



North Tyneside Social Prescribing Service

Your health and wellbeing service
for anyone over 18

- Improve fitness • Increase mobility •
- Reduce anxiety • Manage depression •
- Learn new skills • Reduce isolation & loneliness •
- Become part of your local community •

A Partnership Initiative



Tyneside Mind is a
registered charity 1140856



Age UK North Tyneside is a
registered charity 1049527



What does the Social Prescribing Service mean for you?

If you are 18 and over and would like to get fit, join in activities, be included in your community, find a new hobby and meet new people Social Prescribing could be the answer to your improved health and wellbeing.

If you feel you could benefit from the Social Prescribing service, just ask your GP or NHS health care professional or simply call 0191 280 8484



How to contact us

Our telephone number
0191 280 8484

Our email and web address

enquiries@socialprescribing.org.uk
www.socialprescribing.org.uk

Our opening hours

8.30am to 4.30pm Monday to Friday

The Social Prescribing Service, Bradbury Centre
13 Saville Street West, North Shields NE29 6QP



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