

Mental health and well-being service

People may lose interest in going out for a whole variety of reasons including illness, bereavement or an unexpected life event. Age UK is a local service that promotes well-being by providing information or arranging a time to meet up and talk.

Age UK Newcastle Care and Support at Home provide private Home Support to help older people remain independent and importantly to remain in their own homes. By supporting older people with as little or as much assistance as they require, they ensure people can remain active and self-sufficient for as long as possible.

Age UK have worked with and for older people since 1965, providing a range of services and support to people aged 50+ in Newcastle upon Tyne. Their ambition is to “add life to years as well as years to life” and to enable older people in Newcastle to make the most out of later life.

Age UK Newcastle provides services for older people including;

- Information and advice on a range of issues including benefits, housing and care
- An Active Ageing programme which includes: Dance classes; Keep fit classes; Tai Chi; Men's Keep Fit; and Art Class
- Befriending Service
- Lunch groups
- Mobile Hairdressing
- Hop to the shops
- Care at Home service
- Insurance

For further information visit www.ageuk.org.uk/newcastle, call 0191 2359545, email enquiries@ageuknewcastle.org.uk or write to 5th Floor, Hadrian House, Higham Place, Newcastle upon Tyne, NE1 8AF.

Chain Reaction is a new service commissioned by Newcastle City Council that supports older people (55+) to live independently in the community.

By promoting the use of community-based resources and facilities, Chain Reaction helps people to lead happier, healthier lives. It supports and sustains friendships in order to combat social isolation and to increase a sense of good emotional health and wellbeing.

Chain Reaction is a new approach that offers a real alternative to building-based day services; the service is flexible and personalised and works with older people to support them in deciding what they would like to achieve and how to make this happen. The service offers a variety of support, from sorting out financial worries to organising outings. Referrals can be made by email or by telephone.

Email: info@chainreaction-newcastle.co.uk

Telephone: Please call any one of these numbers and you will be referred to the organisation best suited to meet your needs. 0191 273 7443, 0300 300 7070, 0791 768 6658