



Living Well
North Tyneside
Supporting Health and Wellbeing

The Wise Group Relational Mentoring

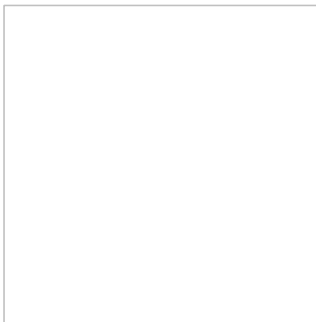
The Wise Group is now delivering its free-to-access, holistic, and evidenced Relational Mentoring support to economically inactive people with multiple barriers to employment in North Tyneside and Newcastle. By working with people across a diverse set of 15 needs, ranging from housing, wellbeing, health and heating, multiple barriers can be tackled at once to give people the foundations to move forward with their lives.

Customers are matched with a locally based and experienced mentor, working compassionately and 1:1 to support them in identifying their specific barriers, developing a bespoke plan with key interventions, and creating a personalised journey with individual goals.

Each journey is unique but examples of support can include:

- Access to counselling and mental health support
- Help to improve physical health and wellbeing
- Advocacy and support with finance, benefits and debt
- Basic and life skills, including Maths & English qualifications
- Involvement in fun social inclusion events
- Wellbeing, self-esteem and confidence-building activities
- Energy advice and advocacy, including funding
- Housing support and guidance
- CV writing, job search, volunteering and work experience
- Signposting to other suitable services in the community

To refer, please complete the Referral Form or email relationalmentoring.NE@thewisegroup.co.uk with any queries.





07976261177



relationalmentoring.NE@thewisegroup.co.uk



The Wise Group
The Beacon
Westgate Road
NE4 9PQ



www.thewisegroup.co.uk



@wisegroup_se



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@thewisegroupUK



Last Updated - 13th September 2023

Services

No Services

Events

No Events

Activities

No Activities
