



Living Well North Tyneside

Supporting Health and Wellbeing

to join our opening hours are free Monday - Friday.

People don't need any experience of art to join the studio - most join as a way to get out of the house, meet people and gain confidence, in a supportive, friendly and understanding environment.

People join the studio via a referral from a health professional, such as CPN, Social Worker, GP, Psychiatrist or through the Social Prescribing Service or Talking Therapies. Once referred, access is free of charge and includes our regular workshops and activities plus all basic art materials. For more information, to see our latest 'What's On' leaflet, or to book an informal visit to look around and discuss a possible referral here, please call us on 0191 296 1156 or email info.ntartstudio@gmail.com.



[mental health](#) | [art](#) | [wellbeing](#) | [depression](#) | [anxiety](#) | [mental wellbeing](#)

North Tyneside Art Studio



01912961156



info.ntartstudio@gmail.com



Linskill & North Tyneside Community Development
Trust
Linskill Centre
Linskill Terrace
North Shields
England
NE30 2AY

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