

Useful Services in North Tyneside

North Tyneside Carers' Centre

- Advice and information
- Learning sessions and workshops
- Peer support groups
- Counselling
- Breaks and activities
- Action to get carers' voices heard

0191 643 2298
enquiries@ntcarers.co.uk

Dreamshine CIC

- Telephone befriending line 7 days a week
- Chat to a friendly volunteer
- Open to all who may feel isolated

0300 365 8554
www.dreamshine.co.uk

The Cedarwood Trust

- Free meals for residents in need (North Shields)
- COVID Counselling service for anxiety and depression
- Cinema, gardening, craft clubs & coffee mornings
- Community outreach supporting residents to re-engage in physical and wellbeing activities
- Step up into care level 2 certifications
- Second Bite catering academy
- Wellbeing calls

0191 259 0245
info@cedarwoodtrust.co.uk

Good Neighbours

- Custom shopping trips and shopping buddies
- Garden chat and walking volunteers
- Click and collect pick-ups
- Prescription collections
- Wellbeing packs

0345 2000 101
www.voda.org.uk

Age UK North Tyneside

- Emergency hot meals
- Essential shopping support
- Information, advice and guidance
- Carer support and bereavement support
- Telephone befriending
- Virtual social groups
- Healthy Habits (virtual)
- Veterans support

0191 280 8484
www.ageuk.org.uk/northtyneside



NT LIFE Recovery College

- Online resources promoting positive mental health
- Face to face group sessions at Linskill Centre
- September timetable now available ali.donkin@voda.org.uk
- Limited numbers, booking essential www.voda.org.uk

Meadow Well Connected

- Well Together- a range of activities for Mental and Physical Wellbeing including 1 to 1 support from a Specialist Alcohol Worker
- Kid's Club (age 8-13 pre-booked only)
- Help to find work
- I.T. Support
- Community Café **0191 341 0033**
- Community Garden info@meadowwellconnected.org.uk

Pearey House

Supporting people who are blind and visually impaired in North Tyneside.

- Delivering meals
- Shopping
- Supporting people to get back into the community **0191 257 4388**
peareyhouse2@hotmail.co.uk

First Contact Clinical

- Social prescribing service for over 18s who live in, or are registered with a GP in North Tyneside
- Emotional support
- Video or telephone contact
- Signposting advice **0191 432 4829**
- Wellbeing support www.socialprescribing.org.uk

Linskill Centre & Battle Hill Community Centre

- Range of activities (many free) for aged 18+
- A combination of onsite and online such as coffee mornings, fitness classes, heritage talks, bike rides, monthly film club, gardening and photography groups. **0191 257 8000**
- Please book in advance. charlotte@linskill.org



Citizens Advice North Tyneside

- Advice line 9-5pm, Mon-Fri
 - Webchat
 - Universal Credit Helpline
 - Pension Wise service
 - Email website to request call back
- Advice line: 0300 330 9047
Universal Credit: 0800 1448 444
Pension Wise: 0800 138 3944
www.ntcab.org.uk

Re-engage

- Call Companions telephone befriending for aged 75+ living alone or sheltered accommodation
 - They will consider supporting people under 75 on a case by case basis
- 0800 716 543
www.reengage.org.uk

LD North East

- Support and advice to people with learning difficulties and their families
- 0191 262 2261
info@ldne.org.uk

Alzheimer's Society

- Companion calls for anyone living with dementia
 - Online information about dementia - factsheets, blogs, the Talking Point online forum and services
 - Dementia Connect Support Line
- 0333 150 3456
www.alzheimers.org.uk/companion-calls

North Tyneside Arts Studio

- Open to anyone in North Tyneside who is experiencing mental health issues
 - Referral process available on website
- 0191 296 1156
www.northtynesideartstudio.org.uk

Family Gateway

- Delivering free meals to families in Wallsend and Howdon
 - Over the phone and virtual support
 - Providing welfare checks
- 0191 643 7955
www.familygateway.co.uk

MumSpace

- Thursday online social for mums with preschool children
- 07950 426786
www.facebook.com
MumSpace North Tyneside

YMCA North Tyneside

- Care packages, food supplies and activity packages for vulnerable families
- Online youth work sessions
- Mental health support
- Online fitness classes
- Detached outreach work and youth work on the streets

0191 257 5434
www.ymcanorthtyneside.org

Anxious Minds

- Safe online support group
- Drop-in recovery centre Wallsend
- Counselling service
- Anxious Minds radio
- Veterans & Families support

0191 262 0305
www.anxiousminds.co.uk

Live at Home Scheme

- Telephone befriending service
- Online activities
- Writing project
- Carer support

07720 680347
Barbara.Harland@mha.org.uk

Healthwatch North Tyneside

- Information about health and care services
- The independent voice for people using local services, listening to and sharing your feedback to help improve care.

0191 263 5321
www.hwnt.co.uk

Care and Connect

- Provides advice and support to stay independent and connected with the community.

0191 643 7474
care&connect@northtyneside.gov.uk

Walking With in North Tyneside

- Supports asylum seekers, refugees and those without status who are in need in the North Tyneside area.

0191 649 8974
www.walkingwith.co.uk



Ending Loneliness
in North Tyneside



North Tyneside Council