

# Useful Services in North Tyneside

## Care and Connect

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

0191 643 7474  
care&connect@  
northtyneside.gov.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
- Wellbeing support

0191 432 4829  
www.socialprescribing.org.uk

## Good Neighbours

- Help with shopping
- Walking, shopping and community volunteer buddies
- Prescription collections
- Get online with Digital Champion volunteers
- Volunteering opportunities

0191 643 2626  
www.voda.org.uk

## 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

## 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



## 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](http://www.dreamshine.co.uk)

## MHA communities North Tyneside

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

07568 611 991  
[Karen.walker@mha.org.uk](mailto:Karen.walker@mha.org.uk)

## Age UK North Tyneside

- 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](http://www.ageuk.org.uk/northtyneside)

## Hullo

- Free phonline open 9am-5pm daily
- Friendly chats with someone new
- Advice and guidance

0800 001 4455  
[www.hullo.org](http://www.hullo.org)

## 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.
- Please book in advance.

0191 257 8000  
[charlotte@linskill.org](mailto:charlotte@linskill.org)

## NT LIFE Recovery College

- Online resources promoting positive mental health
- Face to face group sessions at Linskill Centre
- September timetable now available
- Limited numbers, booking essential

[ntlif@voda.org.uk](mailto:ntlif@voda.org.uk)  
[www.voda.org.uk](http://www.voda.org.uk)



## **LD North East**

- Support for people with learning disabilities in North Tyneside:
- 1:1 Community Outreach support
- Online activities
- Support for pre-school children and families

**0191 262 2261**  
[info@ldne.org.uk](mailto:info@ldne.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
- Community Garden

**0191 341 0033**  
[info@meadowwellconnected.org.uk](mailto:info@meadowwellconnected.org.uk)

## **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](mailto:enquiries@ntcarers.co.uk)

## **Phoenix Detached Youth Project**

- Youth service for young people in the Meadow well, East Howden, Percy Main, Royal Quays and Chirton Estate.
- Help plan activities and develop ideas
- Crisis grants/ gas and electric
- support with food poverty
- Support towards employment
- Physical and mental wellbeing
- support for young families

**0191 258 5806**  
[www.pdyp.org](http://www.pdyp.org)



## 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](http://www.northtynesideartstudio.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](http://www.alzheimers.org.uk/companion-calls)

## Pearey House

Supporting people who are blind and visually impaired in North Tyneside. [peareyhouse2@hotmail.co.uk](mailto:peareyhouse2@hotmail.co.uk)

0191 257 4388

## Deaf Awareness NE

- Sign language sharing
- Health and sports activities
- Deaf support groups

[info@deafawarenessne.org.uk](mailto:info@deafawarenessne.org.uk)  
[www.deafawarenessne.org.uk](http://www.deafawarenessne.org.uk)

## NEH Homeless

- Support for people facing homelessness
- Mental health support
- Social supermarket
- Shower facilities
- Training opportunities
- Food parcels and hygiene supplies
- Advocacy

0800 0834802  
[www.northeasthomeless.org.uk](http://www.northeasthomeless.org.uk)

## Employment and Skills

- Training and skills
- CV building
- Volunteering
- Help finding employment

0191 643 2111  
[employability.skills@northtyneside.gov.uk](http://employability.skills@northtyneside.gov.uk)

## 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](http://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](http://www.anxiousminds.co.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](http://www.familygateway.co.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](http://www.hwnt.co.uk)

## MumSpace

- Thursday online social for mums with preschool children

07950 426786  
[www.facebook.com/MumSpace North Tyneside](http://www.facebook.com/MumSpaceNorthTyneside)

## 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](http://www.walkingwith.co.uk)



Ending Loneliness  
in North Tyneside



North Tyneside Council