



Living Well North Tyneside

Supporting Health and Wellbeing

A full breakdown of our timetable is available in the "Activities" tab.



[community](#) | [mental wellbeing](#) | [community cafe](#)



0191 209 0092



howdonhub@familygateway.co.uk



Howdon Community Hub
Denbigh Ave
Wallsend
NE28 0PP



<https://howdoncommunityhub.co.uk>



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