

Support and Advice

Social Prescribing is a service linking adults to social or physical activities which would benefit their physical health, improve their mobility and enhance their emotional wellbeing.

This service is provided by a partnership initiative between Age UK North Tyneside, Tyneside & Northumberland Mind and Percy Hedley Foundation.

Access is via your GP or by self-referral.

www.socialprescribing.org.uk
Telephone 0191 2808484

The Carers Centre provides support to carers of all ages including young carers. This includes, advice and information, telephone support, home visits and counselling.

www.northtynesidecarers.org.uk
Telephone 0191 6432298

Cameo in Wallsend supports people with mental health issues with drop-in, group and 1 to 1 sessions.

www.cameonorthtyneside.org.uk
Telephone 0771 2275833

Support and Advice

Northumberland, Tyne & Wear Foundation Trust provides self-help guides in both paper and on-line versions on a range of mental health conditions. Also information on local self help and support groups.

www.ntw.nhs.uk/pic/selfhelp
www.ntw.nhs.uk/pic/organisations

Northumbria Healthcare Wellbeing Service provides a range of courses throughout the year to help improve mental health and wellbeing. They also provide the Talking Therapies service which includes face to face therapy and computerised courses. This service can be accessed via your GP or by self-referral.

www.northumbria.nhs.uk
Talking Therapies 0191 2952775

Tyneside & Northumberland Mind is a mental health charity which supports people in their recovery to better mental health. They provide a range of services and courses.

www.tynesidemind.org.uk
Telephone 0191 4774545

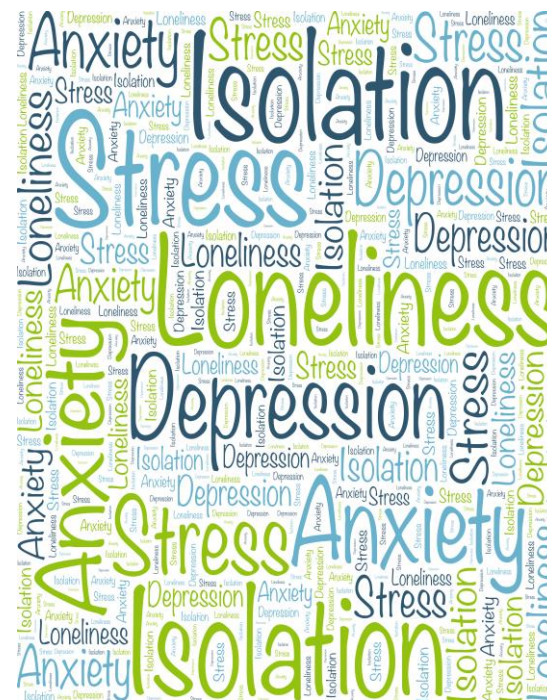


This leaflet has been produced by Priory Medical Patient Group

Are you lonely? Do you feel isolated, anxious or depressed?

Are you looking for ways to meet people, make new friends, and improve your health and wellbeing?

Here are some ideas that may help



Healthy Exercise & Activities

Active North Tyneside encourages everyone to try and get active.

www.activenorthtyneside.org.uk
Telephone 0191 6437171

Age UK provides Tai Chi, Walking, Yoga, Dancing, Reading Groups, and more, for the over 50s.

www.ageuk.org.uk/northtyneside
Telephone 0191 2808484

Walking Groups are run from the Linskill Centre as well as by North Tyneside Council under the Walking for Health campaign.

www.walkingforhealth.org.uk
Linskill Walks
Telephone Sandra McLellan 07852 923573 or 0191 2578000
North Tyneside Council Walks
Telephone Gillian Adam 0191 6437441

Gardening volunteers are welcome at Northumberland Park, North Shields. There may be other volunteering opportunities available too.

Email chair.nparkfriends@hotmail.co.uk
Telephone Park Wardens
Jimmy Oliver 07583 225859
Fiona Betts 07976 307378

Arts & Crafts & Interests

The Linskill Centre has Art classes along with a Community Choir and a variety of other activities.

www.linskill.org
Telephone 0191 2578000

The University of the 3rd Age U3A provides talks, discussions and interest groups for people no longer in work.

www.u3asites.org.uk/whitley-bay
Telephone 07505 923135

The Sage, Gateshead has Music Making and Learning for over 50s as well as opportunities for all ages.

www.sagegateshead.com
Telephone 0191 4435034

Tyne & Wear Archives & Museums Wellbeing Programme

A culture & heritage programme that supports adults with mental health issues.

www.twmuseums.org.uk
Telephone 0191 2772272

Volunteering is a great way to meet new people while sharing your skills and experience. North Tyneside Voda can signpost you to opportunities.

www.voda.org.uk
Telephone 0191 6432626

Support and Advice

Age UK provides information, guidance and a befriending service. There is also a range of services for people with dementia and their carers.

www.ageuk.org.uk/northtyneside
Telephone 0191 2808484

Healthwatch North Tyneside has a Guide to Support Groups for physical and mental health conditions.

www.healthwatchnorthtyneside.co.uk
Telephone 0191 2635321

Silverline is a 24 hour free Telephone help line providing information and advice for older people.

www.thesilverline.org.uk
Helpline Telephone 080 04708090

Care and Connect provide a service for adults to help them find ways to stay independent with telephone and face to face support.

Telephone 0191 6437474

PROPS provides support to parents and carers of drug and alcohol misusers.

www.newcastleprops.org.uk
Telephone 0191 2704248