

Age UK Gateshead in Newcastle

Age UK Gateshead have a number of services in Newcastle for people over 50 including:

- telephone befriending
- friendship groups: meet new people for a chat over a cuppa. There are groups in West Denton and Gosforth
- exercise classes and leisure activities
- information and advice
- volunteering opportunities
- a charity shop in Gateshead where you buy or donate items
- Newcastle Reconnects Free Day Service at the Dene Centre for people with a long term condition including, respiratory conditions, Epilepsy and others. To use this service you need to live independently in the West of Newcastle. You can arrange [NHS Patient Transport](#) to travel to the centre.
- [Living Well North](#) a support, cleaning and companionship service for people in Newcastle, and across the North East

Last updated: February 28, 2025

Telephone: 0191 477 3559

Website: <https://www.ageuk.org.uk/gateshead/>

Email: advice@ageukgateshead.org.uk

Twitter: <https://twitter.com/ageukgateshead>

Facebook: <https://www.facebook.com/AgeUkGateshead/>

Opening Hours: Monday to Thursday 8.30am to 4.30pm
Friday 8.30am to 4pm

Address:
Age UK Gateshead
The Bank
215 High Street
Gateshead
NE8 1BX

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