



# Living Well North Tyneside

Supporting Health and Wellbeing

- Creative Stay, Play, and Learn (0–5), Tuesday, 1:30–3:00pm,
- SEND drop-in coffee morning (0-3), Wednesday, 11:00-11:30am,
- Brilliant Babies (0–3), Wednesday, 1:30–3:00pm,
- Healthy Child Clinic, Thursday, 1:00-2:30pm,
- Young Parents Group, Thursday, 1:00–2:30 p.m.

All of our activities are free.

For more information please contact reception on 0191 643 8899.



art | baby sensory | toddler group | baby group | sensory room | after school | board games and crafts |  
Creative Stay, Play, and Learn | send | Healthy Child | Young Parents Group



0191 643 8899



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<https://my.northtyneside.gov.uk/category/495/family-hubs>



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