



Living Well North Tyneside

Supporting Health and Wellbeing

...developing new skills and techniques or fine tuning past skills.

Listening to participants' needs and addressing them together through art, we improve health and wellbeing.

We're interested in developing new opportunities for people who are self-referring and open to referrals from health professionals.

We also take pride in watching people grow and develop, so are always looking for ways to see participants flourish, whether that's developing a specific artistic skill, sharing your work as an advocate to others, or becoming a volunteer and sharing how creativity and connection have benefitted you in ways to improve your wellbeing.

Better Connect sessions are suitable for families and anyone aged 18+ living or working in North Tyneside.

If you'd like to secure a place on Better Connect, see what's available and book via Ticket Source.

Find out more here: <https://www.helixarts.com/work/better-connect/>



[creative arts](#) | [dance](#) | [drama](#) | [carers](#) | [mental health](#) | [music for wellbeing](#) | [arts for mental health](#) | [arts for wellbeing](#) | [social prescribing](#)

Related Documents

- [Better Connect weekly sessions A5 Flyer 01 DIGITAL \(2\) \(1\).png](#)



0191 241 4931



info@helixarts.com



Helix Arts
54A Saville Street
North Shields
NE30 1NT



<https://www.helixarts.com>



Last Updated - 16th May 2025

