



# Living Well North Tyneside

Supporting Health and Wellbeing

**Time:** 1:30pm - 3:00pm



**Cost:** No Cost



**Type:** Face to Face

These sessions are for children 0-3years and are a mixture of sensory activities, physical activities all designed to support early development.



[babies](#) | [kids](#) | [sensory activities](#) | [physical activities](#) | [0-3](#) | [early development](#) | [children](#)



0191 643 2229



Howdon Family Hub  
11a Howdon Lane  
Howdon



<https://my.northtyneside.gov.uk/category/495/family-hubs>



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