

Learning disability local support services

What is a learning disability?

A learning disability is a reduced intellectual ability which results in difficulty with everyday activities through life. People with a learning disability tend to take longer to learn and may need support to develop new skills, understand complicated information and interact with other people. The level of support someone needs depends on the individual. It's important to remember that with the right support, most people with a learning disability in the UK can lead independent lives.

A learning disability is a life-long condition. It affects a person's ability to communicate or to do everyday things.

What is a learning difficulty?

Many people with a learning disability prefer to use the term 'learning difficulty'. In health and social care services, the phrases 'learning difficulty' and 'learning disability' are not always used to mean the same thing. In UK education services a person with a learning difficulty may be described as having specific problems processing certain types of information. Unlike a learning disability, a learning difficulty does not affect general intelligence or IQ.

Causes of learning disabilities

A learning disability is caused by the way the brain develops before, during or soon after birth.

Conditions associated with learning disability are:

- Down's syndrome
- Williams syndrome
- **Autism**
- Fragile X syndrome
- Cerebral Palsy

For detailed information visit the [Mencap](#) page.

Adult Social Care

People who are struggling with day to day activities such as moving around your home, cooking, eating, washing, or caring for someone can get help from Adult Social Care.

[Adult Social CarePoint at Newcastle City Council](#) can talk to you and give you information or advice. They can put you in touch with local services and help to arrange:

- an assessment to find out what support is available to you ([needs assessment](#))
- help to live independently in your own home ([home care](#))
- short term rehabilitation services (for example, physiotherapy)
- [home adaptations, equipment or aids](#) to make life easier
- [supported living and housing](#)
- crisis support

[Adult Learning Disability and Autism Team](#) is part of Newcastle Adult Social Care. They help adults with a learning disability and their carers. You need to speak to Community Health and Social Care Direct and have a needs assessment to get help from this team. If you have eligible care and support needs they can then:

- talk to you about your needs
- plan your care and support with you
- make sure that your support is working for you
- work with other professionals who have been asked to support you
- help to protect you from abuse (this is known as safeguarding)
- work with Childrens, Education and Health Services to help young people with learning disabilities and/or autism, move to Adult Social Care services
- promote the rights of people with learning disabilities and/or autism

Moving from Children's to Adult Social Care

Children's Social Care supports families with children and young people under the age of 18. They work with families to make sure that children and young people are safe, healthy, and have the support they need to grow up happy and well. When you reach the age of 18, Social Care services are usually provided by Adult Social Care.

You will start the move to Adult Social Care between the age of 16 and 18. This is known as the transition from Children's to Adult Services. There is not a set age to move to Adults Social Care. Everybody is different. It will happen at the time that is right for you. To help plan your move to Adult Social Care you will be offered a Transition Assessment, also known as a Needs Assessment.

[Read more about moving from Children's to Adult Social Care on InformationNOW](#)

Help and support in Newcastle

[Better Days](#) offer training about learning disabilities and campaign for improvements and inclusion. They run the Safe Places scheme and offer leisure activities including tennis and garden tidies.

Disability North give information and advice on disability equipment and activities, benefits and Direct Payments as well as advising on many other aspects of disability and signposting to other sources of help.

Families 1st 4 Additional Needs support people and families who live with autism, learning disability, Neurological Diversity and other additional needs (including mental health issues) in and around Newcastle.

KeyRing supports vulnerable adults and people with a learning disability or autism. They encourage people to make links to their communities by becoming part of the network.

Newcastle Carers offer support, advice and guidance to people who look after someone with learning disabilities. They run a monthly autism support group.

Skills for People give information, advice and support services, to disabled children and their families. This includes: help to apply for grants and Positive Behavioural Support workshops for parents and carers of children with autism and/or learning disabilities. To help parents and carers understand and support their child's behaviour. They run Parent and Carer coffee mornings, drop in sessions and family meet ups so you can find out more about support available and talk with others with shared experiences.

Rescare supports families who have loved ones with a learning disability. They are run by families for families. They have a telephone helpline where you can ask questions about being a family carer, health and social care, education, housing and more.

Bottle in the fridge scheme helps store your personal and medical information in your fridge door, so it can be found quickly by emergency services, if you have an accident or sudden illness at home. This simple and free idea could help to save your life. It is also useful to people who may not be able to give their health information to the emergency services.

Shared Lives Newcastle

Shared Lives Newcastle supports adults with a learning disability or autistic people to live independently with a Shared Lives Carer. They are matched with a carer who shares their home with the person. This means they can be part of their family or community life.

Mental health support

Tyneside and Northumberland Mind offer free advice and support to people living in Newcastle. They have a mental health support service for autistic people and people with ADHD. You can get one to one support and attend a regular social group which meets in Gateshead. They run 5 week training courses where you can learn more about 'Autism and me'.

National information, advice and support

BILD work with people with lived experience to influence a more inclusive society. They run projects that may interest you – such as, ageing with a disability or communication, dementia and a learning disability.

Contact is a free telephone helpline and online support and advice for families with disabled children. They provide:

- A to Z of medical conditions and support available
- information on local support groups to support each other by sharing experiences and advice
- help to families to campaign, volunteer, fundraise and shape local services to improve life for themselves and others

Respond is telephone helpline available to anyone with autism or learning disability, or their friends and family, who have experienced or been affected by institutional abuse. The helpline offers emotional support, practical advice, signposting and information giving. Regular counselling sessions are also available.

Financial support

Newcastle Welfare Rights Service provide information and advice on benefits that you may be entitled to.

Citizens Advice Newcastle offer a support service which includes reviewing correspondence. Attend one of their drop in sessions for advice.

Support to get your voice heard

Your Voice Counts is commissioned by Newcastle City Council to provide the Independent Mental Health advocacy services including: IMCA, IMHA, Advocacy under the Care Act and RPR services in Newcastle.

Connected Voice Advocacy runs a Community Advocacy Service, offering long term one to one advocacy support for vulnerable adults in the city.

[Read more about advocacy services](#)

Short breaks and day centres

Castle Dene offers a short break although there is a cost for this service.

Welford Centre is a day centre for adults complex needs. Service users must be referred by a Health or Social Care professional following an assessment.

Journey Enterprises has a Day Centre in Newcastle where they provides activities, life-skills and employability training for autistic adults and people with learning disabilities. Activities include arts and crafts, catering, drama and puppetry, music and dance, IT, horticulture, woodwork and health and exercise. You can contact them directly. Transport is available. This is a local charity. There is a cost for this service

Read more about [supported living and housing for people with learning disabilities or autism](#)

Health information

It is important that services offer reasonable adjustments for people with learning disability. This includes:

- annual health check
- support for cancer screening programmes
- health passport
- hospital passport
- Certificate of Vision Impairment (CVI). You should receive your CVI along with an Easy Read covering letter

[Easyhealth](#) is a website for people with learning disabilities where you can find health information with simple words, pictures and films.

[LD North East](#) provides a number of health cards free for anyone. The range includes: blood pressure, pain and symptoms, health services, urine and stools, diabetes and blood tests, women's health, men's health.

Specialist health services

[Community Learning Disability team at Cumbria, Northumberland Tyne and Wear Foundation Trust](#) offer assessment, treatment and advice for adults over 18 with a learning disability who have complex physical health, challenging behaviour or mental health needs.

[Neuro Development team at the Newcastle Hospitals NHS Trust](#) will help you towards diagnosis and further support

[Children and Young People's service \(CYPS\) at CNTW](#) offer a single point of access to mental health services for people with a learning disability

[Children's Speech and Language service at Newcastle Hospitals NHS Trust](#) supports young people with language difficulties to communicate better.

Social and leisure activities (A to Z)

[Alan Shearer Activity Centre](#) offers a short break facility for children and adults with autism. As well as short break accommodation, the centre has sensory rooms, a hydrotherapy pool, specialised seating cinema, and organised activities.

[Arcadea](#) offer art and creative activities at their HUB. They have a day service Monday to Friday and run a Youth Club on Wednesday evenings.

[City Library](#) hold a Quieter hour from 10am to 11am on Saturdays.

[Chain Reaction](#) supports older people (over 55) to live independently at home. They can help you take part in groups and activities in your community. They can help you to start new friendships.

Children North East run social support groups for young people. The groups are:

Masquer-Aid peer support group for people who have recently found out they are neurodifferent or are waiting for a diagnosis. Their Gaming group meets on Fridays in Newcastle. This group is for people over the age of 16.

FAB Group for young people aged 11 to 25 with Special Educational Needs. The group meets in person every month in Newcastle to make friends and share experiences. They run online meetings too.

Cornerstone Benwell work with people with autism in the west end of Newcastle. They run weekly activity group and a monthly social group for people with learning disabilities. Their activities include art, cooking and drama.

Friends Action North East support adults with learning disabilities and autism to meet new people and make lasting friendships. They offer supported social activities and one to one mentoring supporting adults to develop friendships, learn friendship skills and be more active in their community

Liberdade Community Development Trust run an arts venue and café from **Gosforth Civic Theatre**. It is an inclusive space for performance, music, cinema, and community activity at the heart of Gosforth that aims to break down misconceptions of a learning disability while also being a space where everyone can enjoy their café, get involved in a class or go to a show.

Newcastle Libraries have a range of books called '**Pictures to Share**'. These books combine pictures and text for adults in a meaningful way and can help stimulate conversation between families, professionals and dementia sufferers. These can also be used with stroke sufferers, as well as adults with autism, learning disabilities and people with mental health needs.

Ouseburn Farm has farm animals, a café, orchard, garden, shop, small animal room and much more. They support people with learning difficulties or disabilities, autism or mental health problems to take part in farming activities and volunteer placements.

Pathways 4 All is a parent-led charity offering social and leisure activities.

Pool of Sound is a specialist music project based in North Tyneside who mainly provide 1 to 1 and group music sessions to a wide spectrum of people with learning disabilities. The overall aim of the project is to enable people to create, rehearse, perform and record their own music.

Quadrant Leisure run weekly activities for young people with special educational needs at their Hubs. People aged 14 to 25 with mild to moderate special needs, learning disabilities and Autism can take part in their sessions in Newcastle:

ReCoCo: Recovery College Collective have various courses available for individuals with autism including a creative arts group, cinema buddies group, and a games and chat group.

Skills for People work with and support disabled people and their families. They offer a range of activities including a **Help and Connect** service to help people to connect with their local area, fitness and life planning.

Slow Museums or **Slow Shopping** sessions allow you to enjoy these places at a slower pace, with fewer people and less noise.

[Twisting Ducks](#) offer arts and drama for people with learning disabilities and autism

[The Josephine and Jack Project](#) provide courses for people with learning disabilities to help them make their own choices about life and love.

[Journey Enterprises](#) run activities such as arts and crafts, catering, employability, drama and puppetry, music and dance, IT, horticulture, woodwork and health and exercise.

Education and employment support

Support is available in Newcastle to take part in training, placements and to prepare for employment. Read more in our article on [Support to prepare for work](#).

[Newcastle City Learning – LDD provision](#) offer a variety of courses and qualifications for people over 19 with learning difficulties and disabilities.

[Supported Employment Service at Newcastle City Council](#) help people who have barriers to employment find and stay in work. They help people to think about their career goals and how to achieve them. They can help you to:

- understand existing skills and how they're useful to the jobs market
- write a CV and apply for jobs online
- get ready for interviews
- choose and gain qualifications
- stay in work
- take part in work experience and placements at Natures Landscapes and FoodWorks

[Big River Bakery](#) is a community bakery and cafe in Shieldfield. They support people with learning disabilities and autism to learn to bake. To help people to get ready to find a job. They bake and sell fresh bread, pies, pastries and cakes. Pay what you feel for food on Wednesdays. They're a Winter Wellbeing Hub where you can spend time with a hot drink and keep warm in the city.

[Bill Quay Community Farm](#) are a 27 acre farm with a range of animals. They run a day service for adults with learning disabilities, autistic people and adults with special educational needs (SEND). They offer placements for adults with learning disabilities and alternative education sessions for home schooled children or children not in mainstream education. Children can work towards qualifications in maths, English, animal care and facilities management. There is a cost for day and education services. You can visit the farm for free.

[DiversityNE](#) offer support to people with autism and other neurodivergent conditions to find a job by matching them to work placements.

[Journey Enterprises](#) provides life-skills and employability training for adults with learning disabilities and autism. You can self refer to this charity which has hubs in Newcastle, Blyth, Hexham and Bishop Auckland.

[Youth Employment Service North East \(YESNE\)](#) is a local youth employment service working to reduce the number of neurodivergent young people (such as autism, learning disability, dyslexia or Tourettes) who are not in work, education or training in or around the Tyne and Wear

area.

[Twisting Ducks](#) offer Drama Works, a creative employability training programme for people with learning disabilities and autism that uses drama techniques to explore transferable work skills

Staying Safe

Everyone should feel safe when living and enjoying life in Newcastle. Some extra support is available if you feel you need it.

Public Transport

The [Nexus Travel Safe Guide](#) gives advice and tips on how to travel around Newcastle safely. You can also carry a [Bridge card](#) to identify that you need help.

At home

[Protected Telephone Services and Priority Repairs](#) are available to help support people with long term conditions and disabilities. This helps to make sure that your phone line is working, so you can use it to stay in contact with others and in emergencies.

If you feel that you need extra support at home there is a range of [supported living, day centres and place for over night stays](#) available in Newcastle.

When out and about

Safe Places scheme

The Safe Places are places you can go in Newcastle if you need help or are upset. For example, if you have been bullied, lost or had something stolen, like your bus pass, purse or wallet

The staff at these places listed below are trained to help people with learning disabilities. You might see a Safe Places sticker in their window. You can ask for help at:

- [Arcadea](#)
- [Brunswick Methodist Church](#)
- **Caffe Nero**
- [Coquet Trust](#)
- [Cornerstone](#)
- [Dance City](#)
- **Geek Retreat**
- [Great North Museum](#)
- [Hatton Gallery](#)
- **Heaton Post Office**
- [Jesmond Library](#)

- [Libraries across Newcastle](#)
- [Liberdade Community Development Trust, Gosforth](#)
- [Mills Pharmacy Gosforth](#)
- [Morrisons, Byker](#)
- [New Beginnings North East](#)
- [Newcastle Building Society Northumberland Street](#)
- [Newcastle Carers](#)
- [Nexus Travel Shops](#)
- [Northern Stage](#)
- [Ouseburn Farm](#)
- [Sainsbury's Chillingham Road](#)
- [Sainsbury's Grey Street](#)
- [Sainsbury's Heaton Road](#)
- [Seven Stories](#)
- [Skills for People](#)
- [St James's Park – Newcastle United](#)
- [St Mary's Catholic Cathedral](#)
- [St John the Baptist Church](#)
- [St Nicholas' Cathedral](#)
- [Sweet Memories at Study Cafe](#)
- [The Cycle Hub](#)
- [The Discovery Museum](#)
- [The Laing Art Gallery](#)
- [Theatre Royal](#)
- [Tyneside Cinema](#)
- [West Denton Community Centre](#)
- [WH Smith Northumberland Street](#)

[Read more about Safe Places](#) on the Better Days website.

Hate Crime

It's a criminal offence to target someone because of a personal characteristic, such as autism or a learning disability. This can include name calling, threatening behaviour online or in person, or someone hurting you. Support is available to help you report any hate crime. Read more about [what is Hate Crime and how to report it on InformationNOW](#).

The [Nexus Travel Safe Guide](#) gives advice and tips on how to travel around Newcastle safely. You can also carry a [Bridge card](#) to show that you need help.

Abuse

There are [different types of abuse and signs to be aware of](#). Types of abuse include: financial, physical, emotional, sexual and neglect.

Contact [Adult Social CarePoint at Newcastle City Council](#) if you are worried about that you or someone you know is being abused in Newcastle. You can read more about [adult abuse](#) and [domestic abuse](#) on InformationNOW.

Health conditions linked to a learning disability

People with a learning disability may be more prone to certain health problems. You may find it useful to read the following sections on our website:

- [Alzheimer's disease and dementia](#)
 - [Depression](#)
 - [Epilepsy](#)
 - [Visual impairment](#)
-

Accessible Information

The Accessible Information Standard is a UK law to make sure that people who have a disability, impairment or sensory loss are given information they can easily read or understand. Health and social care services must find out your information and communication needs make sure you get support the way you need it in an accessible format.

For example you may need large print text for a letter or a British Sign Language (BSL) interpreter at medical appointments for communication.

[Read more about Accessible information](#)

Wellbeing Hubs

[Wellbeing Hubs](#) are warm welcoming place to spend time in Newcastle. Local venues, such as libraries and community centres, offer a range of support such as hot drinks, free wifi, place to charge your devices, information, advice and more.

[Read more about Cost of living help and support on InformationNOW](#) and [Keeping warm and well in winter.](#)

Other useful pages on InformationNOW

You may find these articles on InformationNOW useful

- [Accessible Toilets](#)
 - [Blue Badge Scheme](#)
 - [Bereavement and grief](#)
 - [Disability Living Allowance](#)
 - [Disability rights](#)
 - [Hate Crime](#)
 - [Looking after someone](#)
 - [Making decisions \(Mental Capacity\)](#)
-

Other useful information

- [Beyond Words](#) is a charity that provides books and training to support people who find pictures easier to understand than words.
- [Inclusion North](#) raises awareness of the barriers to inclusion for people with a learning disability or autism and their families, and work to remove them.
- [The Challenging Behaviour Foundation](#) offers information and support for people caring for someone who has challenging behaviour
- [The hand wash rap](#) to help with hand washing for coronavirus.

Last updated: March 6, 2025

Useful Organisations

Newcastle Carers

Email: info@newcastlecarers.org.uk

Website: www.newcastlecarers.org.uk

Telephone: 0191 275 5060

Address: 135-139 Shields Road, NE6 1DN

Citizens Advice Newcastle (CAN)

Email: citycab@newcastlecab.org.uk

Website: <http://citizensadvice-newcastle.org.uk>

Telephone: 0808 223 1133

Address: 4th Floor, City Library, NE1 8AX

Disability North

Email: reception@disabilitynorth.org.uk

Website: www.disabilitynorth.org.uk

Telephone: 0191 2840480

Address: The Dene Centre, NE3 1PH

Connected Voice Advocacy

Email: advocacy@connectedvoice.org.uk

Website: <http://www.connectedvoice.org.uk/services/advocacy>

Telephone: 0191 235 7013

Address: One Strawberry Lane, NE1 4BX

Newcastle Welfare Rights Service

Email: welfare.rights@newcastle.gov.uk

Website: www.newcastle.gov.uk/welfarerights

Telephone: 0191 277 2627

Address: **POSTAL ADDRESS ONLY - No face-to-face advice is given here, NE7 7LX

Nexus

Email: customerservices@nexus.org.uk

Website: www.nexus.org.uk

Telephone: 0191 277 2627

Address: The Spark, NE4 5DE

Adult Social CarePoint at Newcastle City Council

Email: ASCP@newcastle.gov.uk

Website: <http://www.newcastle.gov.uk/AdultSocialCare>

Telephone: 0191 278 7878

Address: Adult Social CarePoint Newcastle City Council, NE4 9LU

Newcastle Libraries

Email: information@newcastle.gov.uk

Website: www.newcastle.gov.uk/leisure-libraries-and-tourism/libraries

Telephone: 0191 278 7878

Address: Newcastle City Library, NE1 8AX

Skills for People

Email: information@skillsforpeople.org.uk

Website: www.skillsforpeople.org.uk

Telephone: 0191 281 8737

Address: 4 Glendale Terrace, NE6 1PB

Alan Shearer Centre

Email: enquiries@alanshearercentre.org.uk

Website: www.alanshearercentre.org.uk

Telephone: 0191 267 8118

Address: The Alan Shearer Centre, NE15 7LU

BrowseAloud

Email: info@browsealoud.com

Website: www.browsealoud.com

Telephone: 028 9442 8105

Address: Lucas Exchange, BT41 2RU

Discovery Museum

Email: info@discoverymuseum.org.uk

Website: www.discoverymuseum.org.uk

Telephone: 0191 232 6789

Address: Blandford Square, NE1 4JA

Laing Art Gallery

Email: info@laingartgallery.org.uk

Website: www.laingartgallery.org.uk

Telephone: 0191 278 1611

Address: New Bridge Street, NE1 8AG

Ouseburn Farm

Email: admin@ouseburnfarm.org.uk

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

Telephone: 0191 232 3698

Address: Ouseburn Road (off Lime Street), NE1 2PA

Hatton Gallery

Email: info@hattongallery.org.uk

Website: www.hattongallery.org.uk

Telephone: 0191 277 8877

Address: Newcastle University, NE1 7RU

Great North Museum: Hancock

Email: info@greatnorthmuseum.org.uk

Website: www.greatnorthmuseum.org.uk

Telephone: 0191 208 6765

Address: Barras Bridge, NE2 4PT

The Lawnmowers Independent Theatre Company

Email: hello@lawnmowerstheatre.com

Website: <http://lawnmowerstheatre.com/>

Telephone: 0191 478 9200

Address: The Lawnmower Independent Theatre Company, NE10 0QD

Better Days

Email: betterdays1999@hotmail.com

Website: www.better-days.org.uk

Telephone: 0191 281 5541

Address: 4 Glendale Terrace, NE6 1PB

Brunswick Methodist Church

Email: admin@brunswickmethodist.org.uk

Website: <http://www.brunswickmethodist.org.uk/>

Telephone: 0191 232 1692

Address: Brunswick Methodist Church, NE1 7BJ

St Marys Cathedral City

Email: office@stmaryscathedral.org.uk

Website: <http://stmaryscathedral.org.uk>

Telephone: 0191 232 6953

Address: St. Mary's Cathedral, NE1 5HH

Cornerstone Benwell

Email: cornerstonebenwell@gmail.com

Website: www.facebook.com/cornerstonebenwell

Telephone: 0191 226 0941

Address: 62 Armstrong Road, NE4 7TU

Respond

Email: admin@respond.org.uk

Website: <http://www.respond.org.uk/>

Telephone: 020 7383 0700

Address: Respond, NW1 2HD

Newcastle Cathedral

Email: office@newcastlecathedral.org.uk

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

Telephone: 0191 232 1939

Address: Newcastle Cathedral, NE1 1PF

Eldon Square Shopping Centre

Email: info@eldonsquare.shop

Website: <https://eldonsquare.co.uk/>

Telephone: 0191 261 1891

Address: Northumberland Street, NE1 7JB

Arcadea

Email: info@arcadea.org

Website: <http://www.arcadea.org>

Telephone: 0800 145 5345

Address: Kelburn House, NE1 1YE

Hft (formerly Edward Lloyd Trust)

Website: <http://www.hft.org.uk/Our-locations/Northern-England/Hft-Newcastle-Area/>

Telephone: 0191 213 1608

Address: Dobson House, NE3 3PF

ReCoCo: The Recovery College Collective

Email: info@recoverycoco.com

Website: <http://www.recoverycoco.com/>

Telephone: 0191 261 0948

Address: 1 Carliol Square, NE1 6UF

Castle Dene

Website: <http://www.newcastle.gov.uk/social-care-and-health/care-and-support-adults/types-care-services/long-term-services/castle-dene>

Telephone: 0191 261 0948

Address: Freeman Road, NE3 1SZ

Adult Learning Disability and Autism Team

Website: <https://www.newcastle.gov.uk/social-care-and-health/care-and-support-adults>

Telephone: 0191 278 8377

Address: West Road , NE4 9LU

Gosforth Civic Theatre

Email: info@gosforthcivictheatre.co.uk

Website: <https://www.gosforthcivictheatre.co.uk/>

Telephone: 0191 284 3700

Address: Regent Farm Road, NE3 3HD

Journey Enterprises Ltd

Email: info@journeyenterprises.co.uk

Website: <https://www.journeyenterprises.co.uk/>

Telephone: 0191 484 1290

Address: Journey Enterprises Ltd, NE3 3RY

Welford Centre

Website: <https://www.newcastle.gov.uk/social-care-and-health/care-and-support-adults/types-care-services/long-term-services/welford-centre>

Telephone: 0191 277 2577

Address: Welford Day Centre, NE3 3UR

Shared Lives Newcastle

Email: SharedLives@newcastle.gov.uk

Website: www.newcastle.gov.uk/sharedlives

Telephone: 0191 211 5378

Chilli Studios

Email: info@chillistudios.co.uk

Website: <http://www.chillistudios.co.uk/>

Telephone: 0191 2094058

Address: Blackfriars Centre, NE1 2TQ

Community Learning Disability Team at Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)

Website: <https://www.cntw.nhs.uk/services/community-team-learning-disabilities-ctld-pbs-newcastle/>

Telephone: 0191 210 6868

Address: Benton House, NE2 1QE

Adult Attention Deficit Hyperactivity Disorder (ADHD) Service – Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)

Website: <https://www.cntw.nhs.uk/resource-library/adult-adhd-service/>

Telephone: 0191 287 6251

Address: Keegan Court, NE10 8DX

Adult Autism Diagnostic Service – Cumbria, Northumberland, Tyne and Wear NHS Foundation Trust (CNTW)

Email: ANDS@ntw.nhs.uk

Telephone: 0191 287 6250

Address: Keegan Court, NE10 8DX

Education and Services for People with Autism Ltd – ESPA

Email: enquiries@espa.org.uk

Website: <http://www.espa.org.uk/>

Telephone: 0191 516 5080

Address: North House, , SR5 3RL

Theatre Royal

Email: feedback@theatreroyal.co.uk

Website: www.theatreroyal.co.uk

Telephone: 0191 244 2500

Address: 100 Grey Street, NE1 6BR

Newcastle United Foundation

Email: nucastle@nufc.co.uk

Website: <http://www.nufoundation.org.uk/>

Telephone: 0844 372 1892

Address: NUCASTLE, NE4 6BQ

Coquet Trust

Email: enquiries@coquettrust.org.uk

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

Telephone: 0191 285 9270

Address: 23 Lansdowne Terrace, NE3 1HP

The Cycle Hub

Email: enquiries@thecyclehub.org

Website: <http://www.thecyclehub.org/>

Telephone: 0191 276 7250

Friends Action North East (FANE)

Email: info@friendsaction.co.uk

Website: www.friendsaction.co.uk

Telephone: 0191 231 4327

Address: C/o Ouseburn Farm, NE1 2PA

Newcastle Careers Team

Email: careersteam@newcastle.gov.uk

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

Telephone: 0191 277 1944

Address: City Library, NE1 8AX

North East Autism Society

Email: info@ne-as.org.uk

Website: www.ne-as.org.uk

Telephone: 0191 410 9974

Address: North East Autism Society, DH2 1AN

Inclusion North

Email: info@inclusionnorth.org

Website: <https://inclusionnorth.org/>

Telephone: 0113 244 4792

Address: Suite 12a, LS7 1AB

Easy Health

Email: easyhealth@generate-uk.org

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

Telephone: 0113 244 4792

The Twisting Ducks Theatre Company

Email: info@thetwistingducks.co.uk

Website: <https://www.thetwistingducks.co.uk/>

Telephone: 07925167 775

Newcastle City Learning – Learning Difficulties and Disabilities provision

Email: samantha.riley@newcastle.gov.uk

Website: <https://www.newcastlecitylearning.ac.uk/>

Telephone: 0191 277 3520

Address: Westgate Community College, NE4 9LU

The Challenging Behaviour Foundation

Email: info@thecbf.org.uk

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

Telephone: 0300 666 0126

Address: c/o The Old Courthouse , ME4 6BE

Liberdade Community Development Trust

Email: info@liberdade.co.uk

Website: <https://www.liberdade.co.uk/>

Telephone: 0191 284 3700

Address: Gosforth Civic Theatre, NE3 3HD

British Institute for Learning Disabilities (BILD)

Email: enquiries@bild.org.uk

Telephone: 0121 415 6960

Address: Birmingham Research Park , B15 2SQ

Telephone: 0121 415 6960

Pool of Sound

Email: enquiries@poolofsound.org.uk

Telephone: 07853 941 486

Address: 2nd Floor Wallsend MEM, NE28 6RM

Safeguarding Adults Unit

Website: <https://www.newcastlesafeguarding.org.uk/safeguarding-adults-unit/>

Telephone: 07853 941 486

Address: Safeguarding Adults Unit, NE4 9LU

Newcastle Safeguarding Adults Board (NSAB)

Email: safeguardingboards@newcastle.gov.uk

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

Telephone: 0191 278 8156

Address: Westgate College, NE4 9LU

Jesmond Library

Email: enquiries@jesmondlibrary.org

Website: <http://jesmondlibrary.org/>

Telephone: 0191 281 2385

Address: St. Georges Terrace, NE2 2DL

Quadrant Leisure

Email: admin@quadrantleisure.org

Website: <https://quadrantleisure.org/>

Telephone: 0191 250 0166

Address: John Willie Sams Centre, NE23 7HS

Big River Bakery

Email: andy@bigriverbakery.com

Website: <https://bigriverbakery.myshopify.com/>

Telephone: 077 4608 6924

Address: Big River Bakery, NE2 1XU

Rescare

Email: office@rescare.org.uk

Website: www.rescare.org.uk

Telephone: 0752 924 7792

Address: Suite 1B, SK8 5AF

Tyneside and Northumberland Mind

Email: admin@tynesidemind.org.uk

Website: www.tynesidemind.org.uk

Telephone: 0191 477 4545

Address: Tyneside and Northumberland Mind, NE16UF

Children North East

Email: families.admin@children-ne.org.uk

Website: www.children-ne.org.uk

Telephone: 0191 256 2444

Address: Children's North East, NE15 6QE

Bill Quay Community Farm

Email: georgina@billquaytraining.co.uk

Telephone: 0740 311 9391

Address: Hainingwood Terrace, NE10 0UE

Children and Families Newcastle Early Help at Newcastle City Council

Website: <https://www.newcastle.gov.uk/services/care-and-support/children/getting-help-children-and-families/early-help-your-family>

Telephone: 0191 211 5805

Related Articles

[Home adaptations, equipment and aids](#)

[Needs Assessment with Adult Social Care](#)

[Financial Assessments with Adult Social Care](#)

[Carer's Allowance](#)

[Disability Living Allowance \(DLA\)](#)

[Sight Loss and Visual Impairments](#)

[Advance Decisions](#)

[Disability Rights](#)

[Making decisions and your mental capacity](#)

[Where to get legal advice](#)

[Making your computer or mobile device easier to use](#)

[Food and Friends](#)

[Advocacy support to get your voice heard](#)

[Personal Independence Payment \(PIP\)](#)

[Adult abuse](#)

[Autism and local support services](#)

[Supported living or housing services for people with a learning disability or autism](#)

[Domestic abuse](#)

[Moving from Childrens to Adults Social Care](#)