



Living Well North Tyneside

Supporting Health and Wellbeing

The Twisting Ducks Core Group - Mondays - Heaton Centre - 10.00 - 3:30pm

This group is for people who live in Newcastle, but is currently full. If you would like to be added to the waiting list, please contact us.

Spectrum Theatre Company - Thursdays - Northern Stage Theatre - 10.00 - 3:00pm

This group is for people who live in Newcastle, but is currently full. If you would like to be added to the waiting list, please contact us.

Sunderland Platform - Fridays - Washington Arts Centre - 10.00 - 3:00pm

This group is for people who live in Sunderland.



[learning](#)

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[young adults](#) |

[performance](#) |

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Funded Programmes



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<http://www.thetwistingducks.co.uk>



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