



Living Well North Tyneside

Supporting Health and Wellbeing

meaningful activities for people living alone or with limited life and 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 an regular basis or just as required

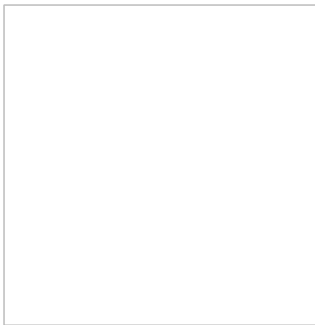


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0191 2587254



info@flexiblesupportoptions.co.uk



Shiremoor Farm House
Middle Engine Lane
North Shields
NE29 8DZ



<http://flexiblesupportoptions.co.uk/>



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