



Living Well North Tyneside

Supporting Health and Wellbeing

Our Partners and Goals

In collaboration with our partners, we aim to combat food waste and reduce child poverty within local communities and beyond. We provide weekly food boxes tailored to household needs. These boxes support individuals facing challenges such as disabilities, low income, illness, poverty, anxiety, stress, or mental health conditions.

Priority Groups

Our services focus on those most affected by poverty, including:

Survivors of domestic violence

Families with complex needs or illnesses

Individuals impacted by substance abuse or significant life events

Single parents and other high-risk groups

We also tackle period poverty by providing sanitary products and educational support for women and girls.

Additional Support

Beyond food parcels, we offer:

- Clothing and care packages
- Baby equipment
- Household furniture
- Books and DVDs

At MultiBank, we are committed to supporting the whole family, placing their needs at the heart of everything we do.



child
crisis | poverty | family
support | individual food packages

Families 1st NE MultiBank



+447912581204



Multibank@families1st.uk



Unit 1
Windsor House
Brunswick Industrial Estate
Newcastle Upon Tyne
NE13 7BA



<https://www.families1st4additionalneeds.org/NNFB>

Last Updated - 24th April 2025

