

# Wellbeing Resource Sheet

Where to find help for making new connections, socialising and getting back into the community

# Bridge & Monkseaton Medical Practice

## Services

### Age UK North Tyneside

Age UK offer a range of groups and social events to help get you back into the community and stay connected to people. These activities are a great way to get you out and about for a couple of hours and do something you enjoy. You can meet new people, reminisce with an old hobby or get out of your comfort zone and try something brand new. Examples of what they offer in Whitley bay are

- Arts and crafts classes
- Keep fit classes
- Reading groups
- Social groups including day trips and small social meetings
- Dancing
- & many more

You can find most of the information on their website

<https://www.ageuk.org.uk/northtyneside/activities-and-events/>

Number: 0191 280 8484

### Good Neighbours

This is a service offered by VODA, they offer volunteers to residents of North Tyneside to help them with day to day living. This could include shopping, picking up a prescription or doing DIY jobs around the house. They also offer a buddy service. To find out more see details below.

Number: 01916432626

Website: <https://voda.org.uk/good-neighbours/>

## Further support

### Whitley Bay Big Local

The Whitley Bay Big Local is a great place to go to meet new people, try out different activities and get involved in different things that are based in Whitley Bay.

### Happy to chat

The Happy to chat service offers a warm and friendly welcome to all and its aim is to get local people to get together and chat over a cuppa and a biscuit. You can stay for the whole 2 hours or pop in for as long as you want. After the time we have spent isolated at home during the pandemic, Happy to chat is a great place to get started and make some new connections.

See below for details.

Time: Thursdays 10am-12pm

Address: 158 Whitley Road, Whitley Bay, NE26 2LY

Email: [Jennifermars@voda.org.uk](mailto:Jennifermars@voda.org.uk)

Number: 07970367227

Whitley Bay Big Local offer lots of other activities and they produce a weekly timetable. Other things include the **Knit and Natter club on a Friday, Men's Pie club, Peer talk, Action to happiness and Bay create**. They also have new activities rotating all the time so you can try something new such as Spanish classes, this is an activity they are running at the moment.

You can find the activities updated on their website and their Facebook page which gives details of new activities and groups.

Website: <https://www.whitleybaybiglocal.org/#>

Email: [hello@whitleybaybiglocal.org](mailto:hello@whitleybaybiglocal.org)

Number: 0191 252 3570

## Befriending

### Age UK

They offer free face to face and telephone befriending services. You can organise to have someone at a local Age UK point visit your home for a cuppa and chat or accompany you to an outing like a café or to the theatre.

If you prefer not to see someone face to face, you can have a telephone call speaking to someone from the comfort of your home. Number: 0800 678 1602

### Silverline

The Silver Line Helpline is a free, confidential telephone service with the aim of connecting people. They provide friendship, conversation and support 24 hours a day, 7 days a week.

Number: 08004708090

### MHA Communities

This service in North Tyneside offers befriending, lunch clubs, assisted shopping, activity and friendship sessions, outings, escorts to appointments and much more. The aim is to help people lead fulfilled lives and remain as active members in their local communities.

Number: 07568 611 991

Website: <https://www.mha.org.uk/communities/near-me/north-tyneside/>

If you are unable to access any of the websites or have any further queries, then please contact one of our wellbeing coordinators, Beth or Susan at the surgery who would be happy to assist you.