



Living Well North Tyneside

Supporting Health and Wellbeing

We will listen to your query and offer you advice & information to enable you to resolve your problems through accessing our website, service directory or services within the area. Our aim is to help you help yourself, or the person you are contacting us about, where possible.

If we are unable to help you resolve your issue in this way, we will refer to an appropriate source of support.

We are open Monday to Thursday from 8:30 - 17:00, Fridays from 8:30 - 16:30.

Please note our phonelines will be closed for staff development last Wednesday of the month 12:00 - 13:00

The service is not available on Bank & Public Holidays

Our number is a local call rate number.

The Gateway Team supports the campaign to End Loneliness in North Tyneside

Follow the campaign on social media on twitter using #endlonelinessinnorthtyneside



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