



# Living Well North Tyneside

Supporting Health and Wellbeing



**Repeats:** Every months



**Venue:** Verandah Cafe,



**Time:** 10:30am - 12:30pm



**Cost:** No Cost



**Type:** Face to Face

## Wallsend PCN Social Prescribing Team have created a free fortnightly gardening drop-in group.

The group is held in our small garden space **next to the Verandah Cafe in Richardson Dees Park, Wallsend, NE28 8RH.**

We welcome all ages and abilities as no gardening experience is required. We will provide all equipment, tools and PPE. The group runs on a drop-in basis, meaning you can join for as long or little as you like and do not need to sign up in advance.

The purpose of the group is to support people to get into nature and gardening, and meet like minded individuals.

Upcoming dates and times are:

Wednesday 18th June 10.30am - 12.30pm

Wednesday 2nd July 10.30am - 12.30pm

Tuesday 15th July 10.30am - 12.30pm

Wednesday 30th July 10.30am - 12.30pm

Wednesday 13th August 10.30am - 12.30pm

Tuesday 26th August 10.30am - 12.30pm

Wednesday 10th September 10.30am - 12.30pm

Wednesday 24th September 10.30am - 12.30pm

We look forward to welcoming you to our sessions!



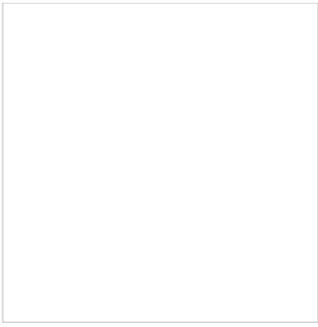
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### Related Documents

- [Social Prescribing Community Garden Poster.jpg](#)



  
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Verandah Cafe,  
Richardson Dees Park,  
Wallsend

Last Updated - 11th June 2025



