



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

## Independent Living Service

Here at **Disability North** we provide **free information and advice** on all aspects of independent living, such as personal care and leisure.

These are often referred to as activities of daily living or ADL. We have a comprehensive range of equipment and demonstration areas, including an accessible bathroom and living area, stairlifts and a mobility track.

We can **provide free assessments**, by appointment, are carried out by therapists who can give independent guidance on the most suitable equipment for you.

Opening hours 9.00am - 5pm Monday - Friday

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



safe | community access | free | community | information | advice | safeguarding | monday | thursday | active | friday | tuesday | wednesday | independence | equipment | weekly | stairlift | mobility | scooter | wheelchair | adaptations | independent | motobility | access | rollators | demonstration

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