



Living Well
North Tyneside
Supporting Health and Wellbeing

Public Health North Tyneside

In North Tyneside there's a lot we can do as individuals to stay healthy and well, but the council also has a role to play.

Our public health team is made up of professionals, led by the Director of Public Health, whose role it is to improve and protect the health of local residents. They focus on preventing ill health and early deaths, as well as protecting people's health in major emergencies.

The team works closely with other colleagues in the Council and key partners across the Borough - NHS, businesses, pharmacies, hospitals, schools, the community and voluntary sector and local people to make sure that health is made a priority in every area of life, and that everyone has access to the support and services they need to be healthy.

Please note that Public Health do not directly provide any of the services listed. Please see the individual service areas and follow the links and contact details provided.

If you are part of a community group with great networks and relationships with local people, North Tyneside Council would like to ask you to support us to deliver a series of campaigns around health and wellbeing over the next year.

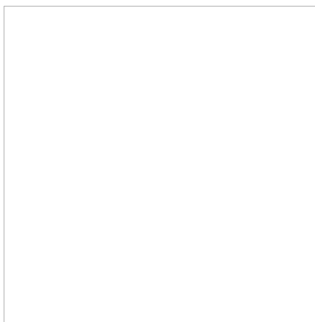
Our health is shaped by a wide range of factors; from the education we receive, the jobs we do to the places where we live. These are often referred to as the 'wider' determinants of health and they influence our opportunities to be healthy. The degree of control any of us can have over our own health is shaped by the conditions we find ourselves in.

Our new Health and Wellbeing strategy for North Tyneside which can be found [here](#) Health and Wellbeing Board | North Tyneside Council. It highlights how much can be achieved by harnessing the skills, strengths, and resources of communities. Community life, social connections, supportive relationships and having a voice in local decisions are all factors that underpin good health.

We would like to send your community group information about health and wellbeing campaigns and ideas about how you might deliver the messages. We hope that by doing this, we can work together and help residents of North Tyneside to have opportunities to stay mentally and physically healthy.

In addition, you will be able to access free training around a range of health and wellbeing topics to improve your knowledge and understanding.

If you would like to opt in to receiving this material, please email publichealthenquiries@northtyneside.gov.uk to let us know.





0345 2000101



publichealthenquiries@northtyneside.gov.uk



Quadrant East, 16
The Silverlink North
West Allotment
UK
NE27 0BY



my.northtyneside.gov.uk



Last Updated - 13th April 2023

Services

Cancer Screening

Breast Cancer Screening

Cervical Cancer Screening

Healthy Weight and Nutrition (Public Health)

Physical Activity (Public Health)

Alcohol Awareness (Public Health)

Mental Health and Wellbeing (Public Health)

Sexual Health Advice (Public Health)

0-19 Children's Public Health Service

Bowel Cancer Screening

Stop Smoking (Public Health)

Events

No Events

Activities

No Activities
