

The Cedarwood Trust (North Shields)

The Cedarwood Trust is a community centre in the Meadow Well, North Shields. They run a range of community services:

- space for the community to spend time
- **learning opportunities:** They're an Ofsted registered education provider and run a range of courses and a catering academy. They support students to access, enrol, graduate and move onto employment. They can help with costs and travel to help enable you to take part
- **older people support:** for people over 50 years of age
- **early years support for families with young children:** an indoor and outdoor place to play and explore
- **Nourish Store:** members can join for £1. A weekly shop costs £4 and you get up to £15 worth of goods. You can pay an extra £1.50 for fresh fruit and vegetables
- **Nourish Meals made simple:** A low cost meals at home service. Meals cost between £3 and £3.50, and available on a **Mix & Match 2 FOR £5**
- **weekly groups:** such as crafts, bingo and book club
- **information and advice:** from Citizens Advice who run a weekly session at the centre

Last updated: July 3, 2025

Telephone: 0191 2590245

Telephone 2: 07934540292

Telephone 2 note: Nourish Meals Made Simple

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Twitter: <https://twitter.com/CedarwoodTrust>

Facebook: <https://www.facebook.com/pg/cedarwoodtrust>

Opening Hours: Monday to Friday 9am to 4.15pm

Address:
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Avon Avenue

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