



Living Well North Tyneside

Supporting Health and Wellbeing

Open Monday to Friday 09:00 – 17:00

Relay UK – if you can't hear or speak on the phone, you can type what you want to say: 18001 then 0800 3309 047

You can use Relay UK with an app or a textphone. There's no extra charge to use it. Find out how to use Relay UK on the Relay UK website.

What we do for you

You will speak to one of our advisers for a short interview, where they will explore your problem and assess what your advice needs are. If you need further help we may book you an appointment or refer you to a specialist.

How we help

Our Advisers will research your options, and look at possible outcomes of different courses of action so we can help you to make informed decisions. We use up-to-date information in order to give you the best and most accurate advice.

Our staff and volunteers are trained and able to assist you on most issues including:

- Debt
- Welfare Benefits
- Housing
- Employment
- Family and personal matters
- Taxes
- Consumer issues
- Money and Credit
- Healthcare
- Education
- Immigration and nationality



consulting | support | employment support | advice | family | benefits | debt | housing | legal help |
consumer advice | citizens advice | immigration

We offer free, confidential,
impartial and independent advice
on a wide range of subjects





0300 3309047



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Last Updated - 30th November 2023

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