

Support Groups

There are support groups in Newcastle that give you the chance to talk to people who have experienced the same issues as you. You can talk to each other and get information, support and advice. Groups can support you through difficulties and offer emotional support. There are support groups to help with family and relationships, overcoming addiction, advice on dealing with illness, loneliness, end of life or a long term health conditions or illnesses.

Support groups are often run by charities and voluntary groups. There may be professionals at the groups such as consultants, specialist nurses, occupational therapists, speech therapists and physiotherapists. You can search Information NOW to see [the list of support groups](#) or read more below.

Adult Attention Deficit Hyperactive Disorder (ADHD)

[Adult AD/HD North East](#) hold regular support meetings throughout the north east of England

[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 on the first Friday of the month. They run regular 5 week training courses where you can learn more about 'ADHD and me.'

Alcohol and drugs addiction

There are organisations that support anyone whose life has been affected by drinking including:

- [Alcoholics Anonymous \(AA\)](#)
- [Al Anon Family Groups](#)
- [Narcotics Anonymous \(NA\)](#)
- [PROPS North East](#)
- [ADFAM](#) find family support in your area
- [FRANK](#) also runs live chats every day
- [Changing Lives](#) run programmes and workshops as well a support groups for all forms of addiction
- [YMCA Newcastle](#) youth workers offer confidential support and advice to young people. They can help with drug and alcohol misuse.
- [ReCoCo: The Recovery College Collective](#)

[Read more about Drugs and Alcohol](#) and [Addictions](#) on InformationNOW.

Arthritis

- [Arthritis Care](#) run support groups based in Gateshead
- [National Rheumatoid Arthritis Society](#) run regular patient support groups, where you can meet other people for a coffee and a chat.

[Read more about arthritis](#) on InformationNOW.

Asthma and lung conditions

[British Lung Foundation](#) support those with respiratory problems and COPD

[Asthma and Lung UK](#) run a [monthly support group](#) to help patients, carers, family members and friends manage their lung condition. Usually on the 3rd Thursday of every month between 1pm and 3pm at [Ray Gray Community Centre](#).

[Read more about Asthma](#) on InformationNOW.

Autism

[Skills for People](#) run social groups for people with autism

[Friends Action North East](#) supports people with autism to make friendships. They run regular get togethers and social activities in Newcastle

[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 on the first Friday of the month. They run 5 week training courses where you can learn more about 'Autism and me'.

[Read more about autism and local support services](#) on InformationNOW

Black, Asian and Minoritised Ethnic Groups

[Angelou Centre](#) supports women of all ages and there is an older women's support group, Mahila Mandal.

[Connected Voice Haref](#) have a network of ethnically marginalised community organisations.

[Rabita Women](#) study circle and social group for Pakistani Women meet weekly at the meeting place for the Uwais Foundation in Fenham.

[Search](#) and the [North East Chinese Association](#) run activities for older Chinese people.

Brain

[Journey Enterprises](#) offers support to those with acquired brain injury

Pituitary Foundation run [Support Groups](#) in the North East

[Hearing Voices Network](#) offer support groups to those feeling distressed by the voices that they hear.

[Read more about strokes](#) on InformationNOW

Cancer

There are a wide range of organisations that offer support groups for those experiencing diagnosis or treatment for cancer or having lost someone to cancer.

[Bowel Cancer UK](#) offer the opportunity to share personal stories.

[Jo's Cervical Cancer Trust](#) has a series of online forums.

[Lymphoma Action](#) run north east meetings on the first Wednesday of every month at 2 pm.

[Macmillan Cancer Support UK](#) has an online community where you can join group discussions, get your questions answered and find out more information about living with cancer

[Macmillan Support Services](#) offer a range of support groups both social and therapeutic. Register on their site and find out what is available locally.

[Maggies Newcastle](#) based at Freeman Hospital, offer support to people with any type of cancer and those who are bereaved as a result of cancer. This includes the Brain Tumour support group and a local [Prostate Cancer UK](#) support group.

[Durham and District Women's Cancer Support Group](#) support people diagnosed with ovarian cancer

[Prostate Cancer UK](#) offer a North East Support Group held at Maggie's centre, Freeman Hospital, supported by a specialist nurse, every 4th Tuesday of the month.

[Teesside Lymphoma Association Support Group](#) run support groups for those affected by Hodgkin or non-Hodgkin lymphoma; they can also put you in touch with a buddy service.

[The Oesophageal Patient Association](#) hopes to establish support groups nationwide for those with oesophageal or gastric cancer.

[The Roy Castle Lung Cancer Foundation](#) offers support groups in the Durham area.

[Read more about cancer on InformationNOW](#) to find other options to talk including online forums and buddying services.

Carers

There are a number of organisations that help and support carers who have an unpaid caring role. Carers are defined as someone who looks after someone who is ill or cannot manage without

help.

[Newcastle Carers](#) runs a number of services including support groups around the city, including the West End, Lemington, Gosforth and at their centre in Byker. They also have a monthly Men's Carers Group. Search in our Events and Activities section – select 'Support Groups' in the Browse by type box.

[Macmillan Support services](#) are available to all carers, friends and family affected by cancer

[Marie Curie](#) runs a weekly Carers support cafe

[Silverline Memories](#) hold a regular support group for people caring for someone with dementia.

[Stroke Association](#) offer [family and carer support](#)

[PROPS](#) offer support for carers of someone with addiction or alcohol abuse issues

[Carers UK](#) run online carers support groups and coffee mornings.

[Read more about Looking after someone](#) article on Information NOW.

Communication and speech

There are several organisation to support people with communication and speech problems.

[The British Stammering Association](#) offer a [support](#) for people affected by a stammer or who are parents of children with a stammer.

[Journey Enterprises](#) offers support to those with acquired brain injury, learning disability and mental health problems

[Newcastle Community Stroke Service](#) offer a number of services through patient support groups.

[North East Trust for Aphasia](#) has information about local groups.

[The Stroke Association](#) provides [support after stroke](#).

[Read more about strokes](#) on InformationNOW

Deaf and Hard of hearing

[Deaflink](#) offer monthly support groups as well as information about illnesses and long term conditions in an accessible format to support the deaf community. Tinnitus and Shh events are held regularly.

[Newcastle Deaf Centre](#) run a weekly lunch club, activities and social events for deaf people of all ages.

[Read more about deaf and hard of hearing support](#) on InformationNOW.

Dementia

[Search Newcastle](#) run memory cafes and activities such as Singing for your Brain

[Silverline Memories](#) run Young Onset Dementia peer support group, Dementia Carers support group, picnic knit and knatter support groups and other dementia activities

[Newcastle Carers](#) run a Dementia Information and Advice Group for carers who look after someone with dementia.

[Read more on dementia](#) and [dementia friendly Newcastle](#) on InformationNOW

Diabetes

[Diabetes UK Northern](#) have a range of local support groups in Gateshead, Bedlington and South Tyneside.

[Gateshead Diabetes UK Support Group](#) is a monthly support group for people living with diabetes. It is one [Diabetes UK North](#) local groups that aims to raise awareness, provide support, help, companionship, education, fundraising and information for people living with diabetes their families and carers.

[Read more on diabetes](#) on InformationNOW.

Eye conditions and vision

[Macular Society](#) has an monthly local support group which meets at [Newcastle Vision Support](#)

Encephalitis

[Encephalitis Society](#) has a series of online forums for people affected by encephalitis

End of life, bereavement and grief

[Cruse Bereavement Care](#) has a national telephone helpline. They have a local support group for people bereaved by suicide

[Lifespan](#) supports families going through life-threatening and end of life conditions

[Macmillan Support Services](#) support people through end of life and bereavement. Visit their website to find what's on in your Area

[Marie Curie Newcastle](#) runs a weekly Bereavement Support café. They also give individual and group support for anyone who is bereaved by a terminal illness.

[Maggies Centre](#) at the Freeman hospital supports people through all stages of cancer including end of life and bereavement

[Support after Murder and Manslaughter \(SAMM\)](#) supports families bereaved by murder and manslaughter.

[Survivors of Bereavement by Suicide](#) hold a virtual meeting hosted from Whitley Bay.

[Read more about bereavement and grief support](#) on InformationNOW.

Epilepsy

[Epilepsy Action](#) is a national charity, which aims to provide information and support to those affected by epilepsy.

Family and relationships

There are a number of charities and services that offer support for people who are experiencing difficulties at home or have experienced abuse or estrangement from their family including:

[Contact](#) offer local support groups and advice for people with disabled children, learning difficulties and autism.

[Lifespan](#) supports families going through life-threatening and end of life conditions.

[Skills for People](#) run [Pass it on Parents](#) for those supporting disabled children

[Stand alone](#) support people who are estranged from their families or a family member

[Read more about Family and Relationships](#) on InformationNOW.

Food and nutrition

There are organisations that support people and families experiencing issues around food including:

- [Choose to Lose](#) (Healthworks)
- [NIWE Eating Distress Service](#)

[Read more about health conditions and services](#) on InformationNOW.

Gambling

There are national organisations that hold local meetings in Newcastle to support people affected by gambling. This includes:

- [Gam Anon](#)
- [Gamblers Anonymous](#)
- [GamCare](#)

[Read more about Addictions](#) on InformationNOW.

Huntington's Disease

- [Huntington's Disease Association](#) has a [Newcastle branch](#)
-

Learning Disability

[Skills for People](#) run friends groups in Newcastle.

[Friends Action North East](#) supports people with learning disabilities to make friendships. They run regular get togethers and social activities in Newcastle

[Read more about learning disabilities and local support](#) on InformationNOW.

Lesbian, Gay, Bisexual, Trans, Queer/Questioning (LGBTQ+)

[Gasbags North East](#) run a regular support group as well as social activities.

[MESMAC Newcastle](#) have information about a range of [support groups](#) for men only, women only, transgender, older people, black and ethnic and married men.

[EveryTurn Mental Health](#) run mental health support groups and drop in services. They have a support group for Trans and non binary people. They also offer social, lunch and wellbeing groups as part of [Chain Reaction](#)

[Switchboard LGBT](#) can provide information on a [bisexual social group](#).

[Read more about support groups for LGBTQ+ people](#) on InformationNOW

Liver disease

[The British Liver Trust](#) provide free support for anyone affected by a liver condition. They have a free telephone helpline staffed by expert liver nurses. You can talk to them if you or someone you love has been affected by liver disease or liver cancer, or you are worried about your liver health. They also have online support groups and an online community on Health Unlocked

Long term health conditions

[Lifespan](#) supports people with a variety of long term conditions or illnesses including MND, MS, Parkinson's and those with cancer.

[Read more about health conditions and services](#) on InformationNOW.

Lymphoedema

[St Oswald's Hospice](#) work with the Northern Lymphoedema Support Group. The group is not just for people with Lymphoedema, their family and friends. To find out more information about the group and details of their next meeting, please email Enquiries@stoswaldsuk.org and asked to be added to the St Oswald's Hospice "Lymph Notes" newsletter.

Mental Health

There are a range of organisations that run support groups for mental health and to help build emotional resilience. These include:

[Journey Enterprises](#) offers support to those with acquired brain injury and mental health problems

[MIND](#)

[Tyneside Women's Health](#) have support groups in Newcastle and Gateshead including a wellbeing group.

[EveryTurn Mental Health](#) run mental health support groups and drop in services. They have regular groups for students at Northumbria University, post graduate students at Newcastle University and support for Trans and non binary people. They also offer social, lunch and wellbeing groups as part of [Chain Reaction](#)

[PeerTalk Whitley Bay and Gateshead](#) run free weekly support meetings, where you can talk about your worries and get support from like minded people.

[West End Women and Girls Centre](#) run a range of support groups including family and activity groups

[ReCoCo: the Recovery College](#) offer a wide range of support and resources as well as group therapies

[Anxious Minds](#) run a peer support group in Wallsend and are looking to run more support groups in the Newcastle and Gateshead area. They also have an online support group that you can request to join.

[Hearing the Voice](#) is a large interdisciplinary study that looks at the issue of hearing voices and how it affects people. They also have information on their website about finding support and local support groups.

[Bipolar UK's](#) local support group meets the first Saturday of the month in Gosforth

[Read more about mental health](#) on InformationNOW.

Men's Groups

The Male Journey offer men the opportunity to join a national or local network of social groups to enable men to explore their emotions and feelings. [Locally](#) they meet across Northumbria at different venues and beauty spots.

[Food Nation](#) run a men's pie club to tackle social isolation. For more details visit their **[Facebook page](#)**.

[Men's Sheds](#) also offer a more practical approach with an opportunity to share, learn and develop new skills and experiences, Search their site for sheds Scotswood and Ryton

[Andy's Man Club](#) is a peer to peer support group for men who are struggling with their mental health. They have clubs all over the north east and meet in the centre of Newcastle every Monday.

[Families 1st 4 Additional Needs](#) run a weekly men's group on Thursdays 6pm to 8pm with games, activities, food and drink. Meet new people and talk to others. Professional support and advice is available. Book a place to attend

Motor Nerurone Disease (MND)

- **[MND Association](#)** has a local Tyne and Wear support branch for all those affected by Motor neurone disease. Contact Linda McNally
-

Multiple Sclerosis (MS)

- **[MS Society Newcastle and Gateshead](#)** hold support groups at **[Fawdon Community Centre](#)** and **[Lemington Centre](#)**
-

Muscle spams or Dystonia

- **[Dystonia Society have a North East group](#)** with a Facebook page
-

Osteoporosis

- **[British Osteoporosis Society](#)** hold a support group at MEA House
-

Parkinsons Disease

- **[Parkinson's UK](#)** have a **[local support group](#)** in Newcastle.
-

Stroke

[Stroke Association](#) support stroke survivors and run support groups.

[Newcastle Community Stroke Service](#) offers specialist rehabilitation to people at home and in the community. To use this service you must be over 18, have Newcastle GP and have a diagnosis of Stroke. They have a Patient Support Group.

Sepsis support

[The UK Sepsis Support Trust](#) runs a Newcastle support group.

Thyroid problems

- [Newcastle Thyroid Support Group](#) holds regular informal meetings for people with Thyroid problems.
-

Osteoporosis

- [Newcastle and District Osteoporosis Support Group](#) have several meetings annually and meet online or at Brunswick Church (see ROS website)
-

Pain

- [Action on Pain](#) run support groups for people suffering with chronic and long term pain
-

Sexual Health

- [Blue Sky Trust](#) offer 1:2:1 and peer support and run other workshops for people living with HIV.
-

Social Isolation

- [Contact the Elderly](#) organise Sunday afternoon tea parties.
- [Cruse Bereavement Care](#) offer support groups in [Tyneside](#)
- [Equal Arts](#) offer creative engagement [support activities](#) across Newcastle and Gateshead.
- [Forward Assist](#) support veterans who are becoming civilians and wish to integrate into their new communities.
- [Hand in Hand](#) offer lunch and activity [clubs](#) in Wallsend and Heaton.
- [Royal Voluntary Service](#) run social groups and [support groups](#) in Tyne and Wear
- [Chain Reaction](#) also offer support to reduce social isolation.

Read our article on Information NOW about [Feeling Lonely](#).

Sight loss and visual impairment

- [Guide Dogs Newcastle](#) runs the My Guide services which helps you to access community activities and support groups.
- [The VIP Lounge](#) run LocalEyes across the UK. You can contact the local coordinator, Lianne, or contact her through WhatsApp or phone her on 07555318194 to join a group in Newcastle or elsewhere in the North East.
- [Newcastle Vision Support](#) run a See You Wednesday club. For more information 'phone 0191 232 7292.
- [The Macular Society](#) run a support group in Newcastle.
- [RNIB](#) run Connect with [regional](#) Facebook support forums
- [The International Glaucoma Association](#)'s regional development manager is available to give awareness talks at groups and events and is working to develop patient forums with the local eye clinics. There are various support group meetings held across the north east which RVI patients are welcome to attend.
- [Views](#) supports people through [Positive Views](#), including peer support and confidence building.

Read our article on [visual impairment](#) on Information NOW.

Stopping Smoking

[Stoptober](#) is a 28-day stop smoking challenge. Free quitting tools and support are available. It includes:

- Facebook group an online community for support and advice
 - daily emails and text messages
 - an online Personal Quit Plan to help you find a combination of support that's right for you, including expert support from local Stop Smoking Services and stop smoking aids
 - the NHS Quit Smoking app
-

Victims of crime

- [Victim Support](#) help victims of crime including unlawful break-ins to property.
-

Women's groups

- [Angelou Centre](#) supports women of all ages and there is an older women's support group, Mahila Mandal.
- [Tyneside Women's Health](#) run mental health and domestic abuse support groups in Newcastle and Gateshead.

- **[West End Women and Girls Centre](#)** run knit and natter, women's gardening and cookery groups, as well as the domestic abuse services.

As well as several groups listed above, there is also the **[National Women's Register \(NWR\)](#)** which has a number of active groups across the North East.

Last updated: December 20, 2024

Useful Organisations

Macmillan Support Services

Email: MacMillan.Support@northumbria-healthcare.nhs.uk

Telephone: 0191 293 4377

Address: North Tyneside General Hospital, NE29 8NH

Macmillan Cancer Information & Support Centre

Email: nuth.macmillansupport@nhs.net

Website: <https://www.newcastle-hospitals.nhs.uk/services/northern-centre-for-cancer-care/support-services-2/macmillan-cancer-support-and-information-centre/>

Telephone: 0191 213 8611

Address: Northern Centre for Cancer Care, NE7 7DN

Prostate Cancer UK

Email: cssnortheast@prostatecanceruk.org

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

Telephone: 0191 213 8611

Address: Prostate Cancer UK, NE1 8XS

EveryTurn Mental Health

Email: enquiries@everyturn.org

Website: <https://www.everyturn.org/>

Telephone: 0191 217 0377

Address: Everyturn Mental Health, NE13 9BA

Tyneside Womens Health

Email: enquiries@tynesidewomenshealth.org.uk

Website: www.tynesidewomenshealth.org.uk

Telephone: 0191 477 7898

Address: Wilfred Street, NE6 1JQ

Action on Pain

Email: painline@action-on-pain.co.uk

Website: www.action-on-pain.co.uk

Telephone: 0345 603 1593

Address: 2 Mill Close, PE34 4JG

F A C T

Email: info@fact-cancersupport.co.uk

Website: www.fact-cancersupport.co.uk

Telephone: 0191 442 0833

Address: Po Box 271, NE16 9AH

NHS

Website: www.nhs.uk

Telephone: 0191 442 0833

Al Anon – Family Groups

Email: helpline@al-anonuk.org.uk

Website: www.al-anonuk.org.uk

Telephone: 0191 442 0833

Address: 57B Great Suffolk Street, SE1 0BB

Adfam

Email: admin@adfam.org.uk

Website: www.adfam.org.uk

Telephone: 020 3817 9410

Address: 2nd Floor , WC1H 8BS

FRANK

Email: frank@talktofrank.com

Website: www.talktofrank.com

Telephone: 020 3817 9410

Changing Lives

Email: central.office@changing-lives.org.uk

Website: <http://www.changing-lives.org.uk>

Telephone: 0191 273 8891

Address: Unit D13 Marquis Court, NE11 0RU

Maggie's Cancer Caring Centres

Email: newcastle@maggiescentres.org

Website: <https://www.maggies.org/our-centres/maggies-newcastle/>

Telephone: 0191 233 6600

Address: Freeman Hospital, NE7 7NU

Alzheimer's Society

Email: enquiries@alzheimers.org.uk

Website: www.alzheimers.org.uk

Telephone: 0330 333 0804

Address: Devon House, E1W 1LB

Newcastle Carers

Email: info@newcastlecarers.org.uk

Website: www.newcastlecarers.org.uk

Telephone: 0191 275 5060

Address: 135-139 Shields Road, NE6 1DN

Stroke Association

Email: info@stroke.org.uk

Website: www.stroke.org.uk

Telephone: 0191 487 9988

Address: Digital House, NE11 0NB

NETA (North East Trust for Aphasia)

Email: info@neta.org.uk

Website: www.neta.org.uk

Telephone: 0191 208 8550

Stand Alone

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

Telephone: 0191 208 8550

Address: 34B York Way, N1 9AB

Eating Distress North East

Email: enquiries@edne.org.uk

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

Telephone: 0191 221 0233

Address: Units 4/5, NE1 5DW

Healthworks

Email: enquiries@hwn.org.uk

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

Telephone: 0191 272 4244

Address: Health Resource Centre, NE4 8BE

Deaflink

Email: admin@deaflink.org.uk

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

Telephone: 0191 233

Address: Deaflink North East, NE3 3XT

Victim Support

Website: victimsupport.org.uk

Telephone: 0808 16 89 111

Hearing Voices Network

Email: nhvn@hotmail.co.uk

Website: <https://www.hearing-voices.org/>

Telephone: 0114 271 8210

Address: c/o Sheffield Hearing Voices Network, S6 2PE

National Rheumatoid Arthritis Society (NRAS)

Email: helpline@nras.org.uk

Website: www.nras.org.uk

Telephone: 01628 823 524

Address: 4 The Switchback, SL6 7RJ

Parkinson's UK

Email: hello@parkinsons.org.uk

Website: www.parkinsons.org.uk

Telephone: 0808 800 0303

Address: 215 Vauxhall Bridge Road, SW1V 1EJ

Arthritis Action

Email: info@arthritisation.org.uk

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

Telephone: 0203 781 7120

Address: 56 Buckingham Gate, SW1E 6AE

Tyneside and Northumberland Mind

Email: admin@tynesidemind.org.uk

Website: www.tynesidemind.org.uk

Telephone: 0191 477 4545

Address: Tyneside and Northumberland Mind, NE16UF

ReCoCo: The Recovery College Collective

Email: info@recoverycoco.com

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

Telephone: 0191 261 0948

Address: 1 Carloli Square, NE1 6UF

REengage

Email: <https://www.reengage.org.uk/>

Website: www.reengage.org.uk

Telephone: 0800 716 543

Address: 7 Bell Yard, WC2A 2JR

Cruse Bereavement Care

Email: tyneside@cruse.org.uk

Website: www.cruse.org.uk

Telephone: (0191) 276 5533

Address: St Gabriel's Centre, NE6 5QN

Equal Arts

Email: information@equalarts.org.uk

Website: www.equalarts.org.uk

Telephone: 0191 261 1619

Address: Newcastle City Library, NE1 8AX

Forward Assist

Email: admin@forward-assist.com

Website: <http://www.forward-assist.com/>

Telephone: 0191 250 4877

Address: c/o John Willie Sams Centre, NE23 7HS

Hand in Hand

Email: admin@handinhandproject.org.uk

Website: www.handinhandproject.org.uk

Telephone: 0191 250 4877

Address: Trinity Methodist Church, NE28 8SA

Royal Voluntary Service (RVS)

Email: tynewearhub@royalvoluntaryservice.org.uk

Website: www.royalvoluntaryservice.org.uk

Telephone: 0191 300 9334

Address: Correspondence to:, NE30 2AY

Chain Reaction

Email: info@chainreaction-newcastle.co.uk

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

Telephone: 0191 273 7443

Address: Chain Reaction, NE13 9BA

Newcastle Vision Support

Email: info@newcastlevisionsupport.org.uk

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

Telephone: 0191 232 7292

Address: Suite 1, 6th Floor West A, NE1 8AF

Connected Voice Haref

Email: haref@connectedvoice.org.uk

Website: <https://connectedvoice.org.uk/services/haref>

Telephone: 0191 235 7022

Address: One Strawberry Lane, NE1 4BX

The Angelou Centre

Email: admin@angelou-centre.org.uk

Website: <http://angelou-centre.org.uk/>

Telephone: 0191 226 0394

Address: The Angelou Centre, NE4 5NR

Gasbags North East

Email: gasbagsnortheast598@gmail.com

Website: www.gasbagsnortheast.weebly.com

Telephone: 0191 711 8934

Address: 19 Gordon House, NE6 2JF

Blue Sky Trust

Email: info@blueskytrust.org

Website: <https://www.blueskytrust.org>

Telephone: 07989 155175

Address: The Castlegate, NE1 2JQ

Adult ADHD Support Groups North East UK

Email: aadhd_ne@yahoo.co.uk

Website: <http://aadhd-ne-uk.weebly.com/>

Telephone: 07989 155175

North East Chinese Association

Email: necancluk@hotmail.co.uk

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

Telephone: 0191 261 8583

Address: 25-27 Stowell Street, NE1 4YB

Glaucoma UK

Email: h.morrow@iga.org.uk

Website: <https://glaucoma.uk/>

Telephone: 01233 648 164

Address: High Point Business Village, TN24 8DH

Bright Red Charity

Email: support@brightred.org.uk

Website: www.brightred.org.uk

Telephone: 0191 269 5467

Address: Ward 33 Freeman Hospital, NE7 7DN

Skills for People

Email: information@skillsforpeople.org.uk

Website: www.skillsforpeople.org.uk

Telephone: 0191 281 8737

Address: 4 Glendale Terrace, NE6 1PB

PeerTalk Whitley Bay and Gateshead

Email: enquiries@peertalk.org.uk

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

Telephone: 07719 562 617

Address: PeerTalk, NE26 2HU

Support after Murder and Manslaughter (SAMM)

Email: info@samm.org.uk

Website: www.samm.org.uk

Telephone: 0121 472 2912

Address: L&DC, Tally Ho! , B5 7RN

Alcoholics Anonymous (AA)

Email: help@aamail.org

Website: www.alcoholics-anonymous.org.uk

Telephone: 0800 9177 650

Address: PO Box 1, YO1 7NJ

Narcotics Anonymous (NA)

Email: helpline@ukna.org

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

Telephone: 0800 9177 650

Motor Neurone Disease Association (MNDA)

Email: enquiries@mndassociation.org

Website: <https://www.mndassociation.org/>

Telephone: 01604 250 505

Address: Francis Crick House , NN3 6BJ

Anxious Minds

Email: info@anxiousminds.co.uk

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

Telephone: 0191 262 0305

Address: (inside the) Creative Wellbeing Centre, NE28 6RL

Newcastle Thyroid Support Group

Email: thyroidgroup8@gmail.com

Telephone: 0191 262 0305

Spinal Injury Association

Email: sia@spinal.co.uk

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

Telephone: 01908 604 191

Address: 2 Trueman Place, MK6 2HH

Lymphoma Action

Email: information@lymphomas.org.uk

Website: <https://lymphoma-action.org.uk/>

Telephone: 0808 808 5555

Address: 3 Cromwell Court, HP20 2PB

Encephalitis Society

Email: comms@encephalitis.info

Website: <https://www.encephalitis.info/>

Telephone: 01653 692 583

Address: 32 Castlegate, YO17 7DT

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

British Stammering Association (STAMMA)

Email: mail@stamma.org

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

Telephone: 0808 802 0002

Newcastle Deaf Centre

Email: deafcentre@svp.org.uk

Website: <https://svp.org.uk/microsite/svp-deaf-centre-newcastle>

Telephone: 0191 232 4104

Address: Newcastle Deaf Centre, NE4 6EE

Andy's Man Club

Email: info@andysmanclub.co.uk

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

Telephone: 0191 232 4104

Address: Reds, NE1 8SB

Macmillan Cancer Support UK

Website: www.macmillan.org.uk

Telephone: 0191 232 4104

Address: 89 Albert Embankment, SE1 7UQ

Carers UK

Email: Advice@carersuk.org

Website: www.carersuk.org

Telephone: 020 7378 4999

Address: 20 Great Dover Street,, SE1 4LX

Newcastle Integrated Community Stroke Service

Telephone: 0191 282 6310

Address: Newcastle Community Stroke Service Newcastle upon Tyne Hospitals NHS Trust, NE3 3HD

YMCA Newcastle

Email: enquiries@ymcanewcastle.com

Website: <https://ymcanewcastle.com/>

Telephone: 0191 275 9855

Address: YMCA, NE6 3AB

Epilepsy Action

Email: helpline@epilepsy.org.uk

Website: www.epilepsy.org.uk

Telephone: 0191 275 9855

Address: New Anstey House, LS19 7XY

St Oswald's Hospice

Email: enquiries@stoswaldsuk.org

Website: www.stoswaldsuk.org

Telephone: 0191 285 0063

Address: Regent Avenue, NE3 1EE

Macular Society

Email: help@macularsociety.org

Website: <https://www.macularsociety.org/>

Telephone: 0191 285 0063

Address: PO Box 1870, SP10 9AD

Families 1st 4 Additional Needs

Email: support@families1st.uk

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

Telephone: 0191 217 0079

Address: Moirs Of Gosforth, Windsor House, NE13 7BA

Gateshead Diabetes UK Support Group

Email: brianwatson2105@yahoo.com

Website: <https://gateshead.diabetesukgroup.org/>

Telephone: 0795 569 8055

Address: Queen Elizabeth Hospital, NE9 6SX

Related Articles

[When someone dies: a practical guide](#)

[Mental Health](#)

[10 Tips for good health](#)

[Healthy feet](#)

[Healthy teeth](#)

[Managing someone else's affairs](#)

[Bipolar disorder](#)

[Mental health emergency or crisis services](#)

[Cancer](#)

[Sight Loss and Visual Impairments](#)

[Deaf and hard of hearing](#)

[Hearing voices and hallucinations](#)

[Drug and alcohol support](#)

[Looking after someone](#)

[Food and Friends](#)

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

[Osteoporosis](#)

[Sex in Later Life](#)

[Bereavement and grief](#)