



# Living Well North Tyneside

Supporting Health and Wellbeing

11.30am.

All are welcomed to come along to Holy Saviour's Parish Centre, Tynemouth.

The group is FREE and you should bring your own work and materials. Some donated wool is available for use.

For more information please contact 0191 257 6250 [office@holysaviours.org.uk](mailto:office@holysaviours.org.uk)



knitting | knit and natter

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0191 597 9815



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