



**WALLSEND  
SOCIAL PRESCRIBING SERVICE  
WINTER INFORMATION**



**Food Support**

**Mental Health**

**Housing/Homeless**

**Bread and Butter Thing**

Howdon Community Hub

**North Tyneside Crisis Team**

0303 123 1146

**North Tyneside Council**

Homeless emergency service

**Pop up Pantry**

The Allen, The Green Wallsend

0191 265 4979

**SAMARITANS**

Available 24hrs 365 days a year

Call free on—116 123

**Crisis**

0191 222 0622

[www.crisis.org.uk](http://www.crisis.org.uk)

**The Bay Foodbank**

Waterville Rd, North Shields

0191 257 3820

**SANELINE**

4.30pm—10pm everyday

0300 304 7000

**Salvation Army**

0191 257 6767

[www.salvationarmy.org.uk](http://www.salvationarmy.org.uk)

**Whitley Bay Big Local**

Whitley Rd

0191 252 3570

**Suicide Prevention Helpline**

6pm to midnight every day

0800 689 5652

**Shelter helpline**

0808 800 4444

[www.shelter.org.uk](http://www.shelter.org.uk)

**YMCA Community Meals**

Church Way, North Shields

0191 257 5434

**MIND**

9am to 6pm Monday to Friday

0300 102 1234

**Changing Lives**

0191 273 8891

[www.changing-lives.org.uk](http://www.changing-lives.org.uk)

**The Trussell Trust**

25 Church Walk, Walker

07561 711594

**SHOUT**

Prefer not to talk 24/7 text service

Text SHOUT to 85258

**Peoples Kitchen**

0191 222 0699

[www.peopleskitchen.co.uk](http://www.peopleskitchen.co.uk)



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**Elderly Services**

**Age UK North Tyneside**

8.45am to 4pm Monday to Friday

**0191 280 8484**

**SilverLine**

24hrs a day, 7 days a week

**0800 470 8090**

**MHA**

Live later life well

**07568 611 911**

**VODA**

Good Neighbours

**0191 643 2626**

**Financial Support**

**National Debt Line**

0808 808 4000

[www.nationaldebtline.org](http://www.nationaldebtline.org)

**Step Change**

0800 138 1111

[www.stepchange.org](http://www.stepchange.org)

**Support Services**

**Alcoholics Anonymous**

24hrs 7 days a week

**0800 9177 650**

**Frank**

Drug advice 24hrs 7 days a week

**0300 123 6600**

**Domestic Violence Refuge**

Women only 24hrs 7 days a week

**0808 2000 247**

**Domestic Violence Refuge**

Men only 24hrs 7 days a week

**0808 801 0327**

**ChildLine**

Up to 19yrs 24hrs 7 days a week

**0800 111**

**Useful numbers**

**North Tyneside Council**

**Emergency Response**

**0330 333 7475**

**Adult Social Care**

**0191 643 2777**

**Electrical Emergency**

Power cut 24 hrs 7 days a week

**0800 6783 105**

**Gas Emergency**

24hrs 7 days a week

**0800 111 999**

**Water Supply—0345 717 110**

**Water leak—0800 393 084**

**North Tyneside Citizens Advice**

**0808 278 7822**

**Health—NHS—111**

**North Tyneside General Hospital**

**0844 811 8111**