



Living Well
North Tyneside
Supporting Health and Wellbeing

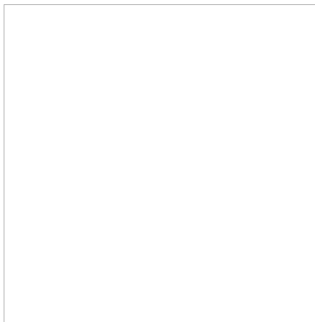
Activities @ Howdon Community Hub

Howdon Community Hub is a public facing centre where we operate a programme of activities and sessions for people of all ages. The Hub also houses a gym, garden, outdoor sports courts and community café: Howdelicious. Howdon Community Hub is a safe space for people to engage with their community and improve and maintain their physical and mental wellbeing.

A full breakdown of our timetable is available in the "Activities" tab.



[community](#) | [mental wellbeing](#) | [community cafe](#) | [gym](#) | [sports](#)



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