



**Living Well**  
North Tyneside  
Supporting Health and Wellbeing

## Family Hub - Howdon Family Hub

Howdon Family Hub provides a number of interesting and accessible activities and groups for children from 0-5 Years.

Activities include:

- Curious Creators (0-5 years): Monday, 1:30-3 pm
- Brilliant Babies (0-2 years): Tuesday, 1:30-3 pm

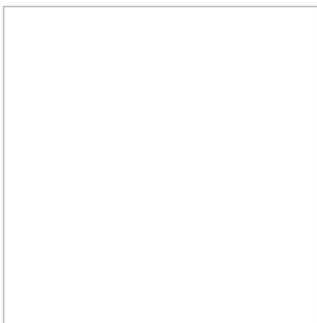
All of our activities are free.

For more information please contact reception on 0191 643 2229.



[childrens](#) | [art](#) | [baby sensory](#) | [toddler group](#) | [baby group](#) | [sensory room](#)

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<https://my.northtyneside.gov.uk/category/495/family-hubs>



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