



# Living Well North Tyneside

Supporting Health and Wellbeing



**Cost:** No Cost



**Type:** Face to Face

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

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.



[knit](#) | [natter](#) | [social activities](#)

Knit & Natter



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