



# Living Well North Tyneside

Supporting Health and Wellbeing



**Time:** 1:00pm - 4:30pm



**Cost:** No Cost



**Type:** Face to Face

We meet once a month at the White Swan Centre (typically fourth Tuesday of the month 1pm to 4.30pm).

These are drop-in sessions, so people can come along and stay for as long as they want. There is tea and coffee available.

Upcoming sessions:

Tuesday

27th August 1pm to 4.30pm

24th September 1pm to 4.30pm

29th October 1pm to 4.30pm

26th November 1pm to 4.30pm

Follow us on Facebook@autismbettertogether for updates.

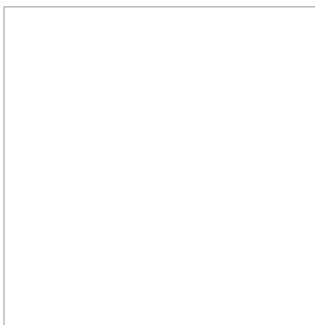


Autism

[autism](#) | [awareness](#) |

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White Swan Centre  
Killingworth  
Newcastle Upon Tyne



Last Updated - 13th August 2024

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