



Living Well North Tyneside

Supporting Health and Wellbeing

 **Time:** 11:00am - 1:00pm

 **Cost:** No Cost

 **Type:** Face to Face

Here to There is a FREE programme offering creative workshops and walks for anyone 55+.

Facilitated by artists and creatives across three locations in the North East, we invite you to engage with the programme, tap into your creativity, and socialise with locals over a cuppa.

Wed 24th July – Low Lights in North Shields led by environmental artist Ali Elly- 11am to 1pm

This is an excellent activity to do with a friend, family member or neighbor. Spread the word and join us.

Please to let us know you are coming via registering in the form. Spaces are limited.



[55+](#) | [Walking groups](#) | [social activities](#) | [older people](#) | [creative](#)



 0191 241 4931

 info@helixarts.com



Helix Arts
54A Saville Street
North Shields



<https://www.helixarts.com/work/here-to-there-north-tyneside/>



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Sign Up for Living Well North Tyneside

Get all the latest news and information to help you to live well locally

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