



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](#)
- [Help at home](#)
- 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
Volunteering | Age UK North Tyneside

Things to do

No Activities



