



# Living Well North Tyneside

Supporting Health and Wellbeing

**Time:** 10:00am - 12:00pm



**Cost:** No Cost



**Type:** Face to Face

Free weekly term-time sessions for new parents on Tuesdays, 10:00am to 12:00pm at Wallsend Library.

Are you a new parent? We would love to see you at one of our weekly drop-in sessions, where you can discuss parenting challenges in a supportive and friendly environment with our trained volunteers.

Please follow our [Facebook page Best Start North Tyneside](#) for updates and holiday sessions.

For more information, please contact [beststart@voda.org.uk](mailto:beststart@voda.org.uk)

While the main focus will be on breastfeeding, our trained volunteers also offer support on safe sleep, coping with crying, mental health, infant feeding, signposting and understanding your baby's needs. Refreshments provided.



[Young  
parents](#) |

[parents support  
group](#) |

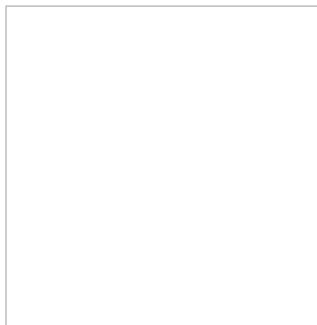
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Wallsend Customer First Centre  
16, The Forum,  
Wallsend



<https://voda.org.uk/our-projects/best-start/>

