



# Living Well North Tyneside

Supporting Health and Wellbeing

your career and realising your ambitions. We will assess your needs, consider your likes and interests, and work with you to enhance your strengths, with a longer-term aim of securing employment or voluntary work with support from our staff team.

Our Independence and Living Skills Programme is designed for individuals who have a primary focus on enhancing skills to lead to a more independent life. This programme will encompass everything to do with improving skills for an independent lifestyle and successfully managing various aspects of daily life.

Our Communication and Sensory Programme is designed for individuals with Profound and Multiple Learning Disabilities. The programme aims to promote communication, interaction, and engagement, and to be as independent as possible through highly personalised strategies.

Our Social Programme is designed for individuals looking to engage in meaningful daytime activities to provide enjoyment and personal satisfaction. You will be offered an exclusive blend of activities, giving you the chance to enjoy an active social life, access the local community, enhance social inclusion, and make new friendships in the comfort of a day service provision.

We are members of the **Mental Health Alliance**. You can read more about it [here](#).

Lifelong Ability North East



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Last Updated - 14th August 2024



## Services

No Services

## Things to do

No Activities

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