



# Living Well North Tyneside

Supporting Health and Wellbeing

- Northumberland Park (Tynemouth),
- Rising Sun Country Park,
- Springfield Park (Forest Hall)
- Tynemouth Park and
- Wallsend Parks.

Please see individual service entries under PARKS for more information about facilities at each location.

## Events

There are lots of events happening in all parks across North Tyneside. To find out about and book events please click [here](#)

You can then search for the individual parks listed above.



[outdoor](#) | [parks](#) | [orienteering](#) | [environmental education](#)

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Rising Sun Country Park  
Whitley Road  
Benton  
UK  
NE12 9SS



<https://my.northtyneside.gov.uk/category/1646/parks-and-play-facilities>



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