bleeding radiators, upcycling furniture and much more. Please note these sessions run once a fortnight.	Friday 8 th February	1pm - 3pm	St Barnabas Church Hall, St Barnabas Road, Middlesbrough, TS5 6JR

Activity	Date	Time	Venue
Tea and Technology Bring along your laptop, iPad, tablet or phone and learn how to make better use of it in a relaxed environment. If you do not have one you can try one of ours.	Friday 8 th February	10am – midday	The Hope Foundation, 1 Grange Road, Middlesbrough, TS1 5BA
Steel Drums Workshop The opportunity to try out a tune or two with a Caribbean twist. Meet new people and have fun. No musical experience needed.	Monday 11 th February	1pm - 2:30pm	Easterside Community Hub, Broughton Avenue, Easterside, Middlesbrough TS4 3PZ
Marks and Spencer Café Meet Up Pop in and join us for a cuppa and have a chat to others. Table games available too.	Tuesday 12 th February	9:30am – 11am	Marks and Spencer Café, 1 st floor, Hill Street Shopping Centre, Middlesbrough.
Beamish Talk Beamish is embarking on an £18 million project to bring the museum back into living memory. As part of this they are creating a new 1950s Town, 1950s Upland Farm and Georgian Coaching Inn where visitors will be able to stay overnight. Come along and learn more about their exciting plans and handle some of the 1950s objects – how many will you remember?	Tuesday 12 th February	1pm – 3pm	Church of Ascension, Penrith Road, Berwick Hills, Middlesbrough, TS3 7JR
Flower Craft Join us to make beautiful flowers using wires and fantasy film paint. They dry to look like glass.	Wednesday 13 th February	2pm - 4pm	Anchor Housing, Acklam Court, 322 Acklam Road, Middlesbrough, TS5 8DL
Sketching for Beginners Come along and join us for this very informal session to try your hand at basic sketching. No previous experience necessary	Wednesday 13 th February	1pm – 3pm	Disgraceland, 17 Baker Street, Middlesbrough, TS1 2LF
Travel Tickets Online Want to learn how to book train tickets online to get the cheapest deals, find out when the next bus is coming or which bus to use at the touch of a button?	Wednesday 13 th February	12:30pm – 2:30pm	Newport Community Hub, St Paul's Road, Middlesbrough, TS1 5NQ
Grave Talk Do you wonder what will happen at the end of your life? Are there decisions you would like to plan now, things you would like to be remembered for? Come along and ask questions and air your thoughts.	Thursday 14 th February	1pm – 3pm	The Hope Foundation, 1 Grange Road, Middlesbrough, TS1 5BA
Cannon Street Revisited Did you live in the Cannon Street area? Do you have family or friends that lived in this well known and much loved community of Middlesbrough? Join us for a cuppa to share your memories. Pictures will be on display. If you have photos please bring them along so that they can be copied and added to the digital archive.	Friday 15 th February	1pm – 3pm	Church of Ascension, Penrith Road, Berwick Hills, Middlesbrough, TS3 7JR
Family Tree Who do you think you are? Come and meet our Genealogist and pick up tips on how to research your family tree.	Monday 18 th February	10am- midday	Acklam Library and Community Hub, Acklam Road, Middlesbrough, TS5 7AB

Activity	Date	Time	Venue
Steel Drums Workshop The opportunity to try out a tune or two with a Caribbean twist. Meet new people and have fun. No musical experience needed.	Tuesday 19 th February	1pm - 2:30pm	Newport Community Hub, Newport Road Middlesbrough, TS1 5NQ
Jean's Kitchen Café Meet Up Come along and join us for free cuppa, make new friends and catch up with Ageing Better Middlesbrough staff. A warm welcome guaranteed.	Wednesday 20 th February	10am - midday	Jean's Kitchen, Dundas Market, Dundas Arcade, Middlesbrough, TS1 1HR
Beginners Running Group (Six weeks) A running group for absolute beginners. Starting with a mixture of jogging and walking to build your confidence and fitness levels. This is a six week programme for those who would like to run together with fellow beginners for support and encouragement.	Wednesday 20 th February to Wednesday 27 th March	1pm - 3pm	Pallister Park, Ormesby Road, Middlesbrough, TS3 7AP. Meet at the Pallister Park Centre in the park.
Beginners Golf Lessons (Six weeks) Want to learn how to play golf? Join us for 6 sessions every Thursday from today to get expert tuition from a professional Golf Coach. There is a fun mini Pitch & Putt tournament at the end of the last session.	Thursday 21 st February	10am - 11am	Middlesbrough Municipal Golf Club, Ladgate Lane, Middlesbrough, TS5 7YZ
Can She Fix It Join us to learn how to do your own odd jobs around the house. Wallpapering, tiling, replacing sealant, grouting, bleeding radiators, upcycling furniture and much more. Please note these sessions run once a fortnight.	Friday 22 nd February	1pm – 3pm	St Barnabas Church Hall, St Barnabas Road, Middlesbrough, TS5 6JR
Pottery Workshop An opportunity to try your hand at working with clay. In this friendly and informal workshop, no experience is necessary. During the session you will explore how to make simple pottery and how to make simple decoration. Your work will be glazed and fired for you to collect later.	Monday 25 th February	1pm – 3pm	The Newmarch Workshops, Rear Athol Street, Middlesbrough, TS1 4NF
Music Quiz and Sing-a-long Come along and test your music knowledge then enjoy a sing-a-long to your favourite songs.	Monday 25 th February	1:30pm - 3:30pm	Anchor Housing, Oakwood Court, Gypsy Lane, Marton, Middlesbrough, TS7 8TA
Steel Drums Workshop The opportunity to try out a tune or two with a Caribbean twist. Meet new people and have fun. No musical experience needed.	Tuesday 26 th February	1pm - 2:30pm	Easterside Community Hub, Broughton Avenue, Easterside, Middlesbrough, TS4 3PZ
Tea and Technology Bring along your laptop, iPad, tablet or phone and learn how to make better use of it in a relaxed environment. If you do not have one you can try one of ours.	Wednesday 27 th February	12:30pm – 2:30pm	Longlands Club, 299 Marton Road, Middlesbrough, TS4 2HF
Turtle Bay Café Meet Up Join us at Middlesbrough's Caribbean Social for free tea and coffee while you enjoy a game or two of dominoes chess and more. No need to book just come along.	Thursday 28 th February	2:30pm - 5pm	Turtle Bay, 32 Corporation Road, Middlesbrough, TS1 2RX

Activity	Date	Time	Venue
Chess Club Are you a chess player who would like to test your skills against other players? Or would you like to learn to play? Come along and join us.	Friday 1 st March	1pm – 3pm	Twisted Lip Public House, 11-13 Baker Street, Middlesbrough, TS1 2LF
Debenhams Café Meet Up Free refreshments, quiz and table games. No need to book just pop in.	Monday 4 nd March	2:30pm - 4pm	Debenhams Café, 3 rd floor, 1 Newport Road, Middlesbrough, TS1 1LE
Independent Living Centre (ILC) Talk The ILC are helping us raise awareness on applying for bus passes, blue badges, carer services and assistive technologies that help people live longer independently in their own homes. We have invited Teesside Dementia Link Services and their members along. Do come and join us to learn some valuable information that could help you or someone in your family.	Tuesday 5 th March	1pm – 3pm	St Barnabas Church Hall, St Barnabas Road, Linthorpe, TS5 8EU
History of Wrestling Find out about the history of Wrestling in Great Britain, the Indian sub-continent and its importance to the early Indian Immigrants.	Thursday 7 th March	1pm – 3pm	Streets Ahead, 109-111 Parliament Road, Middlesbrough, TS1 4JE
Can She Fix It Join us to learn how to do your own odd jobs around the house. Wallpapering, tiling, replacing sealant, grouting, bleeding radiators, upcycling furniture and much more. Please note these sessions run once a fortnight.	Friday 8 th March	1pm - 3pm	St Barnabas Church Hall, St Barnabas Road, Middlesbrough, TS5 6JR
Tea and Technology Bring along your laptop, iPad, tablet or phone and learn how to make better use of it in a relaxed environment. If you do not have one you can try one of ours.	Friday 8 th March	10am – midday	Hope Foundation, 1 Grange Road, Middlesbrough, TS1 5BA
Steel Drums Workshop The opportunity to try out a tune or two with a Caribbean twist. Meet new people and have fun. No musical experience needed	Monday 11 th March	1pm - 2:30pm	Salvation Army, Admirals Avenue, Pallister Park, Middlesbrough, TS3 8ET
Marks and Spencer Café Meet Up Pop in and join us for a cuppa and have a chat to others. Table games available too.	Tuesday 12 th March	09.30am – 11am	Marks and Spencer Café, 1 st floor, Hill Street Shopping Centre, Middlesbrough, TS1 1RU
Beamish Talk Beamish is embarking on an £18 million project to bring the museum back into living memory. As part of this they are creating a new 1950s Town, 1950s Upland Farm and Georgian Coaching Inn where visitors will be able to stay overnight. Come along and learn more about their exciting plans and handle some of the 1950s objects – how many will you remember?	Tuesday 12 th March	1pm – 3pm	Resource Centre, Meath Street, Middlesbrough, TS1 4RY

Activity	Date	Time	Venue
Musical Memories Afternoon Come along for an afternoon full of music. Ask 'Alexa' to play your favourite song. Enjoy a sing-a-long and a game of music bingo.	Tuesday 12th March	1pm - 3pm	Anchor Alderwood Retirement Village, Coulby Newham, Middlesbrough, TS8 0SZ
Grave Talk Do you wonder what will happen at the end of your life? Are there decisions you would like to plan now, things you would like to be remembered for? Come along and ask questions and air your thoughts.	Thursday 14 th March	1pm – 3pm	The Hope Foundation, 1 Grange Road, Middlesbrough, TS1 5BA
Cannon Street Revisited Did you live in the Cannon Street area? Do you have family or friends that lived in this well known and much loved community of Middlesbrough? Join us for a cuppa to share your memories. Pictures will be on display. If you have photos please bring them along so that they can be copied and added to the digital archive.	Monday 18 th March	1pm – 3pm	Salvation Army, Admirals Avenue, Pallister Park, Middlesbrough, TS3 8ET
Family Tree Who do you think you are? Come and meet our Genealogist and pick up tips on how to research your family tree.	Monday 18 th March	2pm – 4pm	Acklam Library and Community Hub, Acklam Road, Middlesbrough, TS5 7AB
Steel Drums Workshop The opportunity to try out a tune or two with a Caribbean twist. Meet new people and have fun. No musical experience needed.	Tuesday 19 th March	1pm - 2:30pm	Salvation Army, Admirals Avenue, Pallister Park, Middlesbrough, TS3 8ET
Jean's Kitchen Café Meet Up Come along and join us for free cuppa, make new friends and catch up with Ageing Better Middlesbrough staff. A warm welcome guaranteed.	Wednesday 20 th March	10am - midday	Jean's Kitchen, Dundas Market, Dundas Arcade, Middlesbrough, TS1 1HR
History of the Railways Discover the heritage of the railways in the North East of England.	Thursday 21 st March	1:30pm - 3pm	Acklam Library and Community Hub, Acklam Road, Middlesbrough, TS5 7AB
Can She Fix It Join us to learn how to do your own odd jobs around the house. Wallpapering, tiling, replacing sealant, grouting, bleeding radiators, upcycling furniture and much more. Please note these sessions run once a fortnight.	Friday 22 nd March	1pm – 3pm	St Barnabas Church Hall, St Barnabas Road, Middlesbrough, TS5 6JR
A Life Following Butterflies David Myers shares his knowledge and experiences from all over the world as a Lepidopterologist. He will talk about the structure of butterflies, how they live, how they fly, what they see and smell. This will be the first of a series of talks covering everything you need to know and aspects of butterflies you have never even considered.	Sunday 24 th March	2pm -3pm	RSPB Saltholme, A178 Seaton Carew Road, Middlesbrough, TS2 1TU

Activity	Date	Time	Venue
Pottery Workshop An opportunity to try your hand at working with clay in this friendly and informal workshop. No experience necessary. During the session you will explore how to make simple pottery and how to make simple decoration your work will be glazed and fired for you to collect later.	Monday 25 th March	1pm – 3pm	The Newmarch Workshops, rear of Athol Street, Middlesbrough, TS1 4NF
Music Quiz and Sing-a-long Come along and test your music knowledge then enjoy a sing-a-long to your favourite songs.	Monday 25 th March	1:30pm - 3:30pm	Anchor Housing, Oakwood Court, Gypsy Lane, Marton, Middlesbrough, TS7 8TA
Steel Drums Workshop The opportunity to try out a tune or two with a Caribbean twist, meet new people and have fun. No musical experience needed.	Tuesday 26 th March	1pm - 2:30pm	Church of Ascension, Penrith Road, Berwick Hills, Middlesbrough, TS3 7JR
Card Craft Join us to be creative and make your own Easter cards.	Wednesday 27 th March	1pm - 3pm	Disgraceland, 17 Baker Street, Middlesbrough, TS1 2LF
Turtle Bay Café Meet Up Join us at Middlesbrough's Caribbean Social for free tea and coffee while you enjoy a game or two of dominoes chess and more. No need to book just come along.	Thursday 28 th March	2:30pm – 5pm	Turtle Bay, 32 Corporation Road, Middlesbrough, TS1 2RX
Tea and Technology Bring along your laptop, iPad, tablet or phone and learn how to make better use of it in a relaxed environment. If you do not have one you can try one of ours.	Thursday 28 th March	1:30pm – 3:30pm	Hemlington Library, Crosscliff, Middlesbrough, TS8 9JJ
History Walk Join us for a walk around St Hilda's to discover old Middlesbrough. Find out about the founders of the town and its historical buildings before moving on to the Transporter Bridge Visitors Centre for refreshments. Finishing with a ride on the glass lift to the top of the bridge.	Friday 29 th March	1pm - 4pm	Meeting in Central Middlesbrough. Location to be confirmed.

If you can help at any of these activities, making tea/coffee or helping to set up and clear away please contact Linda or Anna on 01642 061019

