



Living Well North Tyneside

Supporting Health and Wellbeing

There are different programmes for the Easter, Summer and Christmas holidays with activities such as trampolining, swimming, cooking classes and sport.

It's the perfect opportunity for children to try new activities and find new hobbies and interests, as well as explore new flavours and foods with healthy meals and snacks; so parents can buy with confidence in future knowing the smaller members of the family are on board!

'ease INTO' supports families during the school holidays when keeping children and young people entertained, getting them moving, and planning three meals a day can bring added pressure, financially and otherwise.

The activities will engage, entertain, and enrich young people's lives during their time off school, encouraging them to develop a lasting interest in new sports and activities, and supporting a nutritionally balanced diet.

If you have any queries or questions on 'ease INTO', email easeinto@northtyneside.gov.uk



[Children activities](#) |

[HAF](#) | [holidays activities fund](#) |

[family support](#)

ease INTO programme



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<https://my.northtyneside.gov.uk/category/1546/ease-programme>



Last Updated - 11th July 2024

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