



**Living Well**  
**North Tyneside**  
Supporting Health and Wellbeing

## What happens next?

When you get in touch, you will be given a short gateway assessment interview. This will assess what your needs are.

Based on this interview, we will provide you with one of the following:

- Simple information provided at the gateway interview
- An appointment with our Information & Advice Advisors
- Telephone advice

Telephone advice is available Monday to Friday, 8.45 am – 4.00 pm.

We can also offer a home visiting service where appropriate.

## What can we help with?

We can help with:

- Welfare benefits, pensions, energy advice, tax and other financial matters
- Housing and property
- Health and Social Care matters
- Leisure and social activities
- Family and personal matters
- Your rights and local services
- And most other things that affect your quality of life



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older people | community | support | guidance | benefits | wellbeing | consulting

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<https://www.ageuk.org.uk/northtyneside/our-services/information-advice-f31a9c10-b2d6-ec11-bea2-00155d806b13/>



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