



# Living Well North Tyneside

Supporting Health and Wellbeing

activities for people living alone or with families. We are happy to support people to participate in any activities they choose and regularly support attendance to college, discos, swimming, sports and exercise classes and work amongst other things We provide outreach support for people to participate. We also provide sit in services to allow parents/carers to have a break from their caring role. This could be arranged on a regular basis or just as required



independent supported living | carers support | community support | enablement | floating support



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