

Action Foundation

Action Foundation support refugees, asylum seekers and other migrants to integrate into the community and lead more independent and resilient lives. They offer a range of support such as:

- **Language and Learning:** free English language lessons (ESOL). Online Zoom classes and lessons in classrooms are available as well as employability. Email: language@actionfoundation.org.uk or call [07518 460198](tel:07518460198)
- **Action Housing** helps destitute asylum seekers with supported accommodation. Call [07444 079678](tel:07444079678) (Monday to Friday 9am to 5pm)
- **Action Letting** rents properties to newly granted single refugees at risk of homelessness. Call, Text or What's app [0744 4079678](tel:07444079678) (Monday to Friday 9am to 5pm)
- **InterAction drop in and casework sessions:** help to access services, find out about housing, legal support, registering with dentists, GPs, volunteering opportunities and to settle into life on Tyneside and in South Tyneside. Thursdays at Crisis Skylight (NE1 2AF) 9.30am to 2pm & Women only session on Wednesdays at Castlegate (NE1 2JQ) 11:30am to 2pm. Email interaction@actionfoundation.org.uk Text, WhatsApp or Call: [07826 266630](tel:07826266630)
- **Young Lives:** specialised practical, emotional and social support for asylum seeking and refugee children, families and young people. Email: bridgetstratford@actionfoundation.org.uk or call [07845 642246](tel:07845642246).

Action Foundation is a Wellbeing Hub. They're a warm welcoming place to spend time in Newcastle. They offer a range of support such as hot drinks, free Wi-Fi, place to charge your devices, information, advice and more. Read more about [Wellbeing Hubs](#)

Wellbeing Hub open Monday to Thursday 9am to 3:30pm

Last updated: May 14, 2026

Telephone: 0191 231 3113

Telephone note: Action Foundation Newcastle

Telephone 2: 07826 266 630

Telephone 2 note: InterAction support for asylum seekers, refugees and migrants (Text, WhatsApp or Call)

Website: www.actionfoundation.org.uk

Email: info@actionfoundation.org.uk

Twitter: www.twitter.com/actionfdn

Facebook: www.facebook.com/actionfoundation

Youtube: https://www.youtube.com/channel/UCkMHDrd4TfoT_Ajrry_qA9Q

Opening Hours: Office and telephone lines open Monday to Friday 9am to 5pm
InterAction Drop in Thursday at CastleGate 9.30am to 2pm

Cost: Free

Address:

CastleGate
Melbourne Street
Newcastle-upon-Tyne
NE1 2JQ

Related Articles

[Immigration and Asylum](#)

[Support for Asylum Seekers and Refugees](#)

[ESOL : English lessons for people who speak English as a second or other language](#)

[Help to use health services for refugees and asylum seekers](#)

[How you can help refugees and asylum seekers](#)

[Baby, children and young people's health](#)

[Wellbeing Hubs](#)