



Living Well
North Tyneside
Supporting Health and Wellbeing

By Your Side - North Tyneside



Date: 6th October 2021 - 31st March 2022 Repeats weekly, on Thursday



Venue: Helix Arts



Time: 5:30pm - 12:00am



Type: Face to Face

Open to anyone over the age of 18 living in North Tyneside, By Your Side aims to give those who spend time looking after others the opportunity to relax and enjoy the positive impact the arts can have on improving and maintaining mental health.

Try your hand at drawing, painting, textiles, printing and more. It offers a range of opportunities to support those that have caring responsibilities, to take time out and get creative.

Interested?

Taster sessions are running throughout October 2021 and beyond

DATES: Sessions begin Wednesday 6th October 2021 and will run weekly

TIME: 5.30pm - 7.30pm

VENUE: North Tyneside Art Studio, Linskill Terrace, North Shields, NE30 2AY

Register for By Your Side [HERE](#)

Or alternatively, if you would like more information on this project or others check out our [Better Connect](#) page



[art](#) | [creative](#) | [carers](#) | [better connect](#) | [wellbeing](#) | [social prescribing](#) | [mental health](#) | [community](#)

Related Documents

- [By Your Side flyer - NTAS - Better Connect.png](#)



info@helixarts.com



Helix Arts

51 Bedford Street

North Shields

England



<https://www.helixarts.com>



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