

Care & Connect

is a service for adults in North Tyneside. We help you to stay safe, healthy and independent by providing information and advice about local groups and activities and supporting you to access resources in your community.



Connecting you
to activities and
care services



North Tyneside Council

Care & Connect can help you with:

- information and advice about local care, support, groups, activities and services
- managing your home, maintaining your tenancy
- meeting new people and participating in your community
- finding paid and voluntary work, helping others, training or learning
- advice regarding equipment to help you stay safe in your home
- help to plan for your future care needs
- information about social care



For more information:

Telephone: (0191) 643 7474

Email: care&connect@northtyneside.gov.uk

Or drop in at:

Wallsend Customer First Centre,
16 The Forum, Wallsend, NE28 8JR

Opening hours:

Monday, Tuesday, Thursday, Friday
10.00am - 1.00pm

You can also meet with a Care & Connect navigator in a range of other settings, across North Tyneside. To find out where and when please contact us.



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