



Living Well North Tyneside

Supporting Health and Wellbeing

We have a lovely welcoming reception where people can chill , have a coffee (and cake!), meet friends, chat, play chess and feel safe!

We provide the following:

- essential food and clothing
- Everyday English lessons
- 1:1 essential support sessions for service Users.
- Volunteering opportunities
- Happy to chat sessions
- Fit and well Programme
- Sewing class
- Ladies Yoga
- Football
- Lots more...

We have a steady team of dedicated volunteers who work with our client group either face to face or as trustees responsible for the governance of the Charity.

We have staff 4 members:

Joan Hault- CEO

Clare Campbell- Volunteer Coordinator

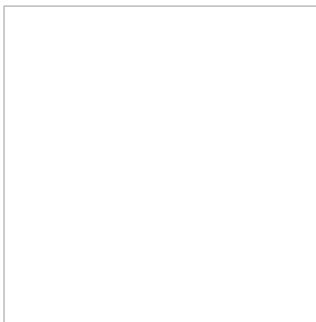
Shams Mousa- Fit and Well Coordinator

Barbara Scotland- Receptionist/Admin

We are funded thorough the support of grant providers.


We also receive ad hock support from community groups, schools, churches and individuals, who provide us with food, clothing, household goods without which our client group would find life very difficult indeed. Our work has been recognised in June 2019 through the award of the Queen's Award For Voluntary Service, the community group equivalent of the MBE. We work in partnership with a number of organisations which are sympathetic to our aims and objectives, including North Tyneside Council.

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



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 @WalkingWithInNorthTyneside

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Services

No Services

Things to do

No Activities

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