

## Families 1st 4 Additional Needs

Families 1st support people and families in poverty. They provide food, clothing, furniture and mother and baby packs. They help people living with Autism, learning disability, Neurological Diversity and other additional needs (including mental health issues) in and around Newcastle. Their services include:

- **[Families 1st NE Multibank](#)** deliver low cost food parcels across Newcastle to people who need it. See their listing for how to arrange a food parcel.
- **[Families 1st 4 Additional Needs](#)** support for people with learning disabilities or autism and their families. They can help with food, clothes or furniture.
- **[The Brunswick Park Centre](#)** offer free food to collect from their community table. They offer classes and activities for all ages as well as a snack bar. Room Hire is also available. Email: [foodbank@families1st.uk](mailto:foodbank@families1st.uk)
- **Community Shop**, located in **The Forum** in **Wallsend** provides affordable second hand items such as household goods, clothes, furniture and mother and baby packs to people in need. You can buy at a low cost , collect items for free or donate your unwanted items.
- Supporting young people and schools
- Gardening project
- Mental health support
- Weekly men's group on Thursdays 6pm to 8pm with games and activities. Professional support and advice is available. Book a place

Last updated: June 13, 2025

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**Telephone:** 0191 217 0079

**Website:** <https://www.families1st4additionalneeds.org/>

**Mobile:** 07912581204

**Email:** [support@families1st.uk](mailto:support@families1st.uk)

**Website 2:** <https://www.families1st4additionalneeds.org/NNFB>

**Facebook:** <https://www.facebook.com/Families1st4AdditionalNeeds/>

**Opening Hours:** Brunswick Centre open Monday to Friday 9am to 5pm  
Contact them to arrange delivery of food parcels

**Address:**

Moirs Of Gosforth, Windsor House

Brunswick industrial estate  
Brunswick Village  
Newcastle Upon Tyne  
NE13 7BA

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## Related Articles

[Food banks and free emergency food in Newcastle](#)

[Autism and local support services](#)

[Affordable electrical goods](#)

[Affordable furniture](#)

[Help with clothing](#)

[Free meals and affordable food in Newcastle](#)

[Warm spaces and places in Newcastle](#)

[Support Groups](#)

[Wellbeing Hubs](#)