Northumberland County of Sanctuary

Weekly Activities 2026 - 27

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					
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)	12-1.00pm Hirst Welfare NE63 9HN (NCOS)	
Activity	Who Can Attend	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
Football (Blyth) If Interested	Male 16+		7-8pm Blyth Sports Centre					8-9pm Blyth Sports

see John Stenhouse			NE24 5BT. (United for Sanctuary)					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		
Activity	Who Can Attend	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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	
Cricket Session. If interested see Caris. WhatsApp group availabe	16+			1.3—3.00pm Hirst Park Playzone NE63 9BA				

Activity	Who Can Attend	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
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 If interested see Caris	**Due to small room size number limited to 10 max**			6-8pm Confirmed by Whatsapp message. **Due to small room size number limited to 10 max**. The Bothy, Ashington, NE63 OXX				
Kids								
Family Cricket	5-12 years old	18.30 -19.30 Ashington Playzone Hirst Park NE63 9BA						
Activity	Who Can Attend	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
English Classes								
Learn English Together (LET)	All Welcome **Term Time Only**				10-12 noon St Andrews Church Hall Ashington			

Learn English Together (LET)	All Welcome **Term Time only**				1-2pm Family Hub, Stead Lane, Bedlington Station			
Drop In Sessions								
Drop In (Ashington)	All		11-1pm St Andrews Church Hall Ashington NE63 9AU				1-3pm St Andrews Church Hall Ashington NE63 9AU	
Drop in (Blyth)	All		12.00-1.00pm St Cuthberts Church Hall Bridge Street, Blyth NE24 3AB				1.00-3.00pm St Cuthberts Church Hall Bridge Street, Blyth NE24 3AB Fortnightly	
Drop in (Bedlington)	All				2-3.30pm Family Hub, Stead Lane Bedlington			