InformationNOW
Information for people in Newcastle upon Tyne

Useful information when leaving hospital

When you're being discharged from hospital after a period of illness, you may find these pages on InformationNOW useful to help plan ahead and recover well at home.

Before you leave hospital

- **Leaving hospital**
- **Arranging your care at home**

Adult Social Care

Adult Social Care at Newcastle City Council give information and support to adults in Newcastle who are struggling at home with day to day activities. For example, moving around your home, eating, washing or caring for someone. Call for a chat to find out if you, or your carer, need support. They can signpost you to local services and help to arrange a Needs Assessment to find out what support is available to you.

Making changes to your home

- **adaptations or aids to make life easier at home**
- Useful small pieces of equipment to help you manage at home
- **Personal alarms and telecare that can raise an alarm if you need help**
- **DLF Living Made Easy** a website to find and buy equipment to help you live independently
- **Housing options if your home no longer suits your needs**

Help to live well at home

- **Help with your food shopping and prescriptions**
- **Meals at home**
- **Cleaning services in Newcastle**
- **Laundry services in Newcastle**

Getting out and about

- **Day centres and activities**
- **Blue badge scheme** how to apply for a disability badge
- **Concessionary travel**
- **Food and friends groups**
- **Chain reaction** service which offers befriending and support to access activities
- **Newcastle Shopmobility** hire mobility scooters to make it easier to access shops

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Disability support

- **Disability North** can help with questions about your health and social care, benefits and the Blue Badge Scheme

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Useful Organisations

NHS 111

Website: www.nhs.uk/111

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

Disability North

Email: reception@disabilitynorth.org.uk

Website: www.disabilitynorth.org.uk

Telephone: 0191 2840480

Address: The Dene Centre, NE3 1PH

Newcastle Shopmobility

Email: shopmobility@newcastle.gov.uk

Website: https://www.newcastle.gov.uk/social-care-and-health/care-and-support-adults/getting-out-and-about/shopmobility

Telephone: 0191 261 6176

Address: Eldon Garden Shopping Centre, NE1 7RA

Chain Reaction

Email: info@chainreaction-newcastle.co.uk

Website: http://www.chainreaction-newcastle.co.uk/

Telephone: 0191 273 7443

Address: Chain Reaction, NE13 9BA

Related Articles

Leaving hospital

Urgent medical help from NHS 111

Home care agencies in Newcastle

Home care

Needs Assessment with Adult Social Care

Housing for older people

Telecare, telehealth and personal alarm systems

Help with shopping and prescriptions

Meals at home

Day centres and services

Blue Badge Scheme

Concessionary travel

Food and Friends

Cleaning services

Laundry services

Shopmobility