



# Living Well North Tyneside

Supporting Health and Wellbeing

- Help with digital skills and getting into work
- Affordable after-school club for 8-13 year olds.
- Joinery workshop.
- Volunteering opportunities
- Free access and support around IT and accessing the internet
- Music Sessions for Well Being
- Yoga and dance
- Room Hire

We have lots of drop in activities that are advertised on our social media and website, or you can give us a call to find out more!

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

The Meadows



0191 3410033



[info@themeadows.community](mailto:info@themeadows.community)



The Meadows  
Waterville Road  
North Shields  
Tyne and Wear  
UK  
NE29 6BA



<https://www.themeadows.community>



@themeadowscomm



@themeadowscommunitycentre



@themeadowscommunitycentre

Last Updated - 14th August 2024



## Services

Alternative Education Provision

Connected Kid's Club

Positive Pathways

Thrive - Day Care Provision

DEVELOP IT SKILLS

## Things to do

No Activities

# Sign Up for Living Well North Tyneside

Get all the latest news and information to help you to live well locally

[Subscribe Now](#)