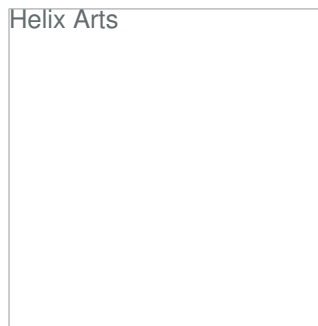




Living Well North Tyneside

Supporting Health and Wellbeing

Helix Arts welcomes approaches from organisations and individuals who want to collaborate with us. Find out more about our projects and how to get involved at www.helixarts.com.




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Services

Helix Art - Artists' Agency

Helix Art - Here to There

Better Connect : Creative Wellbeing Programme

Things to do

Heritage Action Zone - North Shields

Better Connect: Creativity and Wellbeing Week Mindful Music

Better Connect: Creativity and Wellbeing Week: Beach Movement

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