



Living Well North Tyneside

Supporting Health and Wellbeing



A friendly social prescribing gardening group is welcoming new members in Wallsend, offering a relaxed way to get outdoors, meet others and support wellbeing.

The group meets every two weeks at the small garden space next to the Verandah Café in Richardson Dees Park. Open to everyone, it provides a flexible space where people can get involved in digging, planting and weeding, or simply enjoy some fresh air and company.

No gardening experience is needed and there is no need to book. The sessions are designed to be informal and accessible, with people free to take part at their own pace.

Run as part of the Wallsend Social Prescribing Service, the group supports both physical and mental wellbeing through gentle activity, social connection and time spent in nature.

Sessions take place from 10.30am to 12.30pm on the following dates:

June: Wednesday 3 and Wednesday 17

July: Wednesday 1, Wednesday 15 and Wednesday 29

August: Tuesday 11 and Wednesday 26



Park Lodge, North Rd, Wallsend
NE28 8RH



Last Updated - 1st June 2026



