



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 the Oxford Centre (typically third 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 21st January

Tuesday 18th February

Tuesday 18th March

Tuesday 15th April

Tuesday 20th May

Tuesday 17th June

Tuesday 22nd July

Tuesday 19th August

Tuesday 16th September

Tuesday 21st October

Tuesday 18th November

Tuesday 16th December

Follow us on Facebook [@BetterTogetherAutism](#) for updates.



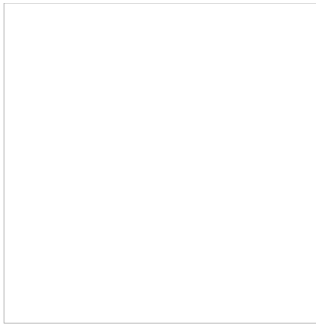
[Autism](#)

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

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

Related Documents

- [ABT ALL 3 GROUP DATES 2025 updated.docx](#)



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The Oxford Centre
West Farm Avenue
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Newcastle



Last Updated - 10th January 2025



