



Living Well North Tyneside

Supporting Health and Wellbeing

Exploring everyday creativity, the sessions will help people connect with others, create time for self-care and self-expression, share stories in safe, non-judgemental spaces, and support people to live happier, healthier, more creative lives.

There's a whole range of different types of creativity to try; dance, drama, craft, drawing, writing, reading, making, design, music and more!

No previous experience needed. Sessions are free.

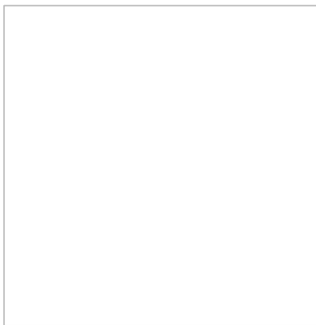
Find out more here: <https://www.helixarts.com/work/better-connect/>



[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



Last Updated - 27th September 2024

