Information NOW
Information for people in Newcastle upon Tyne

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**
- **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

Telephone: 0191 217 0079

Website: https://www.families1st4additionalneeds.org/

Mobile: 07912581204

Email: 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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