



# Living Well North Tyneside

Supporting Health and Wellbeing

**Time:** 1:30pm - 2:30pm

**£**

**Cost:** No Cost



**Type:** Face to Face

**Mini Movers** is for children aged **2 to 4 years** old and is a great opportunity for them to be active and try healthy foods.

During the session the team delivers a variety of activities to develop the following skills:

- Agility
- Balance
- Co-ordination
- Numeracy
- Literacy

Parents and carers can have fun supporting their child during the session, while taking advantage of advice on healthy eating from our qualified team.

At each session there will be free resources around healthy living and ends with some singing and dancing.

There is no need to book and sessions are free of charge.

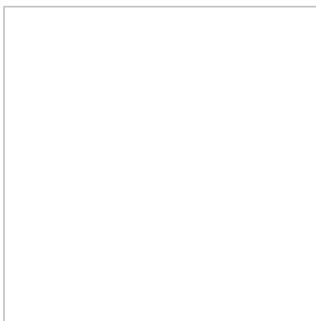
A valid resident eusecard is required for sessions at The Parks Sports Centre.



[kids](#)  
[activities](#)

[Children](#)  
[activities](#)

[active](#) | [sports](#) | [2-4 years](#)



0345 2000 101

active@northtyneside.gov.uk

The Parks  
Howdon Road  
North Shields

<https://www.activenorthtyneside.org.uk/mini-movers>

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