



# Living Well North Tyneside

Supporting Health and Wellbeing

We already have groups including a film group on a Wednesday to a more a general Saturday meet and mooch group to a health and wellbeing activities. This opportunity would also be good for anyone who has skills in a particular area which might like to lead a group on e.g. If you are a dance instructor you could do a dance group etc.

This could be a good opportunity for someone doing a teaching qualification to gain experience running workshops for adults with learning disabilities and/or mental health issues or someone interested in volunteering in general.

#### Responsibilities:

- Meet Friendship Finders at an agreed meeting place if they don't know how to get to the group unaided
- Help set the group up
- Provide encouragement and support for Friendship finders at the group
- Make sure Friendship Finders get their taxis or home safely

#### FANE groups

1. Art group
2. Dance group
3. Film group
4. Meet and Mooch group
5. Get out there group
6. Games group(Pool group)
7. Badminton group
8. Gateshead Social

Our groups run in Newcastle but we have welcomed volunteers from North Tyneside to apply to volunteer with us please complete an [application form](#)

to attend any of our groups you will need to complete a guest application, Please ring Keelie on 0191 231 4327



[disability](#)  
[learning disabilities](#) | [support](#) | [volunteering opportunities](#) | [art group](#) | [film group](#) | [gardening group](#) |  
[dance group](#) | [meet and mooch](#) | [museum group](#)

Group Support



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