

Open youth sessions and holistic family support available.

Improve your wellbeing



RF

Resilient Futures

A new community support project for young people ages 11-24, living in Howdon/Wallsend. Helping them to access new hobbies and strategies to improve mental and physical health.

Find new hobbies



Learn new skills



Resilient Futures is designed for young people aged 11-24, living in Howdon/Wallsend, who may be beginning to struggle with their mental wellbeing or those who do not have a range of coping strategies to make them feel resilient. Young people will improve their physical health and wellbeing, aspirations, mental wellbeing, self-esteem and confidence, resilience, coping strategies, access to community activities and support and their communication skills.

All activities offered are subsidised, so involve no cost to the young person. Our staff are on hand throughout to support young people to overcome barriers to access.

Monday	Tuesday	Wednesday	Thursday	Friday
<p>4.30pm - 6.30pm Howdon Hub Football Club</p>	<p>4:30pm - 6:30pm Dungeons and Dragons</p>	<p>12:30pm - 2:30pm The Well Space Ages 18 - 24</p>	<p>5:30pm - 7:30pm Howdon Youth Zone</p>	<p>4:00pm - 5:00pm Friday Night Football Ages 8-11</p>
	<p>5:00pm - 7:00pm Youth Club @ Wallsend Boys Club</p>	<p>3:30 - 5:00pm L&L: Mind, Mood & More Ages 11 - 15</p>	<p>6:30pm - 8:30pm Howdon Hub Running Club Ages 11 - 17</p>	<p>5:30pm - 7:30pm Howdon Youth Zone</p>
		<p>Fit Mind Boxing Warriors</p> <p>3:45pm - 4:30pm Ages 7-11</p> <p>4:45pm - 5:30pm Ages 12-16</p> <p>5:45pm - 6:45pm Boxing Club</p>		

Howdon Hub Football Club

Date/Time: Every Monday 4.30–6.30pm

Ages: 11–15

Location: Howdon Community Hub

Come and be part of the team at Howdon Hub Football Club! These high-energy sessions include small-sided games, skills coaching, and warm-ups/warm-downs, all designed to boost your game and build your confidence on and off the pitch.

Regular physical activity is proven to support mental health, and at Howdon Hub, we're creating a space where young people can:

- Build friendships and communication skills
- Improve self-esteem through teamwork and achievement
- Reduce stress and anxiety with structured, active play
- Learn healthy habits around fitness, nutrition, and wellbeing



Dungeons & Dragons

Date/Time: Every Tuesday 4:30–6:30pm

Ages: 13–18

Location: Howdon Community Hub

Step into a world of imagination, teamwork, and epic adventure with Dungeons & Dragons at Howdon Hub!

Whether you're a curious beginner or a seasoned hero, this is your chance to create characters, solve puzzles, and embark on unforgettable quests with others your age.

But D&D is more than just a game – it's a powerful way to support mental wellbeing. Through collaborative storytelling and roleplay, young people can:

- Build confidence and social skills
- Practice communication and creative thinking
- Form friendships and feel a sense of belonging
- Escape stress and explore emotions in a safe, supportive space

(Please note, these sessions may be subject to a waiting list)



L&L: Mind, Mood & More

Date/Time: Wednesdays 3:30 – 5:00 PM

Ages: 11–15

Location: Howdon Hub

Join us at Howdon Hub for a supportive and interactive 6-week journey designed to help young people build resilience, manage stress, and develop stronger, healthier relationships. Through practical strategies, creative activities, and open discussion, participants will gain tools to better cope with life's challenges and feel more confident in themselves and their connections with others.

(Please note, these sessions may be subject to a waiting list)



Howdon Hub Running Club

Date/Time: Every Thursday 5:30pm –7:30pm

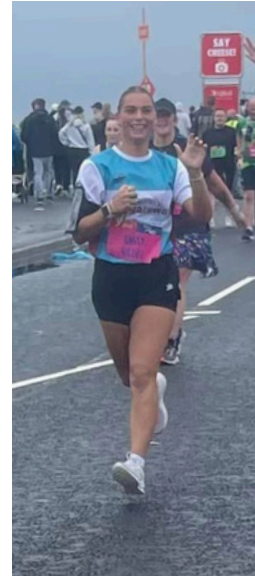
Ages: Ages 11–17

Location: Howdon Community Hub / Outdoors

Ready to move, feel better, and go further—physically and mentally? The Howdon Hub Running Club is open to all abilities and offers a mix of interval training, threshold runs, easy pace sessions, and guided support like Couch to 5K, Parkrun prep, and Great North Run training.

Whether you're a beginner or building towards a goal, this is more than just a run—it's a way to boost your mental wellbeing.

- Releases feel-good endorphins to reduce stress and anxiety
- Builds confidence and social connection through group support
- Encourages healthy routines and time outdoors
- Fosters a sense of achievement and motivation



The Well Space – Drop In & Chill

Date/Time: Wednesday 12:30pm – 2:30pm

Ages: 18 – 25

Location: Howdon Community Hub

Looking for a place to relax, be yourself, and connect with others? Come along to Well Space – a chilled, no-pressure drop-in for young adults. Enjoy pool, PS5, darts, movies, board games, and more, alongside weekly well-being sessions designed to support your mental health. Get creative, try mindfulness, or just chat in a safe, friendly space. No pressure to share – just come as you are.



Youth Club

Date/time: Every Tuesday 5:00pm –7:00pm

Location: Wallsend Boys Club

Join us at Wallsend Boys Club every Tuesday for a space that's all about fun, friendship, and feeling good. Whether you're into sports, cooking, or creative workshops, there's something for everyone. This space and session is all about supporting you and your wellbeing.

This is more than just a place to hang out; our designated team are here to support you on a weekly basis. We invite you to come down, meet new people, build confidence, and take time out from everyday stress in a safe, welcoming environment.

Howdon Youth Zone: Free Youth Club

Date/Time: Every Thursday & Friday 5:30pm-7:30pm

Ages: 11-17

Join us at Howdon Hub every Thursday and Friday for a space that's all about fun, friendship, and feeling good. Whether you're into pool, table tennis, cooking, or creative workshops, there's something for everyone.

More than just a place to hang out, Howdon Youth Zone is here to support your wellbeing and mental health. Meet new people, build confidence, and take time out from everyday stress in a safe, welcoming environment.



Fit Mind Boxing Warriors

Date/Time: Every Wednesday

3:45pm – 4:30pm (Ages 7- 11)

4:45pm – 5:30pm (Ages 12-16)

5:45pm – 6:45pm (Boxing Club – Ages 11-16)

Fit Mind Boxing Warrior sessions are designed for young people to boost fitness, focus, and confidence. Whether you're new to boxing or ready to join the club, you'll learn real techniques in a supportive, energising environment. Boxing isn't just about the physical – it's a powerful tool for improving mental health. Through discipline, goal-setting, and positive routine, Graham helps participants manage stress, build resilience, and grow self-esteem – all while having fun and getting fit.

(Please note, these sessions may be subject to a waiting list)



To learn more or refer, email: referrals@familygateway.co.uk