

**Ages 1-7 years**

**FREE**

# Stay and Play

Children can have fun in the soft play and take part in arts and crafts, while parents and carers get healthy eating and physical activity tips from our staff. No need to book – just come along and join in.

**The Lakeside Centre**

Southgate, Killingworth  
Mondays 3.45pm – 4.30pm

**(Children must be accompanied by an adult.)**

These sessions run during school term time only.

 **Active North Tyneside**

 **@active\_NT**



**(0191) 643 7171**

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NORTH TYNESIDE



North Tyneside Council

**[www.activenorthtyneside.org.uk](http://www.activenorthtyneside.org.uk)**