

Shine On (formerly Caring Hands)

Shine On (formerly Caring Hands) offer a range of services for people aged 55 and over in the East of Newcastle upon Tyne. They can help you to live independently and safely at home for longer. They offer impartial and confidential Advice and Advocacy, social opportunities, activities and support. Their services include :

- **Laundry collection and delivery service:** They collect laundry from your home, wash, dry, fold and deliver it back on the same day.
- **Free small items of equipment:** to help you with daily tasks. Referral needed from a health professional
- **Handyman:** Help with small repairs, household tasks such as putting up curtain poles, light gardening (March to October only), and painting (one room per person).
- **Free benefits advice:** check to make sure you are receiving all the benefits available to you. They can help with benefit applications too.
- **Lasting Power of Attorney:** a low cost application service for people with a diagnosis of dementia and those close to them
- **Friendly visits and telephone chats:** Befriending volunteers visit people at home, in hospital or care settings, or can have a friendly chat over the phone.
- **Community Launderette:** on Wretham Place in Shieldfield is open to the general public. It's open every day except Sunday, 8.30 am – 5 pm.
- **Silver Lining Social:** a free monthly (2nd Wednesday of the month) social with a light lunch and refreshments. Free travel can be arranged if you call in advance to book. See the Shine On website for dates.
- **Chair Yoga:** weekly chair yoga at St Gabriel's Parish Centre in Heaton, starting Monday 15 September 12 – 1 pm. Please call to book your place as classes are limited to 15 people. £4 per session.

Last updated: September 19, 2025

Telephone: 0191 261 5234

Telephone note: can leave message

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

Email: contact@shineoncharity.org.uk

Facebook: <https://www.facebook.com/profile.php?id=61574638074022>

Opening Hours: Office open: Monday, Tuesday, Wednesday & Friday 9.30 am to 2.30 pm

Cost: There may be a cost to this service/support

Address:

Shine On
St Gabriel's Parish Centre
St Gabriel's Avenue
Newcastle upon Tyne
NE6 5QN

Related Articles

[Home adaptations, equipment and aids](#)

[Finding friends and Befriending services](#)

[Separation and divorce](#)

[Feeling lonely?](#)

[Laundry services](#)

[Welfare benefits](#)

[Leaving hospital](#)