

## Ostara

Ostara provides a 24 hour response and support service so you can live safely and independently in your own home. The system alerts staff so that they can contact you and arrange urgent or emergency help if necessary. Ostara provides alarm equipment including:

- pendant alarms
- fall detectors
- door sensors
- pill reminders

Accredited by the Telecare Services Association as the Community Care Alarm Service.

If you don't have a telephone line, they can link to a SIM card.

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**Telephone:** 0191 277 7470

**Website:** [www.ostara.org.uk](http://www.ostara.org.uk)

**Fax:** 0191 278 7755

**Minicom:** 0191 278 7754

**Email:** [contactus@ostara.org.uk](mailto:contactus@ostara.org.uk)

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

**Address:**

YHN House  
Benton Park Road  
Newcastle upon Tyne  
NE7 7LX

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## Related Articles

[Personal alarm systems and telecare](#)

[Making your home safer](#)