



Living Well North Tyneside

Supporting Health and Wellbeing

US Active supports young people across Tyne and Wear aged between 12 and 25 with or at risk of developing mental health difficulties, helping them to become physically active and transform their lives.

Our mission is to engage young people in a sport or fitness activity of their choice in order for them to experience the mental health benefits of physical activity and exercise. We work with young people either one to one or in a group setting and our activities are free.

The programmes we arrange for individual young people are personalised and based on their needs and interests so each 'US Journey' will be different. We encourage each young person to identify their own choice of sport or activity because we believe this will make it easier for exercise to become an enduring part of their life.

Each young person will join US at a different stage in their wellbeing and fitness journey, and so this is our starting point. Together we create a plan that provides the right support and removes the barriers to getting and staying active: support from family and friends, our dedicated team and coaches, local venues and sessions.

With ongoing support and regular reviews with one of our team, each US journey will change as our participants become increasingly independent and confident being active.

We accept referrals from organisations working with a young person, from parents, and self referrals.

US Active



07397189965



info@usactive.org.uk



We work with the young people to develop a personalised programme therefore venue location is based on where is accessible for the individual. We have links to many activity providers and sporting organisations and venues across the region.
NE3 4BD



<https://www.usactive.org.uk>



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Services

No Services

Things to do

No Activities





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