



# Living Well North Tyneside

Supporting Health and Wellbeing

**Time:** 1:00pm - 4:30pm



**Cost:** No Cost



**Type:** Face to Face

We meet once a month at Wallsend Library in the Ark Royal room (typically first Tuesday of the month 1pm to 4.30pm).

These are drop-in sessions, so people can come along and stay for as long as they want. There is tea and coffee available.

Upcoming sessions:

Tuesday 4th February

Tuesday 4th March

Tuesday 1st April

Tuesday 6th May

Tuesday 3rd June

Tuesday 1st July

Tuesday 5th August

Tuesday 2nd September

Tuesday 7th October

Tuesday 4th November

Tuesday 2nd December

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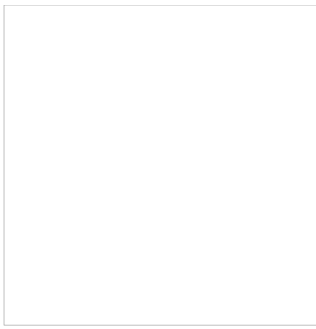
[Autism](#)

[autism](#) | [awareness](#) |

[Adult Autism](#) | [friendship group](#) | [ASD](#)

## Related Documents

- [Autism Better Together Wallsend.jpg](#)
- [ABT ALL 3 GROUP DATES 2025 updated.docx](#)



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Ark Royal Room  
Wallsend Library  
Wallsend



Last Updated - 10th January 2025



