



# Living Well North Tyneside

Supporting Health and Wellbeing

- Housekeeping, weekly cleaning, one on one support, laundry, ironing.
- Medication prompting and administration.
- Nutrition, meal preparation and assisting to cook/bake to promote independence.
- Pet care, walking the dog, feeding the cat etc.
- Or even simply popping in to check on you or your loved one whenever needed
- Respite Care.
- Live in care.
- Evening and Emergency call outs also available as we understand life can be unpredictable at times.



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