



# Living Well North Tyneside

Supporting Health and Wellbeing

We aim to:

- Provide a safe space where people can express themselves freely by talking or sitting quietly
- Create a community where people can share their experiences and get help from other people going through similar experiences
- Provide access to holistic therapies to create a sense of calm, peace and serenity
- Educate people about palliative care, helping them to recognise that it is not to be feared
- Create a network of strong community partnerships

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

Sarah's Star



07467688860



[info@sarahs-star.org](mailto:info@sarahs-star.org)



Room 11 Linskill Centre,  
North Shields  
NE30 2AY



<https://www.sarahs-star.org>



@\_SarahsStar

**f**  
@SarahsStarOnline

**ig**  
@\_SarahsStar

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## Services

No Services

## Things to do

Knit & Natter

Sarah's Stories Book Club

Ear Wax Check - Sarah's Sar Charity

Reiki Sessions

