



Living Well North Tyneside

Supporting Health and Wellbeing

Howdon and Winton, we operate Howdon Community Hub and Howdon Road Care Centre. From the public facing centre we operate a programme of activities and sessions for people of all ages. The Hub also houses a gym, garden and outdoor sports courts. Howdon Community Hub is a safe space for people to engage with their community and improve and maintain their physical and mental wellbeing.

We are members of the **Mental Health Alliance**. You can read more about it [here](#).



0191 209 0092



admin@familygateway.co.uk



Howdon Community Hub
Denbigh Ave
Wallsend
NE28 0PP



<https://www.familygateway.co.uk>



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@howdonhub



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Services

Activities @ Howdon Community Hub
Family Support Services

Things to do

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