



# Living Well North Tyneside

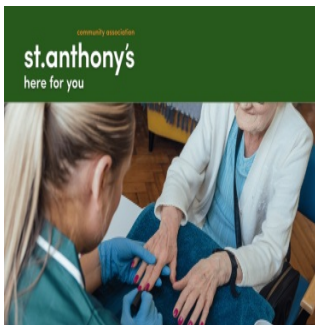
Supporting Health and Wellbeing

- Laundry service
- Therapeutic activities (hairdressing, aromatherapy and nail treatments)
- Variety of fun activities planned by the people who attend the centre
- including bingo, crafts, etc
- Personal care including bathing
- Armchair exercises
- Outings and day trips
- Toast/tea and a homemade 5 star quality rated lunch
- Takeaway teas are available if requested



[community](#) | [support](#) | [activities](#) | [care](#) | [day care](#) | [carers relief](#)

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