



# Living Well North Tyneside

Supporting Health and Wellbeing

- 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

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.



[community group](#) | [leisure](#) | [consulting](#) | [advice](#) | [information](#) | [wellbeing](#)

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Last Updated - 8th January 2024

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