Information NOW
Information for people in Newcastle upon Tyne

Shine On (formerly Caring Hands)

Shine On (formerly Caring Hands) offer a range of services for people aged 55 and over in the East of Newcastle upon Tyne. They can help you to live independently and safely at home for longer. They offer impartial and confidential Advice and Advocacy, social opportunities, activities and support. Their services include :

- **Laundry collection and delivery service: T**hey collect laundry from your home, wash, dry, fold and deliver it back on the same day.
- **Free benefits advice:** check to make sure you are receiving all the benefits available to you. They can help with benefit applications too.
- **Lasting Power of Attorney:** a low cost application service
- **Community Launderette:** on Wretham Place in Shieldfield is open to the general public. It's open every day except Sunday, 8.30 am – 5 pm.
- **Silver Lining Social:** a free monthly (2nd Wednesday of the month) social with a light lunch and refreshments. Free travel can be arranged if you call in advance to book. See the Shine On website for dates.

See the full leaflet here

Last updated: September 23, 2026

Telephone: 0191 261 5234

Telephone note: can leave message

Website: https://www.shineoncharity.org.uk/

Email: contact@shineoncharity.org.uk

Facebook: https://www.facebook.com/profile.php?id=61574638074022

Opening Hours: Office open: Monday, Tuesday, Wednesday & Friday 9.30 am to 2.30 pm

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

Address:
Shine On
St Gabriel's Parish Centre
St Gabriel's Avenue
Newcastle upon Tyne

NE6 5QN

Related Articles

Home adaptations, equipment and aids

Finding friends and Befriending services

Separation and divorce

Feeling lonely?

Laundry services

Welfare benefits

Leaving hospital