



# Living Well North Tyneside

Supporting Health and Wellbeing

own homes for as long as is appropriate.

Our team of Good Neighbours volunteers can assist with tasks such as:

- Essential grocery shopping on behalf of someone
- Odd jobs
- One off garden tidy ups

## How can I refer into Good Neighbours for help?

The project's eligibility criteria is as follows:

- Residents should be 18 and over
- Must live in North Tyneside
- The resident must be living independently in their own home. This can include privately owned and rented, as well as social housing such as council housing, sheltered accommodation and housing associations.
- We support people who cannot do the tasks requested themselves due to a health condition or disability. For example, they are housebound or have difficulty doing the task themselves. However, we cannot assist with anyone that requires specialist knowledge or has a high health and social care need. We cannot guarantee that we can support individuals with complex and long-term issues.

To make a referral please use the appropriate links below:

### Grocery shopping

### Gardening

### Odd jobs

Once a referral is made, it will be assessed and processed by the Good Neighbours team.

## Are you interested in becoming a Good Neighbour?

Are you looking for a new experience and meaningful connections in 2025? The Good Neighbours project offers flexible volunteering opportunities in North Tyneside, enabling you to make a difference in a way that's flexible for you.

For more information, contact VODA's Good Neighbours team at **0191 643 2626** or email **[goodneighbours@voda.org.uk](mailto:goodneighbours@voda.org.uk)**. You can also sign up using [this link](#)

You can find out more about the Good Neighbours project on the **[VODA website](#)**.

You can contact the Good Neighbours team on **[goodneighbours@voda.org.uk](mailto:goodneighbours@voda.org.uk)** **0191 643 2626**



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## Good Neighbours



0191 643 2626



[goodneighbours@voda.org.uk](mailto:goodneighbours@voda.org.uk)



Spirit of North Tyneside Wing  
2nd Floor, Wallsend Community Hub and Library  
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Wallsend  
NE28 8JR



<https://voda.org.uk/our-projects/good-neighbours/>



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