



Living Well North Tyneside

Supporting Health and Wellbeing



Time: 12:00pm - 2:00pm



Cost: No Cost



Type: Face to Face

Every Tuesday we shall deliver a FREE lunch (small portions) from 12-2pm on a first-come first-served basis, once it's gone, that's it!

This will operate alongside our regular Tuesday Hub of free refreshments.

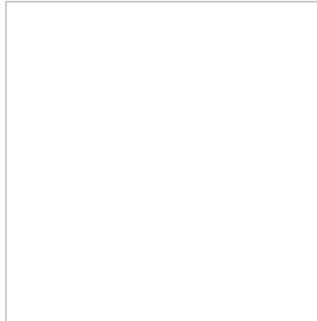
To find out the meal of the day, please visit our website; <https://quadrantleisure.org/>



[lunch](#)

[club](#) |

[free meal](#)



admin@quadrantleisure.org



St Paul's Church Hall
Market Street
Dudley
North Tyneside

Last Updated - 5th April 2024



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