



Living Well North Tyneside

Supporting Health and Wellbeing

Sometimes we have games such as 'Name the Cuddly Toy' and we have a party at Christmas.

Our members vary - some have been newly diagnosed and others for many, many years. So there is a wealth of advice and experience that can be drawn on.



[support group](#) | [fibromyalgia](#) | [information](#)



07513 273603



NCLFibrogroup@outlook.com



Oxford Centre
West Farm Avenue
Longbenton
Newcastle upon Tyne
NE12 8LT





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