



Living Well North Tyneside

Supporting Health and Wellbeing

We focus on long term impact, and work with people to build skills that can empower them to use art as a tool that supports their mental health for the rest of their lives. 95% of our members report relief from negative feelings and emotions, and 73% feel able to create art independently after 3 months with us.

We offer a range of ways to get involved and learn how the arts can have a positive impact on your mental health, through our main studio referral based programme (NTAS, North Shields), our public facing drop in programme in Wallsend (NTAS II, Wallsend) and North West of the county, alongside our outreach work with a variety of organisations across North Tyneside.

We are members of the **Mental Health Alliance**. You can read more about it [here](#).

North Tyneside Art Studio



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Linskill & North Tyneside Community Development
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Services

North Tyneside Art Studio

Things to do

NTAS Open Day & Art Sale 2024

