
EveryDay Wellbeing Centres

Helping you to enjoy and maintain your independence

Our Wellbeing Centres provide you with the opportunity to make new friends, have a spot of lunch and maybe even learn a new skill or take part in a fun activity of your choice.

We have three Wellbeing Centres across North Tyneside:

- Cedar Grove, Wallsend
- Rowan Croft, Killingworth
- Linskill Park, North Shields.



You can spend as much or as little time with us as you would like, so whether you're looking for an hour away from the house or a full day out, we tailor our services to meet your specific needs.

We also welcome you to bring along a friend or family member, if you would like, to:

- **Enjoy some tasty meals** – with menus to suit every palette
- **Socialise** – take part in our Coffee & Chat group, reading club, men's club or creative writing group
- **Relax** – benefit from a range of complementary therapies
- **Have a pamper** – get spruced up with a new haircut, manicure or facial
- **Chill out** – in our landscaped, accessible gardens
- **Connect with others** – in our media and games room
- **Exercise** – with gentle chair based activities, tai chi and falls prevention classes
- **Be empowered** – to live independently, enhance your daily living skills
- **Get support and advice** – with anything from assisted bathing to advocacy, our team provides free, confidential information and practical help
- **Get out and about** – join us for our day trips to local attractions, the shops or the pub!

You'll be supported by our team of friendly, highly trained staff who are there to provide first class, quality care in our relaxed, 'home from home' environment.

When you visit us you'll be greeted by a Personal Assistant, who is responsible for co-ordinating your visits, ensuring your support plan is followed at all times and to regularly discuss with you any changing needs you might have.

“My husband, who has Alzheimer's, has been attending Cedar Grove Day Centre in Wallsend, since the beginning of March 2017. At first he was quite reluctant to join in with activities organised by the centre, including having lunch at the dining table.

“The staff were very encouraging but it took him a while to be confident enough to join in. Gradually he has been encouraged by the very caring staff and friendly helpers and he has become more involved in certain activities, such as pool and dominoes. The staff have told me that he has been more relaxed and able to join in singing and dancing activities.

“I am really delighted and full of praise for the caring staff and volunteer helpers at Cedar Grove. They are always so cheerful, friendly and helpful and so caring. I know that he is in excellent hands at Cedar Grove.”

Our business is run as a social enterprise, wholly owned by the charity Age UK North Tyneside. This means that all profits we generate are donated back to our charity to help fund vital services for older people.



Our Wellbeing Centres are available to everyone; so whether you're paying privately, or have accessed our services via direct referral from your GP or Social Worker, our team will treat you with warmth and compassion. Contact us for more details, or ring the Wellbeing Centre Service directly on 0191 287 7028
