#### SureStart

**Children's Centre Outreach** 

Tuesday 10:00 - 11:00 SureStart Wednesday 9:30 - 12:00 SureStart Thursday 1:00 - 2:30 SureStart

#### **Tow Law**

Are you recently unemployed or young and looking for work. We can sign you on to the My Choice programme which can involve volunteering, training or educational skills training. If you want to know more call 731444 and we can give you more information, or call in at the centre

#### **Bowls Club Closes**

The bowls club at the community centre closed at Christmas due to lack of numbers. The centre still has all the equipment and anyone wishing to restart the club should contact the centre. Denise is there Thursday and Friday mornings or you could catch Mavis or Carol or phone 731444 if there is no one in there is an answering service.

### Volunteer Opportunities at the Centre

We always need new volunteers at the centre to help with Youth Work, developing new activities and on the Committee. If you have a few hours a week to give contact Jenny Flynn on 01388 730525 or Jenny Mountain at the centre after 6.00 Monday – Thursday.

#### **Tiny Tots**

Monday afternoon 1-3 Thursday morning 10-12

#### **Dance Club**

Thursday evening 8-10.30.

#### Saturday Film Club

**Every 4 weeks** 

My Choice

Contact the community

Centre for details of the Next Film

## Ever Thought About Starting A Business?

You never know where it might lead. At Be Enterprising we've all the support and advice you need to succeed. Is there a hobby or skill you could turn into a profitable business? Why not give your local Be Enterprising Coach a call to arrange a relaxed, informal meeting to discuss your business idea in more depth??

Call Beth Stockdale on 07827955924 or 01388 742000

#### South Shields Seaside Trip

August 23rd

Adults £3.50

Children £1.50



Contact Jenny Mountain at the community centre for more information 01388 731444



Focus on learning 'Maths' Course Level 1 & 2 Starting on Thursday 16th September 9:30 till 11:30 at the Community Centre Please ring the centre on 01388 731444 to add your name to the list





#### A TOW LAW MYSTERY

TV presenter John Grundy worked his probationary teaching year at Tow Law County Primary School in 1965/66. During his time in Tow Law it snowed quite heavily, surprise, surprise and he set his class of 7 year olds the task of writing a poem about the snow.

He has always remembered, and kept, a poem by one of the class who he believes was a little girl but he did not write her name on it. The poem was:-

Others who were old and bent Complained with every step they went That it was too cold And they were too old To walk about in the snow

If you can remember writing it he would love to put a name to it's author and he is contactable through the BBC or let Jenny Flynn know and she will get in touch with him.

Incidentally he has never been back to Tow Law since his year of teaching but he did have fond memories of Tow Law.

## Tow Law celebrates World's Biggest Coffee Morning

On Friday September 24 th, between 10.00 and 1.00 p.m., Tow Law Community Centre will hold a Coffee Morning as part of the Macmillan Cancer Charity's World's Biggest Coffee Morning.

The Tow Law Community Association is holding this as part of an information-giving session to highlight what is on offer at the Centre. As well as tea, coffee and biscuits, there will be members of staff on hand to answer any questions about the Programme at the Centre and there will be a raffle with prizes donated by local businesses as well as tombola, a cake stall and a sale of second hand books. Members of our IT Drop-In Group will be selling Christmas Cards that they have made (and excellent they are too!), the whole proceeds going to the Charity.

The World's Biggest Coffee Morning is one of the biggest fundraising events in the UK, with an estimated 2 million people raising their mugs for Macmillan last year. Last year we raised over £600, this year we would like to raise more, so put it in your diaries now!

FUN DAY

To 20th August

Tow Law Community Association
Fun Day
Friday 20th August from 10 till 4pm.

Activities for all ages include:

Football coaching

Bungie Football

Bouncy castles Shuggy boats

Face painting / glitter tattoos / Nail art

Healthy eating / cooking

Puppet making

And much more!!!

All the above activities are free of charge

Jacket potatoes and refreshments will be available at a small cost

Come along & enjoy a free fun day!!

# TOW LAW SUMMER PROGRAMME 2010

Normal
PROGRAMME

<b>A A A A</b>	WEEK 3	WEEK 4 16 August	WEEK 5 23 August	WEEK 6 30 August	PROGRAMME
	9 August				
Monday	9 August	16 August		30 August	Monday
	Afternoon	afternoon 1:00 – 3:00	10:00 - 4:00		10:00 - 12:00 IT Drop-in
	1:00 – 3:00 Craft	Craft	South Shields Seaside Trip	Bank Holiday Monday	1:00 - 3:00 IT Drop-in
	Wind Sock Making	Kite Making	Adults £3.50		1:00 - 3:00 Baby & Toddler Group
	<b></b>		Children £1.50		4:30 - 6:00 Solicitors surgery (Hodgson & Angus)
	Night 7:00 - 8:30	Night	Night		4:15 - 5:00 Street Dance (under 11)
	IT & Drop-in ages 10-13	6:00 – 8:30	6:00 –8:30		5:00 - 5:45 Street Dance (over 11)
	Boxing TLCC	Boxing Glenholme 11+	Boxing Glenholme 11+		6:00 - 7:00 Karaoke Choir/Make up under 11's
					6:00 - 7:00 Pilates
Tuesday	10 August	17 August	24 August	31 August	7:00 – 8.30 Youth Club/Football/Film/Karaoke Choir/Make
		Morning	Afternoon		up/IT
	Blessed John Duckett School Fun Day	10:00 - 2:00	1:30 – 3:30		<b>Tuesday</b> 4:15 - 5:45 Art
	School I dil Day	Visit to Burn Hill Nature	Family Art Sessions		6:00 - 7:30 Boxing Fitness
		Reserve wild life	St Thomas's Church		6:00 - 8:30 Music Club
		conservation and art	Stanley		6:30 - 8:30 Film Making and IT
		activities			7:15 - 9:15 Keep Fit Class
We do a a do	11 August	18 August	25 August	1 September	Wednesday
Wednesday	Tow Law Millennium School	Afternoon	Afternoon	Afternoon	10:00 - 12:00 IT Drop-in
	Fun Day				1:00 - 3:00 IT Drop-in
		Swimming 1:00 – 4:00	Swimming 1:00 – 4:00	Swimming 10:00 - 4:00	2:00 - 3:00 Home Housing surgery (fortnightly)
	Afternoon Swimming 1:00 – 4:00	Bishop Auckland Swimming Baths	Bishop Auckland Swimming Baths	   Wet N Wild	4:00 - 6:00 Homework / Drop-in Club
	Spennymoor Swimming	Datiis	Swilling Battis	Swimming Baths	5:00 - 6:00 Rainbows
	Baths				6:00 - 7:15 Brownies
		Night	Night	Night	7:30 - 9:00 IT/Youth Club/Dance/DJ'ing/Karaoke/Art/Sport/
	Night	6:00 -8:30	6:00 -8:30	7:30 - 9:00	Cooking
	6:00 –8:30 Art Over 11's	Art Over 11's	Art Over 11's	IT & Drop-in over 11's	Thursday
Thursday	12 August	19 August1	26 August	2 September	10:00 - 12:00 Baby & Toddler Group
Thursday	Afternoon	10.00 -2;00	Afternoon 1:30 - 3:30		4:00 - 5:30 c-card
		visit to Burn Hill Nature			5:30 - 6:30 Accredited Sport under 11's 6:00 - 8:30 Music Club
		Reserve wild life	St Thomas's Church		6:45 - 7:45 Accredited Sport over 11's
		conservation and art activities	Stanley		8:00 - 10:30 Sequence Dancing
	Night	Night			Saturday
	6:00—9:00	6:00—9:00	Night		10:30am - 12:00 Boys Club ages 6 to 8
	Thursday Music	Thursday Music	6:00 - 9:00		10:30am - 12:30 Internet Café
Fuldes:	13 August	20 August	Thursday Music 27 August	3 September	44 and Files Olich account 4 consider (she also with the Constant)
Friday	Morning	TLCC and Sure Start	Morning	3 September	[
		Fun Day 10:00 - 4:00			the activities are £1 per session please check with the
	Night		Night		Community Centre 731444
	6:00 –8:30	Night 6:00 – 8:30	6:00 – 8:30		ĺ
	Boxing Glenholme 11+	Boxing Glenholme 11+	Boxing Glenholme 11+		