



# Living Well North Tyneside

Supporting Health and Wellbeing

- Affordable after-school club for 8-15 year olds.
- Joinery workshop.
- Volunteering opportunities
- Free access and support around IT and accessing the internet
- Music Sessions for Well Being
- Yoga and dance
- Room Hire

We have lots of drop in activities that are advertised on our social media and website, or you can give us a call to find out more!

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

The Meadows



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## Services

Alternative Education Provision

Connected Kid's Club

Positive Pathways

DEVELOP IT SKILLS

Thrive - Day Care Provision

## Things to do

No Activities

