



**Living Well**  
North Tyneside  
Supporting Health and Wellbeing

## Knit and Natter



**Date:** 8th November 2023 Repeats weekly, on Wednesday



**Venue:** Room 11 Linskill Centre,



**Time:** 11:00am - 1:00pm



**Cost:** No Cost



**Type:** Face to Face

We would love to welcome you to our wellbeing space for knitting and of course nattering!

**Sign-up here:** [bit.ly/knit\\_natter](https://bit.ly/knit_natter)

Whether you have experience or just want to try something new, drop in for a cuppa and a chat. All materials are provided.

This is a casual group where you can take some time to relax and be creative.

Light refreshments such as tea, coffee and cake will be provided. You are welcome to bring someone along with you.



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Knit and Natter



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Room 11 Linskill Centre,  
North Shields



Last Updated - 3rd November 2023

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