



Living Well North Tyneside

Supporting Health and Wellbeing



Type: Face to Face

We would love to welcome you to our wellbeing space to create some beautiful book folded flowers!

This session is hosted by our wonderful volunteer Amy, you don't need any crafting experience to join and 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 or biscuits will be provided.



[crafts](#) | [workshop](#)



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Room 11
Linskill Centre,
North Shields

<https://www.eventbrite.co.uk/o/sarahs-star-67838235683>





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