



Living Well
North Tyneside
Supporting Health and Wellbeing

Hand in Hand

A warm welcome awaits anyone over 65 at our clubs in Wallsend and Heaton. Our aim is to prevent older people becoming socially isolated.

Our club at Trinity Methodist Church in Wallsend meets every Tuesday from 12-2.30. We start with a 2 course home cooked lunch followed by time for a chat, activities and reminiscing.

The Heaton club meets every Tuesday 1.30-3.30 for a chat, activities and reminiscing over a cup of tea.

PLEASE EMAIL sandra.l.grant@hotmail.co.uk OR CALL 07968 732252 FOR MORE INFORMATION OR TO ARRANGE A VISIT



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@HandinHandNewcastle

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Services

No Services

Events

No Events

Activities

No Activities
