



their health and wellbeing.

We enable them to access local services based on what matters to them. This may mean they get involved in:

- Social or community activities or groups
- Increasing fitness levels
- Improving mental or emotional health
- Finding support with practical issues

Our Social Prescriber will support children and young people to identify what changes they would like to make, make plans with them to address these and support them to achieve their goals.



social prescribing | young people | Health & Wellbeing | emotional support | mental health





01912575758



info@mindstars.co.uk



Mindstars CIC
Unit 17,
Albion House,
21 West Percy Street,
North Shields
NE29 0DW



<https://www.mindstars.co.uk>



Last Updated - 6th December 2023

Sign Up for Living Well North Tyneside

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

[Subscribe Now](#)