



Living Well North Tyneside

Supporting Health and Wellbeing

If you are interested in joining us get in touch to request a referral form. Email wellbeing@tynesidemind.org.uk or Call 0191 477 4545

For information about the support services available in your area, go to www.tynesidemind.org.uk




[nature club](#) |

[nature](#) | [mental health](#) |


[Mental Health services](#) |

[wellbeing](#)

Wellbeing in Nature

 0191 477 4545

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