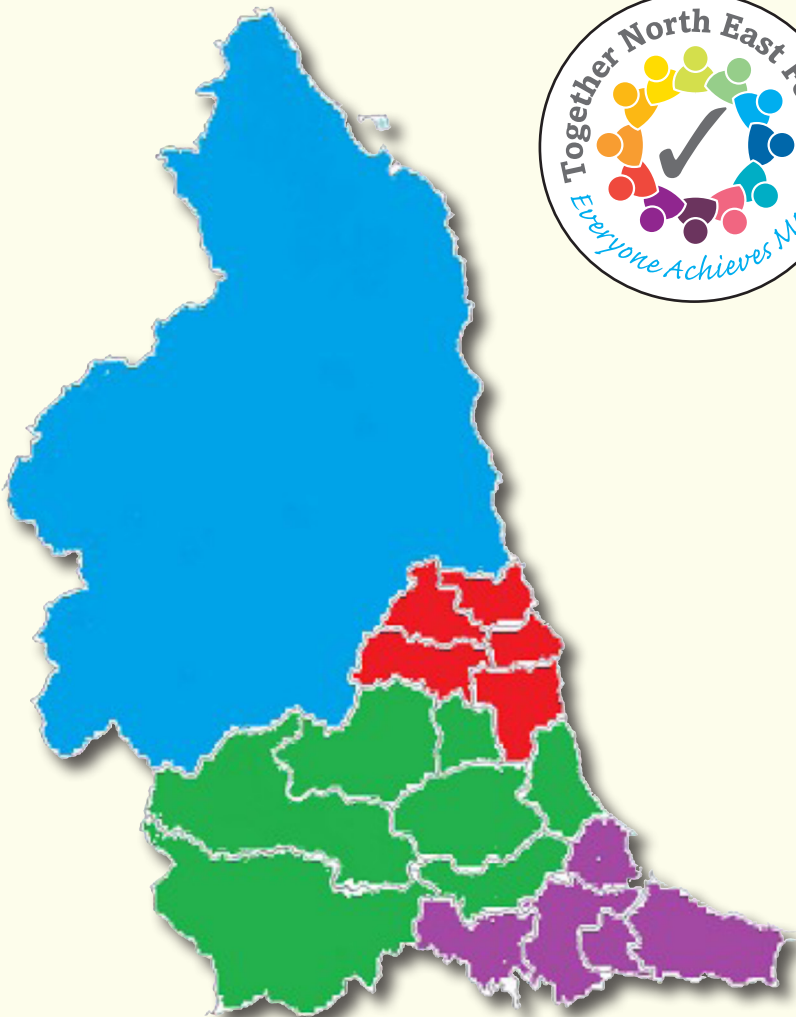


# **Where to Find Help and Support for Adults with a Learning Disability in the North East**



# **Information About Northumberland**

**Berwick upon Tweed**

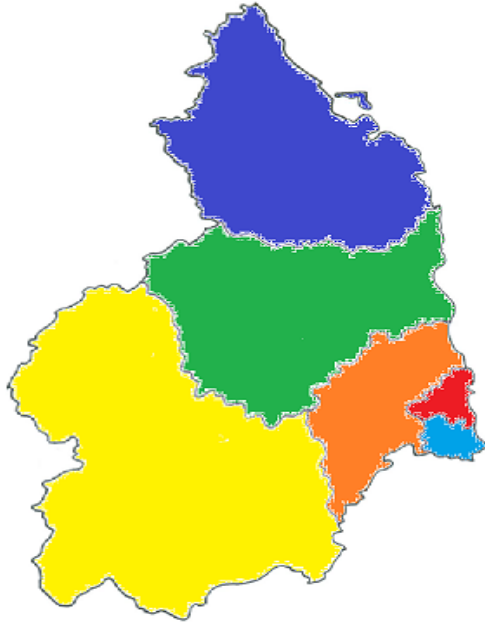
**Alnwick**

**Wansbeck**

**Castle Morpeth**

**Blyth Valley**

**Tynedale**



The NHS Trusts in this area are:

Northumbria Healthcare NHS Foundation Trust

[Learning Disability Liaison Nurse 0191 2934035](tel:01912934035)

Northumberland Tyne and Wear NHS Foundation Trust

**For contact details of NHS Trusts and more  
information about health services please look on  
[www.nhschoices.uk](http://www.nhschoices.uk)**

## Berwick Upon Tweed

Learning Disability Team :  
01670 536400  
Adult Social Services :  
1670 536400  
Adult Carers : 01670320025  
Citizens Advice : 03444 111 444  
- 5 Tweed St; TD15 1NG

## Alnwick

Learning Disability Team :  
01670 536400  
Adult Social Services :  
01670 536400  
Adult Carers : 01670320025  
Citizens Advice : 03444 111 444  
- 24 Bondgate Within NE66 1TD

## Tynedale

Learning Disability Team :  
01670 536400  
Adult Social Services :  
01670 536400  
Adult Carers : 01670320025  
Adapt (North East)  
Self Advocacy : 01434 600599  
Citizens Advice : 03444 111 444  
Gilesgate Hexham NE46 3NP

## Blyth Valley

Learning Disability Team :  
01670 536400  
Adult Social Services :  
01670 536400  
Spiral Skills Advocacy Project :  
0191 271 5353  
Adult Carers : 01670320025  
Citizens Advice : 03444 111 444  
- 3-13 Quay Rd; NE24 2AS

## Castle Morpeth

Learning Disability Team :  
01670 536400  
Adult Social Services :  
01670 536400  
Adult Carers : 01670320025  
Citizens Advice : 03444 111 444  
- 9 Oldgate NE61 1PY

## Wansbeck

Learning Disabilities :  
01670 536400  
Adult Social Services :  
01670 536400  
Adult Carers : 01670320025  
Citizens Advice :  
03444 111 444  
- 89-91 Station Road,  
NE63 8RS

### National Citizens Advice Bureau

It can take some time to get through on the phone to the National Helpline. It may be better to call at your local office to make an appointment. Other local CAB can be found on line at [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

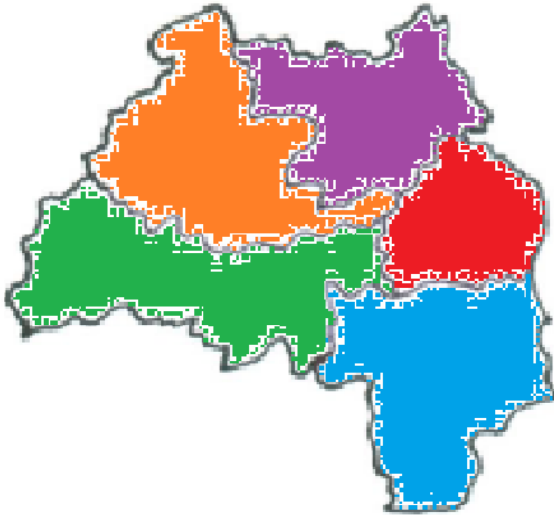
# Information About **Tyne & Wear**

**Newcastle**

**North Tyneside**

**South Tyneside**

**Sunderland • Gateshead**



The NHS Trusts in this area are:

The Newcastle upon Tyne NHS Foundation Trust

Learning Disability Liaison Nurse 0191 2829936/0191 2829396

Northumbria Healthcare NHS Foundation Trust

Learning Disability Liaison Nurse 0191 2934035

South Tyneside NHS Foundation Trust

Learning Disability Liaison Nurse 0191 2832583

Gateshead Health NHS Foundation Trust

Learning Disability Liaison Nurse 0191 2832583

City Hospitals Sunderland NHS Foundation Trust

Learning Disability Liaison Nurse 0191 5656256 ext 47146

Northumberland Tyne and Wear NHS Foundation Trust

**For contact details of NHS Trusts and more  
information about health services please look on  
[www.nhschoices.uk](http://www.nhschoices.uk)**

## Newcastle

Learning Disability Team :  
0191 2106868  
Adult Social Services:  
0191 2788377  
Adult Carers : 0191 2603030  
Skills for People : User led  
Organisation 0191 2818737  
Citizens Advice : 03442451288  
- 35 Nelson St, NE1 5AN

## North Tyneside

Learning Disability Team :  
0191 6432457  
Adult Social Services :  
0191 6432777  
Adult Carers : 0191 6432298  
Citizens Advice : 03442451288  
- 51 Bedford St, NE29 0AT

## South Tyneside

Learning Disability Team :  
01912832583  
Adult Social Services :  
08451304959  
Adult Carers : 0191 4543346  
Your Voice Counts - User led  
Organisation : 0191 3404173  
Citizens Advice : 0191 4557958  
- 2 Station Approach,  
South Shields, NE33 1HR

## Sunderland

Learning Disability Team :  
0191 5205552  
Adult Social Services :  
0191 5205552  
Adult Carers : 0191 5493768  
Sunderland People First -  
User led Organisation :  
0191 5105051  
Citizens Advice : 0191 4166848  
- 19 Front St, Washington  
NE37 2BA

## Gateshead

Learning Disability Team :  
0191 2832583  
Adult Social Services :  
0191 433 7033  
Adult Carers : 0191 4900121  
Your Voice Counts - User led  
Organisation : 0191 4786472  
Citizens Advice : 0344 2451288  
- Davidson Building, Swan St,  
NE8 1BG

## National Citizens Advice Bureau

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# Information About **County Durham**

**Chester Le Street**

**Durham**

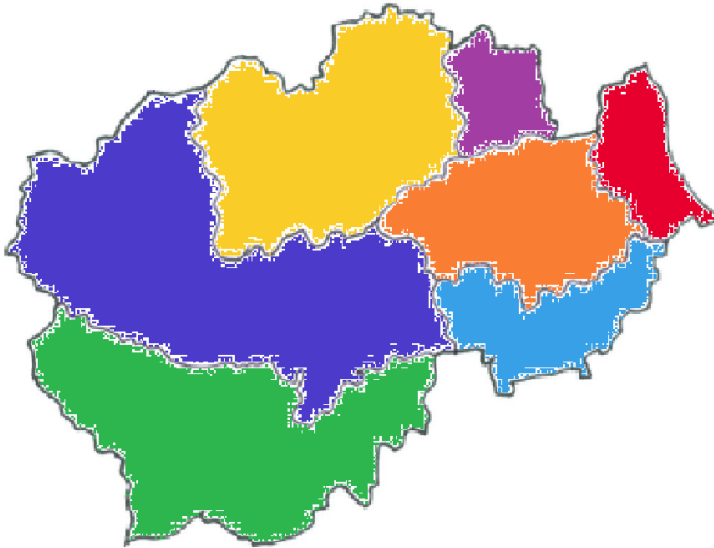
**Wear Valley**

**Easington**

**Sedgefield**

**Teesdale**

**Derwentside**



The NHS Trusts in this area are:

County Durham and Darlington NHS Foundation Trust

Learning Disability Liaison Nurse 01325 522 050 or 0191 441 5801

Tees, Esk and Wear Valleys NHS Foundation Trust

**For contact details of NHS Trusts and more  
information about health services please look on  
[www.nhschoices.uk](http://www.nhschoices.uk)**

## Derwentside

Learning Disability Team West :  
03000 269415  
Adult Social Services :  
03000 267979  
Adult Carers : 0300 0051213  
Citizens Advice : 03444 111444  
- 21 Galgate, Barnard Castle,  
DL12 8EQ

## Sedgefield

Learning Disabilities West :  
03000 269415  
Adult Social Services :  
03000 267979  
Adult Carers : 0300 0051213  
Citizens Advice : 0344 4111444  
Front Street, TS21 3AT

## Wear Valley

Learning Disability Team West :  
03000 269415  
Adult Social Services :  
03000 267979  
Adult Carers : 0300 0051213  
Citizens Advice : 03444 111444  
-154A Newgate St, Barnard  
Castle, DL12 8EQ

## Teesdale

Learning Disabilities West :  
03000 269415  
Adult Social Services :  
03000 267979  
Adult Carers : 0300 0051213  
Citizens Advice : 0344 4111444  
- 21 Galgate, Barnard Castle,  
DL12 8EQ

## Easington

Learning Disabilities East :  
03000 269559  
Adult Social Services :  
03000 267979  
Adult Carers : 0300 0051213  
Citizens Advice : 03444 111444  
- Paradise Lane, SR8 3EX

## Chester Le Street

Learning Disabilities East :  
03000 269559  
Adult Social Services:  
03000 267979  
Adult Carers : 0300 0051213  
Citizens Advice : 03444 111444  
- 15 Church Chare, DH3 3PZ

## Durham

Learning Disability Team East :  
03000 269559  
Adult Social Services :  
03000 267979  
Adult Carers : 0300 0051213  
Citizens Advice : 03444 111444  
- 32 Clay Path, Durham, DH1 1RH

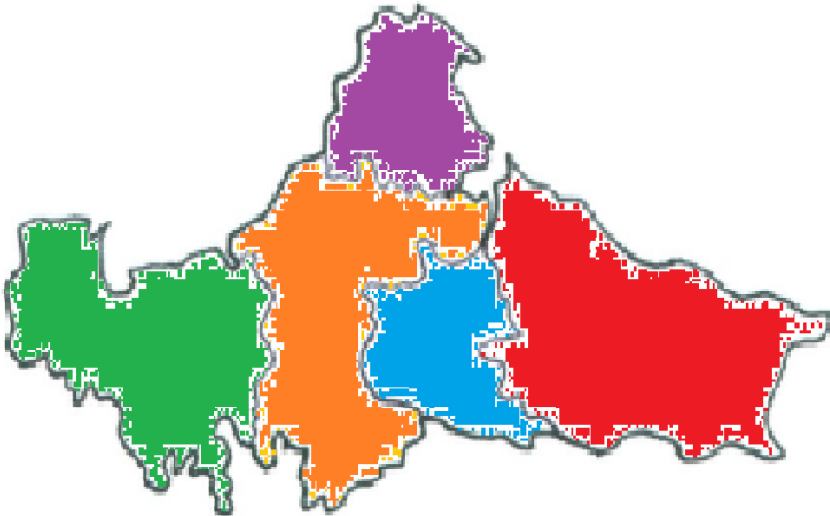
Speaking Up Groups in  
County Durham : 0191 384 5522

National Citizens Advice Bureau  
It can take some time to get  
through on the phone to the  
National Helpline. It may be better  
to call at your local office to make  
an appointment. Other local CAB  
can be found on line at  
[www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

Information correct at June 2015

# Information About **Teesside**

**Hartlepool • Stockton**  
**Redcar and Cleveland**  
**Middlesbrough**  
**Darlington**



The NHS Trusts in this area are:

South Tees Hospitals NHS Foundation Trust

[Learning Disability Liaison Nurse \(01642\) 850850 Ext: 53082](#)

North Tees and Hartlepool NHS Foundation Trust

[Learning Disability Liaison Nurse 01429 522742](#)

South Tyneside NHS Foundation Trust

[Learning Disability Liaison Nurse 0191 2832583](#)

County Durham and Darlington NHS Foundation Trust

[Learning Disability Liaison Nurse 01325 522 050 or 0191 441 5801](#)

Tees, Esk and Wear Valleys NHS Foundation Trust

**For contact details of NHS Trusts and more  
information about health services please look on  
[www.nhschoices.uk](http://www.nhschoices.uk)**

## Hartlepool

Learning Disability Team :  
01429 239080  
Adult Social Services :  
01429 429080  
Adult Carers : 01429 283095  
Citizens Advice : 01429 408401  
- 87 Park Rd, TS26 9HP

## Stockton on Tees

Learning Disability Team :  
01642 368555  
Adult Social Services :  
01642 527764  
Adult Carers : 0800 9170204  
Citizens Advice : 01642 633877  
- Bath Lane, Cleveland, TS18 2DS

## Redcar and Cleveland

Learning Disability Team :  
01642 288288 -  
Ask for Learning Disability Team  
Adult Social Services :  
01642 771500 -  
Ask for Adult Social Services  
Adult Carers : 01642 488977  
Citizens Advice : 01642 444141  
- Redcar Library, Kirkleatham  
St, TS10 1RT

## Darlington

Learning Disability Team :  
01325 406145  
Adult Social Services :  
01325 346200 - press 1  
Adult Carers : 01325 357533  
Citizens Advice : 01325 357533  
- 14 Horsemarket, DL1 5PT

## Middlesbrough

Learning Disability Team :  
01642 303900  
Adult Social Services :  
01642 276004  
Adult Carers : 01642 223999  
Citizens Advice : 01642 469880  
- Grange Town Neighbourhood  
Centre, Bolckow Rd, TS6 7BS

### National Citizens Advice Bureau

It can take some time to get through on the phone to the National Helpline. It may be better to call at your local office to make an appointment. Other local CAB can be found on line at [www.citizensadvice.org.uk](http://www.citizensadvice.org.uk)

# Five-a-day for health & happiness



South Tyneside Council



Sunderland  
City Council

Gateshead  
Council



## Connect...

With family, friends, colleagues and neighbours; ask for help if you need it. This can help improve your life and make you feel better.



## Be active...

Go for a walk or run, step outside, play a game, do some gardening. Discover a form of exercise that suits you. It's fun and can help you feel good.



## Take notice...

Of what is around you - clouds, trees and wildlife. Smell the flowers. Be aware of your feelings and talk about how you feel. This can help you see what matters to you.



## Keep learning...

Try something new. Do something you're good at. Sign up for a course. Learn to play an instrument or how to cook your favourite food. Learning new things can be fun and make you feel more confident.



## Give...

Do something nice for a friend or neighbour. Say thank you, smile, volunteer your time, join a community group. You could make new friends and make you feel good.



# Where to Find Sports

Information about sporting activities  
across Tyne and Wear



To search for sporting activities please visit

**[www.tynewearsport.org](http://www.tynewearsport.org)**

select the **play sport** drop down menu  
and click on the 'disability sport' page to find out more.



## Advocacy

Advocacy is about taking action to help people say what they want, secure their rights, represent their interests and obtain services they need. There are many forms of advocacy for example Independent Mental Capacity Advocacy, Care Act Advocacy, Independent Mental Health Advocacy and Independent Advocacy.

Your local Adult Social Services Team can help you find the advocacy you need.

## Complaints

Your local Patient Advice and Liaison Service (PALS) can provide confidential advice and support, helping you to sort out any concerns that you may have about any aspect of NHS care. You can find your local PALS by putting PALS and your health service name into a search engine.



**Safe Places** - are places where you can go to get help if you are lost, you have lost something or had something stolen, been bullied or are upset about something. To find out where the safe places are in your area ask your self advocacy group or the local council.

Useful Websites:

- Mencap - [www.mencap.org.uk](http://www.mencap.org.uk)
- Inclusion North - [www.inclusionnorth.org](http://www.inclusionnorth.org)
- Improving Health and Lives - [www.improvinghealthandlives.org](http://www.improvinghealthandlives.org)

**With Thanks to South Tyneside NHS Foundation Trust,  
Learning Disability Service and The Newcastle upon Tyne NHS  
Foundation Trust for developing  
this resource.**