



# Living Well North Tyneside

Supporting Health and Wellbeing

- After school board games and crafts, Monday, 3:30-5:00pm,
- Brilliant Babies (0-3), Tuesday, 1:30-3:00pm,
- Young Parents Group, Wednesday, 1:30-3:00pm,
- Healthy Child Clinic, Wednesday, 1:30-3:00pm.

All of our activities are free.

For more information, please contact reception on 0191 643 2229.



Young Parents

[baby sensory](#) | [toddler group](#) | [baby group](#) | [art](#) | [sensory room](#) | [Group](#) | [after school](#)



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