

Your guide to Our Services



0191 280 8484
www.ageuk.org.uk/northtyneside



We are here to help you make more of life

We have a diverse range of activities, opportunities, information and advice to help you make more of life.

Social Activities

We support a varied programme of local, social groups including:

- Cuppa Club
- Knit & Natter & Crochet groups
- Line Dancing
- Meals with friends
- Men's social groups
- Reading circles
- Tea Dancing
- Transgender social group
- LGBT+ social groups

We run a growing number of Friendly Faces and Busy Buddies groups that meet in local community cafes across the borough. These are great places to meet new friends, find out what's going on and link in with other like-minded people in your local area.

Volunteering Opportunities

We have several exciting and interesting volunteer roles which could provide a way to meet new people, learn new skills, or an opportunity to share existing knowledge and expertise with others.

AgeCo

Providing a range of financial products and services designed for the over 50s.

- Home Insurance
 - Car Insurance
 - Motor Breakdown
 - Funeral Plans
 - Legal Services including Will writing
 - Age UK Personal Alarms
 - Age UK Stair lifts
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Befriending

Our Befriending service supports the Busy Buddies and Friendly Faces groups as well as matching volunteers with people who find it difficult to get out and would benefit from a weekly home visit for a cuppa and a chat.



Information & Advice

Appointments are available for telephone advice, home visits and face to face consultations either from our own offices or selected GP surgeries in North Tyneside. Our Information & Advice team provides free, confidential and impartial advice on matters such as:

- Welfare benefits, pensions, tax and other financial matters
- Support for carers
- Housing and property
- Health and Social Care matters
- Leisure and social activities
- Family and personal matters
- Your rights and local services

And most other things that impact your quality of life

Campaigning

We aim to achieve lasting social change, via campaigning to help you build local relationships, as well as protect vital services that older people rely on. Campaigning can also be great fun, helping to build a sense of purpose.

We actively campaign on:

- Ending Loneliness & Isolation
 - Scam Awareness
 - Nowhere To Go - local provision of toilets
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Community Engagement

We provide an active community engagement programme to ensure our services meet demand, need and aspirations. To become involved why not give us a call?

Active Age Activities

Taking part in organised activities can help keep our minds active and our bodies healthy and agile and can reduce the risks of falls. We can link you up with a number of local activities to suite all tastes and abilities including:

- Gentle or seated exercise
 - Classes to maintain or improve strength and balance
 - Walking sports of all kinds
 - Tai Chi
 - Dancing
 - Walking & Strolling
 - Walking in water and free swim Fridays for people over 60
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Dementia Connections

Support for people living with dementia and their carers

Age UK North Tyneside is committed to providing specialist advice and support to help families to live well with dementia. From social and craft activities, to the services of our Admiral Nurses. We offer support from pre-diagnosis and throughout your dementia journey.

- Time Travellers
- Dementia Cafe
- Craft Group
- mCST
- Sing Along Memories

EveryDay

EveryDay is a social enterprise, wholly owned by Age UK North Tyneside. This means that any profits generated are returned to the charity to help fund vital services for older people.

EveryDay Living

From domestic cleaning and housekeeping, to shopping and companionship, EveryDay Living provides a complete home support service. Whether our customers are short on time or struggling to do some of the chores needed around the home, we are happy to help.

EveryDay Wellbeing

Our Wellbeing Centres in North Tyneside provide a fun, safe environment for customers to relax and socialise in seven days a week. We offer daily activities, accompanied outings and warm, nutritious meals – Monday through to Sunday.

EveryDay Home Care

Our professional care staff help people live independently within their own homes with a range of supported health and personal care services. In 2017, the Care Quality Commission (CQC) awarded us a 'Good' rating for the quality of our care.

EveryDay Dementia Care

We provide specialist Dementia care to families to enable them to live well with Dementia.



Age UK North Tyneside
The Bradbury Centre
13 Saville Street West
North Shields
NE29 6QP



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