



# Living Well North Tyneside

Supporting Health and Wellbeing

room. Our current programme of regular Good to Know Groups is now open for new people to join. See the programme of upcoming talks.

## What happens at a Good to Know Group?

Good to Know Groups take place most weeks and last around an hour. At each group we invite a different guest speaker to come and tell us a bit about their organisation and an issue or topic that matters to them. There's always a chance to learn something new, to ask questions and to hear about other people's experiences.

## Upcoming talks

To sign up for any of the talks, please call our freephone Helpline on 0800 319 6789 or email [telephone.services@independentage.org](mailto:telephone.services@independentage.org).



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0800 319 6789



[telephone.services@independentage.org](mailto:telephone.services@independentage.org)



<https://www.independentage.org/get-support/telephone-groups/good-to-know-groups>

Last Updated - 27th November 2023



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