



# Living Well North Tyneside

Supporting Health and Wellbeing

tea and coffee | bingo | crafts | knit & natter

---

## **CEDARWOOD TRUST**

Nurture - Nourish - Thrive



0330 094 8454



[info@cedarwoodtrust.com](mailto:info@cedarwoodtrust.com)



The Avenue  
Avon Avenue  
North Shields  
UK  
NE29 7QT



<https://www.cedarwoodtrust.com/>



Last Updated - 12th December 2023



# Sign Up for Living Well North Tyneside

Get all the latest news and information to help you to live well locally

[Subscribe Now](#)