



Living Well North Tyneside

Supporting Health and Wellbeing

Age UK North Tyneside is a local charity working in the community to support older people, their families and carers. We want everyone to be able to love later life.

We were established in 1972 and have grown to become one of the largest local voluntary organisations in the borough. We have over 350 staff and over 20 volunteers providing a wide range of services for older people in North Tyneside.

Our services include:

- [Free and confidential information and advice](#)
- [Specialist dementia support](#)
- [Fitness classes and social groups](#)
- [Support for veterans](#)
- [Older LGBTQ+ support](#)
- [Help at home](#)
- [Will writing](#)
- And much more...

To find out how we can support you, call us on 0191 280 8484 or [visit our website](#).

Age UK North Tyneside



 0191 280 8484

 enquiries@ageuknorthtyneside.org.uk


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<https://www.ageuk.org.uk/northtyneside/>


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Services

Carer Support Group - Dementia Connections

Dementia Connections- Carer Support Group

Information & Advice | Age UK North Tyneside

Support for Ex-Services | Age UK North Tyneside

Will Writing | Age UK North Tyneside

Admiral Nurses | Age UK North Tyneside

Older LGBTQ+ Support | Age UK North Tyneside

Things to do

Age UK North Tyneside | Keep Fit

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