Living Well
North Tyneside
Supporting Health and Wellbeing

mindfulness training, affordable counselling and coaching.

The Resilience Hub is a welcoming community wellbeing space at the Mindful Therapies Centre. It offers a place to pause, connect and take part in activities that support wellbeing, creativity and community. From mindfulness and meditation to creative sessions, workshops and peer support, the Hub will continue to grow with and for the community.

Here and Now Therapies offers counselling and psychotherapy that feels grounded, compassionate and human. We provide a warm space to slow down, feel heard and begin to understand yourself more clearly. Support is available online and in person at our home base in Newcastle, with flexible fees offered after an initial assessment to help make therapy more accessible.

Mindful Impact offers workplace mindfulness, coaching and wellbeing support for businesses, leaders and teams. Led by experienced mindfulness and leadership specialists, their work includes mindfulness courses, workshops, desk-based yoga, coaching and professional training.

Come and join us in our friendly warm and inviting meditation centre in Newcastle or reach out to us by email/phone call for more information.

Mindful Therapies

07852595858

admin@mindfultherapies.org.uk

1st Floor, British India House, 15 Carliol Square,
Newcastle upon Tyne, NE1 6UF
NE1 6UF

https://www.mindfultherapies.org.uk/

@MindfulTherapies

Last Updated - 28th October 2026

Services

No Services

Things to do

No Activities



© 2026 Living Well North Tyneside | Web Design: Indigo Newcastle