



# Living Well North Tyneside

Supporting Health and Wellbeing

assistance are available.

**Domestic:** We can help with household chores such as laundry and cleaning. Leave the job with us; we will arrange to take away your laundry, get it cleaned, ironed and back to you at an agreed time.

**Shopping:** If shopping for the essentials or little luxuries is getting harder or the weather is turning cold, then we're always available to accompany you or even do it for you.

**Companionship:** When you don't feel brave enough to go out alone, we're able to provide a companion for you. Companionship can be important, whether it's for a special occasion or for a simple trip to the hairdresser or to a GP or dentist appointment. We are also able to offer respite for a partner or family carer.

**Meal preparations:** Meals, cooked to your preferences, can be provided. Whether you need help with food preparation or meals cooked within your home, we can help with all your culinary needs, which may range from freshly prepared sandwiches or simple, microwave dishes.

**Overnight care:** For people who need extra support due to medical, physical or other conditions, additional help from night time carers can offer peace of mind to you and your family. We can offer various options of flexible night care for our users.



domiciliary | homecare | shopping | companionship

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Helping  
HANDS



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Last Updated - 4th December 2023

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