



# Living Well North Tyneside

Supporting Health and Wellbeing

meetings, therapy, arts and crafts to fitness and wellbeing activities in a variety of spaces and smaller meeting rooms.

Hire by the hour, part or whole days or on a regular basis. Our rates are friendly, flexible and competitive.

Contact us to discuss your needs by e-mail and we will call you back [hello@whitleybaybiglocal.org](mailto:hello@whitleybaybiglocal.org) or [visit our website](#)



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