



# Living Well North Tyneside

Supporting Health and Wellbeing

- Discover an online network of people in similar situations found in our community of [Facebook](#) and [Twitter](#)
- Get 24/7 support from [Mobilise Assistant](#) our new, virtual assistant, designed specifically to guide carers to right local support & knowledge
- Join [online cuppa sessions](#) with others also caring
- Use simple online tools to help at each stage of their caring journey (such as [Carers Allowance](#), [Blue Badge Checker](#) or [Financial Tool Kit](#))

## Find out more and share:

<https://support.mobiliseonline.co.uk/north-tyneside>

Mobilise Online



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<https://support.mobiliseonline.co.uk/north-tyneside>



@MobiliseCaremx2



@Mobilisecommunity



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## Services

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No Services

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## Things to do

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No Activities

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