



Living Well
North Tyneside
Supporting Health and Wellbeing

M.A.P.S.S (Mental health And physical support services). At 'The Little Community Hub'

A group lead, not for profit organisation, promoting mental health and physical well-being, within a safe and comfortable environment, at 'The little community hub' North Shields.

We offer:

COMMUNITY DROP-IN SESSIONS:

MON, TUE, WED -11 AM-1 PM

SAT-11 AM-2 PM

CUPPA, CHAT, RUMMAGE SALE, ACTIVITIES, ADVICE.

NO BOOKING REQUIRED/PAY AS YOU PLEASE

MEN'S CLUB/MARRAS

MONDAYS-1.30PM-3PM

CUPPA, CHAT, SHARE YOUR SKILLS AND HOBBIES, 1-1 SUPPORT AVAILABLE

NO BOOKING REQUIRED/SUGGESTED DONATION £2

HEALTH AND WELL-BEING FOR ALL

TUESDAYS-1.30 PM-3 PM

FUN EXERCISE, WALKS, TALKS, ALTERNATIVE THERAPIES, NUTRITION AWARENESS, GUEST SPEAKERS

NO BOOKING REQUIRED/SUGGESTED DONATION £2

WOMEN'S CLUB/HINNIES

WEDNESDAYS-1.30PM – 3 PM

CUPPA, CHAT, SHARE YOUR SKILLS AND HOBBIES, 1-1 SUPPORT AVAILABLE

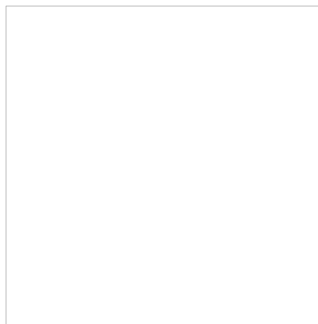
NO BOOKING REQUIRED/SUGGESTED DONATION £2

Email:InfoMAPS23@mail.com

Donation link: localgiving.org/charity/Mentalhealthandphysicalsupport

Find us on Facebook <https://www.facebook.com/profile.php?id=100092756256479>

For all enquiries, please send a Facebook message, or email



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Last Updated - 4th October 2023



Services

Warm welcome

Events

No Events

Activities

No Activities
