



# Living Well North Tyneside

Supporting Health and Wellbeing



**Type:** Face to Face

Sarah's Star supports people affected by incurable illnesses, including their families, friends and health professionals. We provide holistic therapies and educational resources to help people feel listened to, positive and purposeful as part of a supportive community.

Come join us at the Mitford Room, Linskill Centre for a fun and creative decoupage event! Whether you're a seasoned pro or a beginner, this is the perfect opportunity to get crafty and make something beautiful. We'll learn how to use napkins and paper to decoupage a simple jam jar transforming it in to a tealight holder which can be used either indoors or outdoors!

Mitford room, Linskill Centre, North Shields, NE30 2AY



[relaxation](#) | [craft group](#) | [disabilities](#) | [support and care](#)

Decoupage Making



07467688860



[info@sarahs-star.org](mailto:info@sarahs-star.org)



Mitford Room





# Sign Up for Living Well North Tyneside

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

[Subscribe Now](#)

