



# Living Well North Tyneside

Supporting Health and Wellbeing

household to anybody who has a need, disabilities, low income, illness, living in poverty, and unable to support themselves through anxieties, stress, and mental health. We provide books, DVDs, care packages, clothing, baby equipment, household furniture. The whole family is at the heart of who we are.

Services include... A daily hot meal for vulnerable and disadvantaged (delivery or collection), SEN play session (in the centre), Food distribution boxes to run on a needs basis.

The people who will benefit most are people who are most affected by poverty because of domestic violence, life events, families with additional and complex needs, illness, substance abuse, and life event beyond their control. Providing food, clothing, and care packages for vulnerable individuals and those classed as high risk, including single parents, are high on our priority list. Our period poverty initiative also enables us to assist females with education and learning support as well as sanitary products.

Our service has no boundaries - if someone is hungry then where they live really doesn't matter !



crisis | child poverty | family support | individual food packages



NORTH NEWCASTLE FOOD HUB  
Families Against Needless Struggles



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<https://families1st4additionalneeds.co.uk/north-newcastle-food-hub/>



Last Updated - 1st December 2023

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