



Living Well North Tyneside

Supporting Health and Wellbeing

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.

Our three EveryDay Wellbeing & Social Activity Centres are available for customers to come along and spend the morning, afternoon, an hour or a full day with us to 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 offer bathing, podiatry, chiropody and hairdressing services. Regular exercise classes take place to aid mobility and maintain strength and balance. We offer regular wellbeing checks which are supervised by Admiral Nurses.

We have three Wellbeing Centres across North Tyneside, designed to help people maintain their independence. Our centres are located in:

- Killingworth
- North Shields
- Wallsend

Our Linskill centre in North Shields supports customers living with dementia and offers specialist support to both the person living with the condition and their carer.

A friendly, tailored approach Customers are 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.

A personal taxi service can be arranged to ensure customers arrive safely with the support of our own trained drivers.

Get in touch to find out more or book a free taster visit.



Community Day Centre | wellbeing | activities





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



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