



**Living Well**  
**North Tyneside**  
Supporting Health and Wellbeing

## EnAble North Tyneside

We are experienced personal assistants offering support to clients in North Tyneside. The service is for anyone aged 18+ with a health condition who require additional support; this could be accessing their community, 1-1 support or group sessions. We run regular cooking groups, a weekly IT group and regular outings/walking group. We can support people with budgeting, help with accessing their local community, arrange and attend appointments, support around the home such as cleaning, cooking and shopping, help attending social events or help maintaining your physical/mental health.



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[www.enablednorthtyneside.co.uk](http://www.enablednorthtyneside.co.uk)



Last Updated - 24th January 2023

## Services

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Personal Assistance/1-1 Support

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## Events

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No Events

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# Activities

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No Activities

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