



# Living Well North Tyneside

Supporting Health and Wellbeing

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 -Living supports customers across North Tyneside who need a little extra support in everyday life; offering a tailored service to suit your own individual needs. Available seven days a week, our services can be arranged at a time to suit you, helping you to get on with your everyday life.

Some of our customers are busy professionals who need an extra hand with cleaning and some customers use our services to improve their wellbeing and daily lives, such as those who use our companionship or home shopping services.

#### The EveryDay Care and Support -Living services includes:

- Housekeeping / domestic cleaning
- Cooking and preparing meals
- Home shopping
- Companionship

Get in touch to find out more and have any questions you may have answered.



[support and care](#) | [support](#) | [care](#)





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



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