



Care and Connect

Care and Connect can help you with:

Information and advice about local care, support, groups, activities and services

Finding services to help you manage your home and maintain your tenancy

Meeting new people and participating in your community

Finding information about paid and voluntary work, training or learning

Advice regarding equipment to help you stay safe in your home

Remaining independent for as long as possible

Information about social care services

We can also offer you support to attend groups should you want this. We work with residents to develop groups and often hold community events to bring people together.

Care and Connect Sessions

Care and Connect are based across the Borough. You can pop in and see a Community Navigator, have a cuppa and a chat at:

- Whitley Bay Customer First Centre on Mondays 2PM - 4PM
- Oxford Centre/White Swan Centre alternate weeks on Tuesdays 2PM - 4PM
- Wallsend Customer First Centre on Wednesdays 2PM - 4PM
- John Willie Sams on Thursdays 2PM - 4PM
- North Shields Customer First Centre on Fridays 2PM - 4PM

Come along to our drop in sessions there is no need to book

Please note The services you find listed under Care and Connect in the SIGN directory are not directly delivered by Care and Connect, but are run and managed by the individual organisations and groups listed. Care and Connect aims to identify services that reduce Isolation, maintain and improve health and encourage community access.

Some of the services listed by us may use the Care and Connect address in their details.

End Loneliness



safe | vulnerable | community access | sport | group | activity | club | fitness | health | drop in | support |
social group | children | lonely | isolated | older | information | advice | residents | connect | care |
health and wellbeing | elderly | carers | safeguarding | leisure | community group | care and connect |
covid 19 emotional
support | covid 19 practical support



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