



Living Well North Tyneside

Supporting Health and Wellbeing

Time: 11:00am - 12:00pm



Cost: No Cost



Type: Face to Face

Second Thursday of the month at 11:00am

Please arrive 15 minutes before the start time.

Meet outside the Verandah Cafe in Richardson Dees Park, Wallsend, NE28 8RH.

This walk caters to all abilities and is on paved footpath. The walk will take approximately **40-60 minutes**, with opportunities to stop on route.

There is an option to shorten the walk and visit a café where you can have a cuppa to finish.

Please dress appropriate for the weather and bring a bottle of water.

Contact: Robbie: 07708485778

Busses to meeting point: 1, 41A, 91, 392, 306 and 308



[social](#)

[prescribing](#) |

[Walking groups](#) | [outdoor](#)

Related Documents

- [Wallsend PCN Social Prescribing Walking Group.pdf](#)



07708485778



nencicb-nt.DL-

WallsendPCNSocialPrescribers@nhs.net



Outside Verandah Cafe

Last Updated - 9th January 2025

