



Living Well North Tyneside

Supporting Health and Wellbeing

Time: 1:00pm - 2:30pm

£
Cost: No Cost

 **Type:** Face to Face

This is a drop in session for new mums that runs alongside the well-baby clinic at Howdon and is aimed at providing information to new mums about what's available to them in the community, advice about healthy lifestyle from the Active North Tyneside team and socialising with other new mums.




[mums](#) | [mams](#) | [moms](#) | [support](#) | [advice](#)



 (0191) 643 2229

 Howdon Family Hub
11a Howdon Lane
Howdon

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



Last Updated - 12th February 2025





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