



Living Well North Tyneside

Supporting Health and Wellbeing



Time: 10:15am - 12:30pm



Cost: No Cost

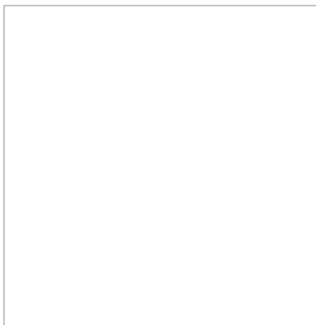


Type: Face to Face

Join us on the south side of Cullercoats Bay (opposite end to RNLI) for a refreshing morning of Pilates on the beach as part of our World Breastfeeding Week celebrations. Please arrive at 10:15am to complete paperwork—Pilates starts promptly at 10:30am. Bring a picnic blanket and sun protection. The session will be followed by snacks, information sharing and a walk. Booking required: beststart@voda.org.uk.



[breastfeeding](#) | [babies](#) | [beach activities](#)



beststart@voda.org.uk



Southside of Cullercoats Bay Beach
(opposite end to RNLI)



<https://voda.org.uk/our-projects/best-start/>



Last Updated - 30th July 2025



