

## Services

### Community Learning Disabilities Team

The service helps children and adults with a learning disability and complex health needs in North Tyneside. This includes help with:

- Complex health conditions
- Communication
- Medication
- Problems eating and swallowing
- Making healthy lifestyle choices
- Everyday life skills
- Being more independent

They can also support you to see your doctor or dentist.

You or anyone who knows you well such as a GP, social worker, friend or relative can get in touch with the team if you think you need their help.

Number- **0191 643 2487**

Website-

<https://www.northumbria.nhs.uk/our-services/mental-health-services/community-learning-disability-service/#2df94687>

### North Tyneside Social Care

This service informs patients, families and carers on different support available. They also have a 'My Care' section which allows you to find tailored support to suit your needs. For more info visit:

Website-

<https://mycare.northtyneside.gov.uk/web/portal/pages/home>

## Further support

### North Tyneside Disability Forum

This service offers patients in North Tyneside different programmes of activities and events. The website also allows you to see what the forum has planned. You can subscribe to the forum so you don't miss out!

<https://ntdf.co.uk/site/>

### LD North East

This service has a mission: *Supporting people with learning disabilities to have fun, spend time with friends and feel good about themselves, from birth right through to older life.* They offer a wide range of opportunities for patients with learning disabilities including short breaks, events, social activities and health support. For more info:

Website: <https://www.ldne.org.uk>

Number: 0191 2622261

### Care and Connect

Provide advice and support to stay independent. Support is provided by telephone or face to face in community settings. Offers tailored and detailed knowledge of the local care and support system.

Phone: 0191 6437474

Email: [Care&connect@northtyneside.gov.uk](mailto:Care&connect@northtyneside.gov.uk)

## Activities

### Sport North Tyneside

Offers a variety of inclusive and disability specific sporting opportunities for disabled and non-disabled people. These include:

- Archery
- Football
- Swimming

& many more.

For more information:

Telephone: (0191) 643 7445

Email: [sport@northtyneside.gov.uk](mailto:sport@northtyneside.gov.uk)

Website: [www.sportnorthtyneside.org.uk/community-sport/disability-sport](http://www.sportnorthtyneside.org.uk/community-sport/disability-sport)

### The Alan Shearer Centre

A highly specialist, respite, residential and social facility for people with complex disabilities and acute sensory impairments. Situated in its own grounds on the outskirts of Newcastle, the Alan Shearer Centre comprises three specialist facilities on the same site:

Website- <https://alanshearercentre.org.uk/>

Number: 0191 267 8118

### The Percey Hedley Foundation

Offers a range of activities such as music, cooking, art and many more. They have sensory activities for patients with more complex needs. For more info visit:

Website: <https://www.percyhedley.org.uk/>

Number: 0191 238 1330