

Northumberland County of Sanctuary

Weekly Activities

Ashington, Blyth, Bedlington, Northumberland

NCOS Activity Timetable

Activity	Who Can Attend	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Art/Craft Sessions								
Art Group If Interested see Sarah	All Welcome		2-4pm, NCVA, 108- 104 Station Road Ashington NE63 8RN					
Crafty Craic If interested see Justine	All Welcome				11-1pm, Hirst Park Pavilion			
Sports								
Football (Ashington) If interested see Caris (We have a WhatsApp group for up to date information)	Male 16+	3-4.30pm Hirst Welfare NE63 9HN (Unite for Sanctuary)				12-1pm Hirst Welfare NE63 9HN (Recovery College)	12-1.30pm Hirst Park NE63 9BA (NCOS)	

Football (Blyth) If Interested see John Stenhouse	Male 16+		7-8pm Blyth Sports Centre NE24 5BT. (United for Sanctuary)					8-9pm Blyth Sports Centre NE24 5BT
Gym If interested see Caris	Male 16+	2-3pm Hirst Welfare NE63 9HN. (United for Sanctuary)						
Boxing Fitness Empire School of Boxing, 339 Cowpen Road Blyth NE24 5JW	All Welcome	10-11am Free Fitness session 11-12.00pm Mental Health Improvement Session	10-11am Free Fitness session	10-11am Free Fitness session 11-12.00pm Mental Health Improvement Session 11-12 Session for people with mobility problems New Class 12-1pm 6-7.00pm	10-11am Free Fitness session	10-11am Free Fitness session 11-12.00pm Mental Health Improvement Session 11-12 Session for people with mobility problems 6-7pm		
Newbiggin Beginners Boxing Club	16+					2-3pm Gibson Street Newbiggin		
Gym. If interested see Caris	Women 16				1-2pm Hirst Welfare NE63 9HN			

Yoga. If interested see Caris	Women 16+				2-3pm Hirst Welfare NE63 9HN			
Hirst Running Club. If interested see Caris	All Welcome		6.30-7.30 Meet at Ashington Rugby Club NE63 8TP		6.30-7.30 Meet At Ashington Ruby Club NE63 8TP			
Blyth Running Club	All Welcome	6.45pm To Register contact Sandra.watsonrun@outlook.com		6.45pm To Register contact Sandra.watsonrun@outlook.com				
Ashington Community Woodland Parkrun	All Welcome You need to register and download bar code						9am Meet at Ashington Community Woodland Lintonville Road NE63 9JX	
Blyth Links Parkrun. Need to register with parkrun	All Welcome You need to register and download bar code						9am. Meet at Blyth Beach NE24 3PQ	
Games Night				6-8pm Confirmed by Whatsapp				

If interested see Caris				message. Due to small room size number limited to 10 max. The Bothy, Ashington, NE63 OXX				
Kids								
Family Fun Zone. If interested see Caris	Children with parents	4-5pm Hirst Welfare NE63 9HN						
ARK Youth Club If interested see Caris or contact Abby 07940800324 or Ken 07719301753	11-16 years old						10-12pm North Seaton Community Hut (Not on for next two weeks (16/10/2025))	