



# Living Well North Tyneside

Supporting Health and Wellbeing

- Disability grants
- Adaptations to your home
- Direct Payments
- Wider general advice

We give FREE, confidential and independent advice and guidance on a range of issues to the public, professionals and anyone with an interest in disability support. If we are unable to assist directly we can put you in touch with relevant services.

We are open Monday - Friday 9.00 am to 5.00 pm

Please contact us by telephone on 0191 284 0480

or visit us at the centre

The Dene Centre, Castle Farm Road, Newcastle upon Tyne, Tyne & Wear, NE3 1PH

For more information see visit our website here



[support](#) | [disability](#) | [information and advice](#) | [guidance](#) | [independence](#) | [adaptations](#)



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