



Living Well North Tyneside

Supporting Health and Wellbeing

potential risk of Covid-19.

EveryDay Care and Support, a social enterprise wholly owned by Age UK North Tyneside, supports individuals (over 18) and families in North Tyneside and Newcastle to live independently and make more of life. We're able to offer a little extra support in the short term or help over a longer period of time where necessary. All of our profits go back to supporting the incredible work carried out by Age UK North Tyneside.

EveryDay Care and Support's Wellbeing Centres are designed to help you maintain your independence and provide carer respite. Our EveryDay Wellbeing & Social Activity Centres are available for customers to come along and spend the day, a half day or even an hour with us, make friends, have a spot of lunch and perhaps learn a new skill or take part in an activity of their choice. Carers are welcome to attend too, or they can use this time as a respite break.

We have three Wellbeing & Social Activity Centres across North Tyneside, designed to help people maintain their independence. Linskill Park is our only specialist dementia centre.

A friendly, tailored approach

They'll be supported by our team of highly trained, friendly staff who are there to provide quality support in our relaxed, home-from-home environment. A Team Leader is assigned to each attendee, who is responsible for co-ordinating visits, ensuring individual support plans are followed at all times and conducting a regular review of needs.

Attendees can spend as much or as little time with us as they like - from an hour to a full day and we tailor our services to meet their specific needs. They can look forward to:

- Enjoying a healthy lunch
- Socialising and taking part in varied activities
- Relaxing or even gardening- in our landscaped, accessible gardens
- Having a pamper - podiatry, hairdressing and assisted bathing or showering available
- Cognitive Stimulation Therapy sessions
- Exercise 'snacking' - with gentle chair based activities, tai chi and falls prevention exercises (to increase mobility and reduce falls)
- Being empowered to live independently
- Pop up music concerts
- Pets as wellbeing ambassadors
- Mini wellbeing checks
- Personal driver service is available
- Being signposted to support and advice from Age UK North Tyneside

More information



day centre | wellbeing | activities



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<https://www.everydayuk.org/respice/>



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