



# Living Well North Tyneside

Supporting Health and Wellbeing

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.*

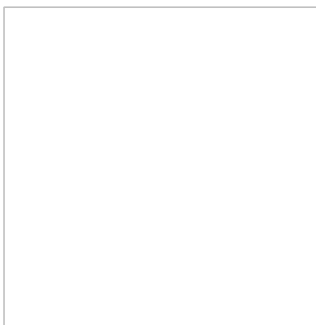
*Our health is shaped by a wide range of factors; from the education we receive, the jobs we do to the places where we live. These are often referred to as the 'wider' determinants of health and they influence our opportunities to be healthy. The degree of control any of us can have over our own health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

*Our new Health and Wellbeing strategy for North Tyneside which can be found here <https://my.northtyneside.gov.uk/category/1238/health-and-wellbeing-board> 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](mailto:publichealthenquiries@northtyneside.gov.uk) to let us know.*



 0345 2000101

 [publichealthenquiries@northtyneside.gov.uk](mailto:publichealthenquiries@northtyneside.gov.uk)

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

  
<http://my.northtyneside.gov.uk/category/596/public-health-and-wellbeing>

Last Updated - 20th May 2024



## Services

Cervical Cancer Screening  
Physical Activity (Public Health)  
Sexual Health Advice (Public Health)  
Bowel Cancer Screening  
Stop Smoking (Public Health)  
Alcohol Awareness (Public Health)  
Mental Health and Wellbeing (Public Health)  
Breast Cancer Screening  
Healthy Weight and Nutrition (Public Health)  
0-19 Children's Public Health Service

## Things to do

No Activities

## Sign Up for Living Well North Tyneside

Get all the latest news and information to help you to live well locally

Enter your email

Subscribe Now



