



Living Well
North Tyneside
Supporting Health and Wellbeing

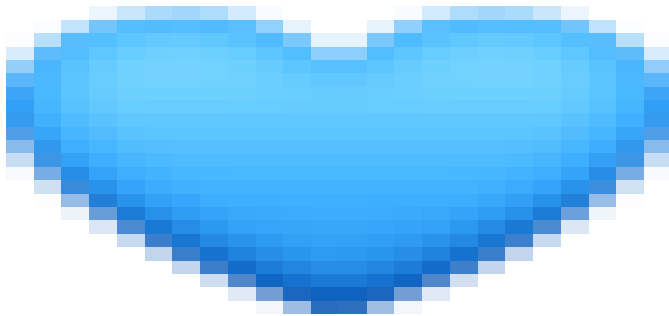
In partnership, we will be providing Feeding Families Emergency Food Boxes from our Star Hub in North Shields to families facing hard times.

Should you wish to access this support, please email info@mindstars.co.uk

Should you wish to access this support, please email info@mindstars.co.uk or pop in to see us.

Our free drop in sessions each Friday are also available should you wish to come and have a cuppa and a chat, we have a little play corner for little ones too!

We know times are getting harder, we are here



[food parcel](#) | [food support](#) | [food box](#) | [family support](#)





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