

WELCOME TO

# NORTH TYNESIDE



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Bienvenidos

خوش آمدید

Witamy was

Bienvenue

"أهلاً وسهلاً"

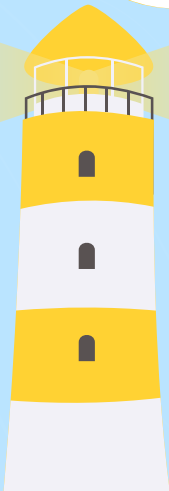
Benvenuti

Ласкаво просимо

Bì xêr bì

Hoş geldin

Hoş geldiniz



beach



A COMMUNITY GUIDE TO THE LOCAL AREA

# WELCOME TO NORTH TYNESIDE



## WHAT IS INSIDE THIS BOOKLET?

Page 3 - Places to go in North Shields

Page 7 - Places to go at the Coast

Page 10 - Places to go in Wallsend and Howdon

Page 14 - Places to go in the North

Page 18 - Health & Wellbeing

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## KEY

Look out for these symbols as you browse this booklet



Free Activities



Activities you pay for



Outdoor Activities



Information and Advice



Groups



Scan the QR codes  
for further information



Family Activities

# PLACES TO GO IN NORTH SHIELDS



## The Meadows

Waterville Rd, North Shields, NE29 6BA

☎ 0191 341 0033



A friendly community centre with garden, café, and play area. Open to all ages. You can also volunteer there.



[www.themeadows.community](http://www.themeadows.community)

## Linskill Centre

Linskill Terrace, North Shields, NE30 2AY

☎ 0191 257 8000



There are lots of groups and activities. For example, yoga, zumba, creative writing, community garden and baby groups. You can also volunteer there.



<https://linskill.org>

## NT LIFE Recovery College

109-110 Howard Street, North Shields, NE30 1NA

☎ 0191 323 2040



Free groups and courses to support good mental health and wellbeing, led by people with experience.



bit.ly/NTLife



## YMCA North Tyneside

Church Way, North Shields, NE29 0AB

☎ 0191 257 5434



Gym, café, nursery activities, and children's groups. You can also volunteer there.



www.ymcanorthtyneside.org



## Cedarwood Trust

Avon Avenue, North Shields, NE29 7QT

☎ 0330 094 8454



A community centre with a community food shop, learning, and social groups and support. You can also volunteer there.



www.cedarwoodtrust.com





## Teakisi

Royal Quays Business Centre,  
The CAI Building, Coble Dene, NE29 6DE [Office]

☎ WhatsApp (Text Only) 07553195573

FREE



This organisation supports equality and inclusion in the community. They have an African women's network, a library called Tales Without Borders, and coffee meetups. They also run events.



<https://teakisi.com>



## Fish Quay

Clifford St, North Shields, NE30 1JA

FREE



It's an old fishing area. Now it's busy with restaurants and local history information. You can see the sea and the River Tyne. There are interesting statues and monuments. You can also visit the Old Low Light heritage centre.



[bit.ly/FishQuay](http://bit.ly/FishQuay)



## North Shields Library

Northumberland Sq, NE30 1QU

☎ 0191 643 5270

FREE



The Library in North Shields is really helpful. They run children's activities, and it's a good place to find out about local events.

Free Wi-Fi, books, and audiobooks. It is free to join. You can borrow books and use the computers. The Hub is also a contact point for council services, connecting residents with the right support and advice.



[bit.ly/NTRLibraries](http://bit.ly/NTRLibraries)



## Chirton Dene Park

North Shields, NE29 6XL



A nice nature walk between West End Park and Redburn Dene. You can go past the marina and the River Tyne.



[bit.ly/ChirtonPark](https://bit.ly/ChirtonPark)

## Northumberland Park

Tynemouth Road, NE30 2ES




A park with nice walks and a children's play area. You can also volunteer there.



[bit.ly/Northumberland\\_Park](https://bit.ly/Northumberland_Park)

## The Bread & Butter Thing – North Shields



 07507 237311



Low-cost weekly food: fruit, vegetables, fridge items, and cupboard staples. You can join as a member, and the food is at a good price. Visit the website to find all of the North Tyneside hub locations.



[www.breadandbutterthing.org](https://www.breadandbutterthing.org)

## Balkwell Community Welfare Association

Top of Heaton Terrace, North Shields, NE29 7LY

📞 0191 296 1985

FREE



Groups and activities for adults and children.



[www.thehut.org.uk](http://www.thehut.org.uk)

## The Parks Leisure Centre

Howdon Rd, North Shields NE29 6TL

📞 0191 643 2700



Sports centre.

There are 5 leisure centres or pools in North Tyneside. You can see a list of them at the link below.



[bit.ly/SportsCentres](http://bit.ly/SportsCentres)

# PLACES TO GO AT THE COAST



## Tynemouth Park

Grand Parade, Tynemouth, NE30 4JS

📞 0191 258 7593

FREE



A park with a lake, play area and activities for children.



[www.tynemouthpark.com](http://www.tynemouthpark.com)

## Whitley Bay Big Local

158 Whitley Rd, Whitley Bay, NE26 2LY

☎ 0191 252 3570

FREE



It's especially  
good for parents  
with small  
children.

There is a community café, a garden and a community shop with food at a good price. There are lots of groups you can join, and children's classes. You can also volunteer there.



[www.whitleybaybiglocal.org](http://www.whitleybaybiglocal.org)



## Whitley Bay Library

York Road, Whitley Bay, NE26 1AB

☎ 0191 643 5390

FREE



A friendly library with Wi-Fi, computers and books, group activities and children's activities.

It is free to join.



[bit.ly/WB\\_Library](http://bit.ly/WB_Library)

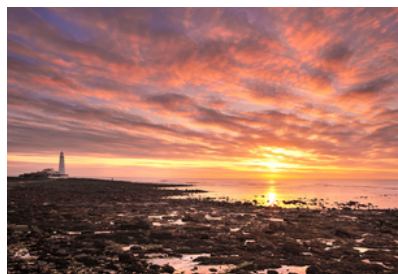


## Whitley Bay - St Mary's Lighthouse

St Mary's Island, Whitley Bay, NE26 4RS

☎ 0191 643 4777

FREE



It's a lovely place to walk and see wildlife.



[bit.ly/SMLighthouse](http://bit.ly/SMLighthouse)



## Whitley Bay Park

144 Park Ave, Whitley Bay, NE26 1AU

FREE



A playpark for children.



[bit.ly/W\\_B\\_Park](https://bit.ly/W_B_Park)

## Marden Quarry

Marden Road South, NE25 8PN

☎ 07811 657129

FREE



A local nature reserve with a big lake. You can walk and see a lots of birds.



[bit.ly/MardenQuarry](https://bit.ly/MardenQuarry)

## Tynemouth

FREE



A seaside town with beaches and Tynemouth Castle and Priory. You can walk on the beach or on the grass.

The beach is beautiful  
and great for kids and walking.  
The weekend market in the Metro  
station is full of interesting stalls.



[bit.ly/Visit\\_Tynemouth](https://bit.ly/Visit_Tynemouth)



# PLACES TO GO IN WALLSEND & HOWDON



## Segedunum

Buddle St, Wallsend, NE28 6HR

☎ 0191 277 1499

FREE



A museum and historic site in Wallsend. It was a Roman fort at the end of Hadrian's Wall. You can walk around the fort, visit the museum, and climb the viewing tower. It is free to visit if your postcode starts with NE28.



[www.segedunumromanfort.org.uk](http://www.segedunumromanfort.org.uk)

## Walking With

Church House, Hugh St, Wallsend, NE28 6RL

☎ 0191 649 8974

FREE



Walking With helps refugees and asylum seekers feel welcome. They provide food, clothing, and English classes.



<https://walkingwith.co.uk>

## Wallsend Library

16 The Forum, Wallsend, NE28 8GR

☎ 0191 643 2075

FREE



The library is a great resource for people moving to the area.

Free Wi-Fi, books and audiobooks. It is free to join. You can borrow books and use the computers. There are community groups you can join, and activities for children.



[bit.ly/WallsendLibrary](https://bit.ly/WallsendLibrary)



## Howdon Library

Churchill Street, Howdon, NE28 7TG

☎ 0191 643 2070

FREE



Free Wi-Fi, books and audiobooks. It is free to join. You can borrow books and use the computers. There are community groups you can join, and activities for children.



[bit.ly/HowdonLibrary](https://bit.ly/HowdonLibrary)



## North Tyneside VODA

2nd Floor, Wallsend Community Hub & Library, 16 The Forum, Wallsend, NE28 8JR

☎ 0191 323 2040

FREE



It's good to have new experiences and learn new things.

You can find out about volunteering. Get help to start a community group. There are also other community organisations in the same building - The Carers' Centre & Healthwatch.



[www.voda.org.uk](http://www.voda.org.uk)



## Richardson Dees Park

Park Lodge North Rd, Wallsend, NE28 8RH

☎ 0191 643 7897

FREE



Playgrounds, woodland walks, wildlife, café. You can also volunteer there.



[bit.ly/RDees](https://bit.ly/RDees)

## Howdon Park

Howdon Lane, Howdon, NE28 0BE

FREE



Playgrounds, woodland walks, wildlife, cafés. Pedestrian Tunnel to Jarrow.



[bit.ly/HowdonPark](https://bit.ly/HowdonPark)

## Family Gateway

Howdon Hub, Denbigh Avenue, Wallsend, NE28 0PP

☎ 0191 209 0092

FREE



Events, sports, and support services at Howdon Community Hub. Volunteers are welcome. The Bread & Butter Thing food project runs from here and you can get good priced food.




<https://familygateway.co.uk>



## St Paul's Partnership

George Street, Willington Quay, NE28 6SL

 0191 280 2594

FREE




There are lots of community wellbeing activities that you can join. There is also a community shop. Volunteers are welcome.



[bit.ly/St\\_PaulsCP](https://bit.ly/St_PaulsCP)

## Anxious Minds

31 Station Road, Wallsend, NE28 6RL

 0191 262 0305

FREE




Mental health support: groups, counselling, community kitchen, work support. You can also volunteer there.



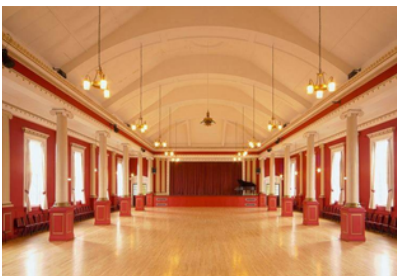
[www.anxiousminds.co.uk](https://www.anxiousminds.co.uk)

## Wallsend Memorial Hall

10 Frank St, Wallsend, NE28 6RN

 0191 263 4852

FREE



Food bank, community groups, community meals. You can also volunteer there.



<https://wallsendmem.co.uk>

## North Tyneside Art Studio

The Forum Shopping Centre, 13 High St W, Wallsend, NE28 8JP

☎ 07586 821804



Art space to support mental health and wellbeing. There is a place you can go in Wallsend Forum. It is free for everyone. They also have groups and classes in other places around North Tyneside.



[bit.ly/NTArtStudio](https://bit.ly/NTArtStudio)



## PLACES TO GO IN THE NORTH



## Lakeside Centre

Southgate, Killingworth, NE12 6SA

☎ 0191 643 4177



A leisure centre in Killingworth with a gym, exercise class studios, main and small swimming pools, a sports hall, and a soft play area.




[bit.ly/LakesideCentre](https://bit.ly/LakesideCentre)



## Springfield Community Centre

Springfield Park, Forest Hall, NE12 9AG

 0191 266 2988




Springfield Community Centre is next to Springfield Park. There are lots of groups like yoga, art, singing, toddler groups, café, and baby-changing facilities. You can also volunteer there.



[www.springfieldcommunity.org.uk](http://www.springfieldcommunity.org.uk)

## Forest Hall Library

Whitfield Rd, Forest Hall, NE12 7LJ

 0191 643 2085



You can borrow books and use the computers for free. There are also groups for adults and activities for children. You can also volunteer in the garden there.



[bit.ly/FH\\_Library](http://bit.ly/FH_Library)

## Did you know?

There are 13 libraries in North Tyneside. You can see a list of all the different libraries at the link below.



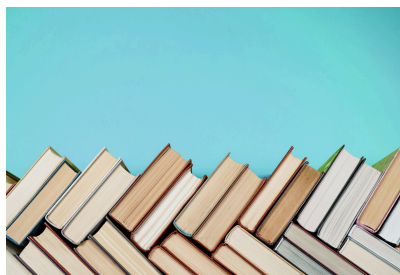
[bit.ly/NT\\_Libraries](http://bit.ly/NT_Libraries)

## John Willie Sams Centre

Market Street, Dudley, NE23 7HS

☎ 0191 643 2030

FREE



Community hub and library. You can borrow books and use the computers. It is free to join. There are community groups you can join. There is also a gym.



[bit.ly/JWSamsCentre](http://bit.ly/JWSamsCentre)

## West Moor Community Centre

Benton Lane, West Moor, NE12 7NP

☎ 0191 216 1005

FREE



A community centre with lots of community groups and activities. They have a community garden where you can volunteer.



[www.wmra.org.uk](http://www.wmra.org.uk)

## White Swan Centre

Citadel East, Killingworth, NE12 6SS

☎ 0191 643 2040

FREE



Classes, council services, library: Free Wi-Fi, books, and audiobooks. It is free to join the library. You can borrow books and use the computers. There are community groups you can join.



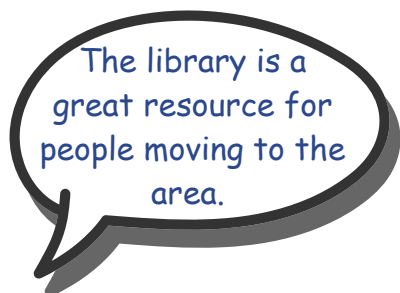
[bit.ly/WSCentre](http://bit.ly/WSCentre)

## Oxford Centre

West Farm Avenue, Longbenton, NE12 8LT

☎ 0191 643 2750

FREE



Health and community hub. Preschool activities, fitness. Library: Free Wi-Fi, books, and audiobooks. There are community groups you can join. Justice Prince charity is based here.



[bit.ly/OxfordCentre](https://bit.ly/OxfordCentre)  
[www.justiceprince.co.uk](http://www.justiceprince.co.uk)

## Waggonways

FREE



Historic walking & cycling paths. Wildlife friendly. Cycle routes are online.



[bit.ly/WaggonWays](https://bit.ly/WaggonWays)

## Rising Sun Country Park

Whitley Road, Benton, NE12 9SS

☎ 0191 643 2241

FREE



A big park with ponds, woodlands, a playground, and a countryside centre. There is a 5km run on Saturdays each week. It is called ParkRun. You can also volunteer there.



[bit.ly/Rising\\_SunCP](https://bit.ly/Rising_SunCP)



# HEALTH AND WELLBEING



The websites below give lots of information on health and medical emergencies.

**NHS 111:** If you think you need medical or mental health help right now. 111 online or on the phone can tell you what to do next.

**999:** the phone number for emergencies

## Advice and information on health, wellbeing and mental health



### Information and advice

[bit.ly/Info\\_Advice](https://bit.ly/Info_Advice)



### What to do when you feel ill

[bit.ly/Feel\\_Ill](https://bit.ly/Feel_Ill)



### Mental health support

[bit.ly/M\\_H\\_support](https://bit.ly/M_H_support)



## Finding a GP or Dentist Online/Phone



[www.nhs.uk/service-search/find-a-gp/](https://www.nhs.uk/service-search/find-a-gp/)




[www.nhs.uk/service-search/find-a-dentist/](https://www.nhs.uk/service-search/find-a-dentist/)



# HELP & SUPPORT



## Citizens Advice

 0808 278 7822




Advice on money, housing, work, benefits.  
Free and confidential.



[www.ntcab.org.uk](http://www.ntcab.org.uk)



## Care and Connect

 0191 643 7474



## Care and Connect



Care and Connect can help you with  
information and advice about local care,  
support, groups, activities, services and  
more.



[bit.ly/Care\\_and\\_Connect](http://bit.ly/Care_and_Connect)



## Aspiring Dreams

16 The Forum, 2nd Floor, Wallsend Customer First Centre, Wallsend,  
NE28 8JR



Supports people from forced migration  
backgrounds to achieve their potential in  
education and employment.  
Mentoring and workshops  
about university and jobs.



[www.aspiringdreams.co.uk](http://www.aspiringdreams.co.uk)



## Right to Remain Online

FREE 



Immigration and asylum advice and support. Understand your case and your rights.



<https://righttoremain.org.uk>



## Consortium - LGBT+ support service See website for a list of organisations

FREE 

Support for people who are LGBTQ+.

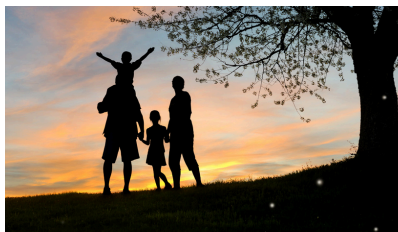


[bit.ly/LGBT\\_Directory](http://bit.ly/LGBT_Directory)



## Family Hubs Scan the code for addresses

FREE 



Family hubs offer free activities, parenting advice, baby groups, and mental health support.




[bit.ly/Family\\_Hubs](http://bit.ly/Family_Hubs)



## Changing Lives Domestic Violence Support Services

FREE 

 0191 251 3305

They offer a range of different services to help people affected by domestic abuse.



[www.changing-lives.org.uk/](http://www.changing-lives.org.uk/)





## Independent Advocacy North East

Room B14, Linskill Centre, Linskill Terrace, NE30 2AY

☎ 0191 259 6662



They help people to speak up about their problems and get their voice heard.



[www.iane.org.uk/](http://www.iane.org.uk/)



## New to the UK

Baptist Church on Howard Street, North Shields, NE30 1AR



Supports refugees and asylum seekers with advice, food, clothing, and weekly drop-ins.



[bit.ly/Churches\\_Together](https://bit.ly/Churches_Together)



## Working Well Hubs

Bedford St, North Shields, NE29 6QF and

The Forum, Wallsend, NE28 8JR

☎ 0191 643 2777



Working well hubs offer confidential support and advice with finding employment or training. They can also help with other financial issues. They have hubs in North Shields and Wallsend.



[bit.ly/Working\\_Well](https://bit.ly/Working_Well)



## Hostnation



People who are refugees or asylum applicants can be matched with a volunteer friend. You can also volunteer to be matched with someone.




[www.hostnation.org.uk](http://www.hostnation.org.uk)



## Praxis - A Migrant's Guide



 020 7729 7985



An interactive guide to support you through your immigration journey in the UK. For migrants, by migrants. Information is available in many languages.




[bit.ly/Praxis\\_Guide](http://bit.ly/Praxis_Guide)



## Everyturn Mental Health Centre – Safe Haven



The Anchorage, 80–84 Park Road, Wallsend, NE28 6QY

 0191 217 3203



A safe place to get help for mental health crisis or distress. They can support with emotional worries, money problems, work issues, housing, relationships, or feeling lonely. Open: 2pm–10pm, every day. Drop in anytime, no appointment needed.



[bit.ly/Crisis\\_Safe\\_Haven](http://bit.ly/Crisis_Safe_Haven)




# ESOL CLASSES



## Tyne Metropolitan College

Battle Hill Dr, Wallsend NE28 9NL

 0191 229 5000

Practice your reading, writing, speaking and listening skills in English.




[bit.ly/TyneMet](https://bit.ly/TyneMet)



## Employment & Skills

Various venues

 0191 643 2288

People who would like help with speaking, listening to, reading or writing English can join a class at their level and work towards ESOL qualifications. There are also conversation groups.




[bit.ly/Employment\\_Skills\\_ESOL](https://bit.ly/Employment_Skills_ESOL)



## Walking With

Church House, Hugh St, Wallsend, NE28 6RL

 0191 649 8974


English classes for refugees and people seeking sanctuary.



<https://walkingwith.co.uk>



## Roots for Change

 07534 724235

English classes online or in the community at different times.



[www.rootsforchangeuk.com](http://www.rootsforchangeuk.com)



# FAMILY ACTIVITIES



## Mumspace North Tyneside

St. Cuthberts Church, Albion Road West, North Shields, NE29 0JB

FREE



☎ 07950 426786



A group of friendly mums who meet to share the ups and downs of being a mum. There are toys and activities that your children can enjoy and time when mums can talk, share, listen and learn together. They also have a group in Wallsend.



[bit.ly/MumSpace](http://bit.ly/MumSpace)



## Westmoor Playground

West Bailey, Killingworth, NE12 6TN

FREE



Westmoor Playground is in Killingworth Lakeside Park, a popular spot for families and wildlife with a lake, woodlands, open spaces, and play equipment.



[bit.ly/Killingworth](http://bit.ly/Killingworth)



## Baby Equipment Loan Service and Toy Library

Footprints Day Nursery & Children's Centre, North Road, Wallsend, NE28 8RH

FREE



☎ 0191 263 5770



It is a library where you can borrow toys. There is a small charge to join.




[www.belsnorthtyneside.org.uk](http://www.belsnorthtyneside.org.uk)



## Riverside Family Hub

Minton Lane, North Shields, NE29 6DQ

 0191 643 8899

FREE



Offers free activities and groups for children aged 0–5 years, including after school board games and crafts, creative stay, play, and learn sessions, SEND drop-in coffee mornings, brilliant babies, healthy child clinic, and a young parents group.




[bit.ly/RiversideHub](https://bit.ly/RiversideHub)



## Howdon Family Hub

11a Howdon Lane, Wallsend, NE28 0AL

 0191 643 2229

FREE



Howdon Family Hub offers free activities and groups for children aged 0–5 years. Activities include creative stay, play, and learn, after school board games and crafts, brilliant babies, young parents group, and healthy child clinic.




[bit.ly/Howdon\\_Hub](https://bit.ly/Howdon_Hub)



## Shiremoor Family Hub

9 Bridge Terrace, Shiremoor, NE27 0TA

 0191 643 2110

FREE



Shiremoor Family Hub offers free activities and groups for children aged 0–5 years. Activities include creative stay, play, and learn, after school board games and crafts, brilliant babies, young parents group, and healthy child clinic.



[bit.ly/ShiremoorHub](https://bit.ly/ShiremoorHub)



You can find out about lots more family activities from your local community centre, religious organisation or library.



## BestStart

FREE



Are you a new parent?


Free weekly term-time sessions for new parents in North Tyneside. They are in North Shields, Whitley Bay, Longbenton and Wallsend.



[bit.ly/Best\\_Start](https://bit.ly/Best_Start)

## Shiremoor Adventure Playground

Brenkley Avenue, NE27 0PR

 0191 643 8300

FREE




A great place for children to run and play safely. A big playground for children. Rope swings, tree houses, ponds. Ages 8+ alone, under 8 with adult.



[bit.ly/ShiremoorPlayground](https://bit.ly/ShiremoorPlayground)

## Bookstart Rhymetime

Battle Hill Library, Battle Hill Drive, Wallsend, NE28 9JE

 0191 643 2255

FREE



Bookstart Rhymetime sessions are 30 minutes of songs and rhyme suitable for babies from 0-18 months. Thursday from 10.00am to 10.30am. It is free. You can also find out about Rhymetimes at other libraries.



[bit.ly/Book\\_Start](https://bit.ly/Book_Start)

# TRAVEL AND TRANSPORT



## Local Bus Services

North Tyneside, Newcastle, and Northumberland. Timetables at stops or <https://bustimes.org/> - Up to 3 children under 12 travel free.



[www.nexus.org.uk/bus/timetables](http://www.nexus.org.uk/bus/timetables)



## Nexus Metro

The Metro connects North Tyneside, Newcastle, South Tyneside, and the Airport. It runs from 6am–midnight. You can download the Pop app to get live times. - Up to 3 children under 12 travel free. You can see here for a video on how to use the Metro.

[www.youtube.com/watch?v=HeayZUG8\\_f8](https://www.youtube.com/watch?v=HeayZUG8_f8)



[www.nexus.org.uk/metro](http://www.nexus.org.uk/metro)



## Shields Ferry

North Shields to South Shields. It takes 7 minutes. You can see the sea and the river. - Up to 3 children under 12 travel free.



<https://www.nexus.org.uk/ferry>



## Citymapper App

Plan journeys across Newcastle & North Tyneside. Available on Apple/Google Play.

# GEORDIE WORDS



**This is your guide to the slang terms you might hear in the area.  
We hope you enjoy trying them out yourselves!**

**Alreet** - means 'alright' but is also used as a greeting instead of 'Hello'.

**Aye** - yes.

**Bairn** - a child.

**Canny** - good or nice.

**Divent** - don't.

**Ha'way** - would be used to mean 'come on'.

**Hinny** - means 'honey' and is a term of endearment.

**Mag/ Magpie** - a fan of the football team Newcastle United.

**Nowt** - nothing.

**Pet** - a term of endearment.

**Why-aye** - meaning 'why, of course'.

**Yem** - home.

**Gan** - going

**Scran** - food



"Shy bairns get nowt"



# USEFUL PLACES



## NORTH SHIELDS AND TYNEMOUTH

### Community Centres

6. YMCA
7. Old Low Light
9. Linskill Centre

### Advice and Information

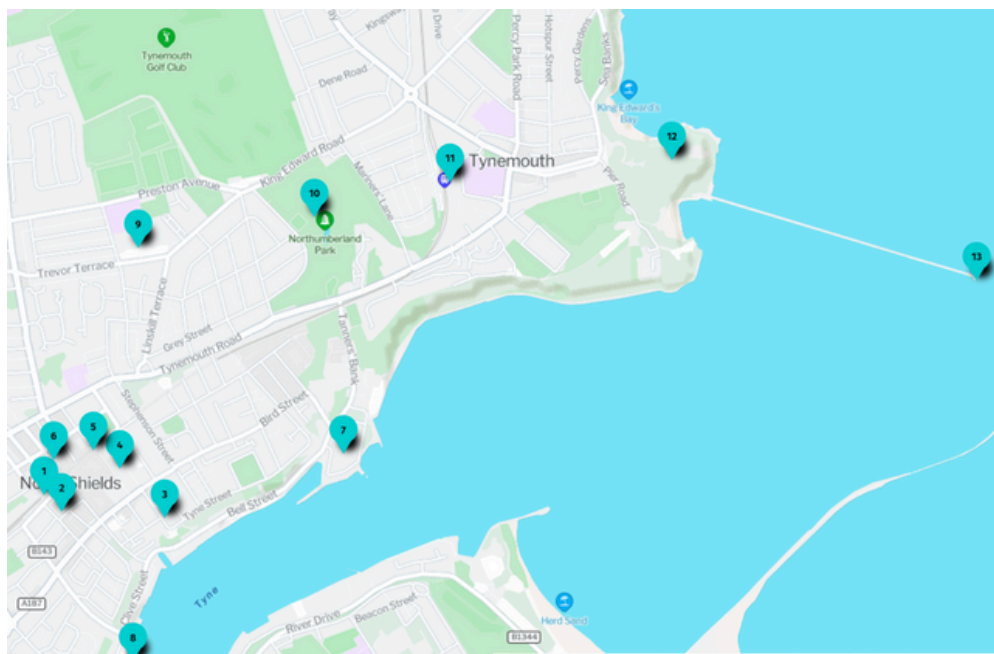
3. NT Life Recovery College
4. New to the UK at the Baptist Church
5. North Shields Library

### Transport

1. North Shields Metro
2. North Shields Transport Hub
8. North Shields Ferry Terminal
11. Tynemouth Metro (& Market)

### Outdoors

10. Northumberland Park
12. Tynemouth Priory and Castle
13. Tynemouth Lighthouse



# USEFUL PLACES



## WHITLEY BAY

### Advice and Information

- 1. Cullercoats Library
- 8. Whitley Bay Library

### Outdoors

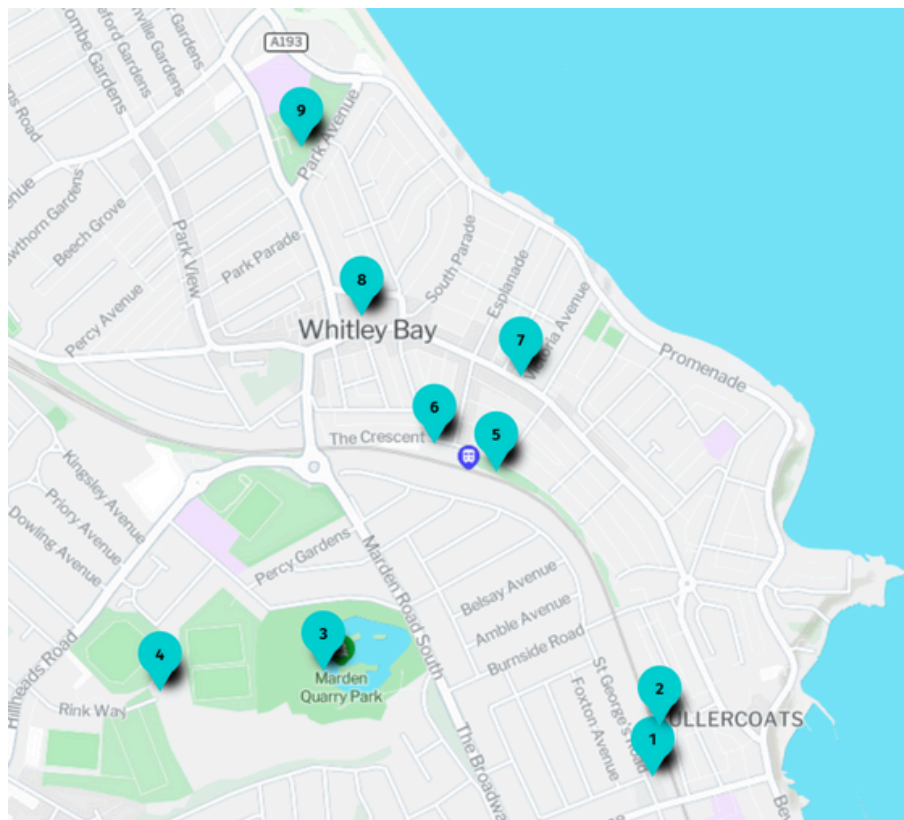
- 3. Marden Quarry Park
- 5. Station Masters' Community Garden
- 9. Whitley Bay Park

### Transport

- 2. Cullercoats Metro
- 6. Whitley Bay Metro

### Community Centres

- 4. The Bread and Butter Thing at Whitley Bay Young People's Centre
- 7. Whitley Bay Big Local



# USEFUL PLACES



## WALLSEND

### Advice and Information

- 5. Anxious Minds at the Creative Wellbeing Centre
- 8. Segedunum Business Centre

### Outdoors

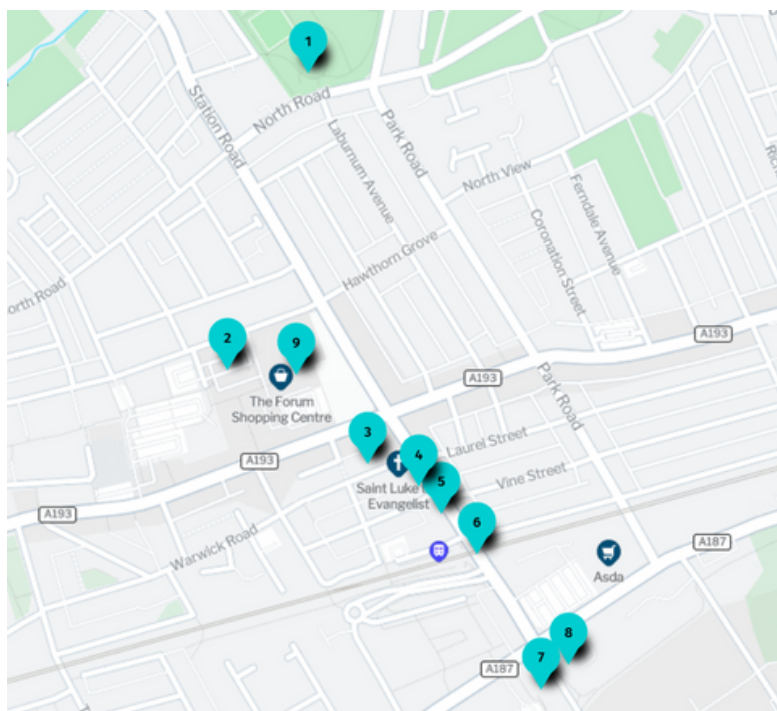
- 1. Richardson Dees Park
- 7. Segedunum Roman Fort & Museum

### Community Organisations

- 2. Wallsend Library (Including VODA and Working Well)
- 3. Wallsend Memorial Hall
- 4. Walking With Centre
- 9. North Tyneside Arts Centre

### Transport

- 6. Wallsend Metro



## **North Tyneside is a great place to live.**

In this mini-guide, residents and community groups have given a few suggestions as a starting point to explore the local area - hidden gems and meaningful personal highlights.

There are so many wonderful community organisations and places to visit, it would be impossible to include them all! You can see more organisations online at [www.livingwellnorthtyneside.co.uk](http://www.livingwellnorthtyneside.co.uk)

These suggestions were compiled from focus groups and individuals across North Tyneside.



With thanks to North Tyneside Participation Team, MumSpace, Walking With, North Tyneside Employment & Skills ESOL service and all of the volunteers who have given their time to make this project happen, including Ellie Avery, Mei Lam, Melissa Baines, Sadiq Rehan, Nada Abdelazim, Idorenyin Odemma and Matt Farrell.