



# Living Well North Tyneside

Supporting Health and Wellbeing

**Venue:** Preston Grange Community Centre



**Time:** 11:00am - 12:30pm



**Cost:** No Cost



**Type:** Face to Face

Thrive Club is a free, friendly community wellbeing session for older adults. Join us for a warm drink, a chat, and a relaxed range of activities such as seated exercise, gentle movement, arts and crafts, and more. No booking needed, just turn up.

**When:** 2nd and 4th Tuesday of every month, 11.00 am to 12.30 pm

**Where:** Preston Grange Community Centre, Newington Dr, North Shields, NE29 9JA

**Cost:** Free

**What to expect:** Seated exercise, activities, arts and crafts, and a friendly social space

**Refreshments:** Complimentary refreshments provided

**Access:** Wheelchair accessible

**Extra:** Carers welcome, free parking on-site

**Contact:** 0191 429 2800 | [community@walfinchcare.com](mailto:community@walfinchcare.com) | [walfinchcare.com](http://walfinchcare.com)

Thrive Club



0191 429 2800



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Preston Grange Community Centre  
Newington Drive  
North Shields  
NE29 9JA



<https://walfinch.com/newcastle>

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