



Living Well North Tyneside

Supporting Health and Wellbeing

We offer gentle, practical help to anyone feeling overwhelmed by clutter or disorganisation - no matter the cause or the scale. Whether you're navigating a life transition or simply don't know where to start, we're here to help.

We offer advice and support with:

- Decluttering and organising
- Hoarding behaviours
- Chronic disorganisation
- Homes that feel chaotic or lack organisation
- Transitioning to supported living
- Downsizing or moving home
- Sorting a loved one's belongings after bereavement

Our approach is compassionate, non-judgemental, and tailored to your needs. We work at your pace to help you create a simpler, more manageable space - and a greater sense of ease in your day-to-day life.

A clutter-free, organised environment helps to reduce stress, improves focus, and creates a greater sense of wellbeing.

Contact us today to book your free consultation.
Together we'll create space so you can organise & thrive.

Organise & Thrive



07396953468



info@organisethrive.co.uk



33 Astley Gardens, Seaton Sluice, Whitley Bay
NE26 4JJ

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Services

No Services

Things to do

No Activities

