



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

## YourStride Personal Alarm

### UK's leading personal alarm watch service

Peace of mind at the push of a button - for you and your family. The YourStride personal alarm watch gets you the help you need when you need it most. It works in your home, your garden or when you're out and about.

Just click the button, speak directly through the watch and our dedicated 24/7 monitoring team will send the right help to your location - whether that's your named contacts, the emergency services, or both.

There is a cost to this service, more details are available on the YourStride website.



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## Services

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No Services

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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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