



Living Well North Tyneside

Supporting Health and Wellbeing

Our light and airy bistro is the ideal place to meet up with friends (or make new ones), or to have a cup of tea and a cake while waiting to pick up the kids from school. From quality nutritious meals and snacks to delicious coffee and cakes, all of our items are at very affordable prices.

NOURISH Food Store

We're committed to ensuring nobody goes hungry. We work with local shops, supermarkets, and the community at large, to make food available to those who need it through our community membership store. We support people to reduce their food costs, allowing opportunities to better manage their other expenses.

You don't have to live locally or be on benefits to shop here - come and supplement your weekly shop from our Food Store for only £4 (and £1 to join).

Advice, Support, and Wellbeing

If you need support, or are unsure where to turn, or feel isolated, our team of skilled staff are available for 1:1 and group sessions to support you.

Gambling Support

Do you feel that your gambling (or the gambling of someone close to you) is having a negative effect on your life? Is it affecting your finances, your relationship, or your mental health? Or maybe you want to help your community by becoming more gambling aware. Ask about our free Gambling Awareness Workshop,

Drop-in Sessions

We host a number of drop-in sessions. Amy Anderson gives benefit advice, PIP support, and Housing Advice. Citizen's Advice give advice and support on a number of issues, and Shelter can help you with issues around poor or unsuitable housing.

Learning for Life

We have a range of Catering and Health and Social Care courses which can assist you in your future employment. Our aim is to provide practical, useful courses to enable you to access employment, and to become financially independent. The courses also offer you the opportunity to gain and build confidence, to meet new people and to avoid isolation. We give support to all our students, to access, enrol and complete the courses and to move forward into employment.

Courses are open to all residents over the age of nineteen in the North of Tyne area regardless of ability, ethnicity, or gender.

Community Activities

Throughout the week, we run a range of community activities, such as Crafts Club, Knit and Natter, Bingo, and Weigh-In Wednesdays. We also host one-off workshops (e.g. Flower Arranging, Collage) and short courses (e.g. singing). Check the website or our Facebook Page for more information about what's going on.

Community Library

Looking for something new to read? Why not find out more about our community library and monthly book club?

Early Years

Pop along with your little ones and make the most of our fun and creative family playroom. Open play sessions with planned activities available Monday to Friday, including Fit Mums and Young Mums sessions.

Evergreens (50+)

Our Evergreens group meet for a weekly Brunch Club on Tuesdays and organise a number of other activities throughout the year.

Kit Club

On Thursdays we host the North Tyneside Council's Kit Club, where you can help to achieve your fitness goals by getting some free sports kit.


Volunteering

None of the work we do would be possible without the invaluable help of our volunteers. People volunteer to fill in


some spare time, to give back to the community, or to improve their confidence and employment skills. If you're interested in volunteering, please get in touch to see what opportunities we might have for you!

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



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Services

Community Activities

Advice, Support & Wellbeing

Things to do

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