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Age Concern Tyneside South



ACTS

age concern

TYNESIDE SOUTH

Health and Wellbeing



We run a range of activities giving people the chance to make friends and get involved in their community

- We Co-ordinate Lunch Clubs in 3 venues 4 days across the week
- We have volunteers acting as befrienders and telephone befrienders
- Our Link- workers use the Holistic Care Assessment for people to identify need
- We have classes and activities across the borough including an extremely popular Fit Steps and Dancercise classes at St Margaret's UR Church and East Boldon Methodist Church

Our Balance and Stability and Escape Pain classes help clients with their physical condition

Through the Kellet grant generously provided by the Community Foundation we are looking to start up new activities and groups based on feedback from our clients and volunteers. The other major part of this is identifying isolated people and opening up our offer to something they will be comfortable connecting with

Escape Pain Exit Routes

What Matters

