

5 Ways to Wellbeing Drop Ins

Would you like to learn more about supporting your child's (aged 5 – 18 years) wellbeing? Why not drop in and meet children's therapists to discuss 5 steps you can take to improve mental health and wellbeing.

Free resources to take home.

Venue: Blaydon Primary Care Centre, Shibdon Road, NE21 5NW

Date: Thursday 3rd October

Time: Professionals - 14.30 - 15.30 Parents/Carers – 15.30 – 16.30

Venue: Wrekenton Hub, Wrekenton High Street, NE9 7JR

Date: Friday 4th October

Time: Professionals – 9.30 - 10.30 Parents/Carers – 10.30 – 11.30

Venue: Christ Church Felling, Carlisle Street, NE10 0HQ

Date: Wednesday 9th October

Time: Professionals – 10:00 - 11.00 Parents/Carers – 11.00 – 12.00

Venue: Central Library, Prince Consort Road, NE8 4LN

Date: Thursday 10th October

Time: Professionals – 14:30 – 15:30 Parents/Carers – 15:30 – 16:30

Venue: The Winlaton Centre, North Street, NE21 6BY

Date: Thursday 10th October

Time: Professionals – 9:30 – 10:30 Parents/Carers – 10:30 – 11:30

Venue: Whickham Library, 9 Front Street, NE16 4DN

Date: Monday 14th October

Time: Professionals – 14:30 – 15:30 Parents/Carers – 15:30 – 16:30



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Venue: The Baltic, South Shore Road, NE8 3BA

Date: Wednesday 16th October

Time: Professionals – 10:00 – 11:00 Parents/Carers – 11:00 – 12:00

Venue: Birtley Library, Durham Road, DH3 1LE

Date: Friday 25th October

Time: Professionals - 12.00-13.00 Parents/Carers – 13.00 – 14.00

Venue: The Drop In Dunston, Unit 2 Clockmill Road, NE8 2QX

Date: Thursday 31st October

Time: Professionals – 9.00 - 10.00 Parents/Carers – 10.00 – 11.00

