

About Us

We are a local charity supporting people across North Tyneside who have lived experience of learning disabilities, learning difficulties and autism.

Our work is all about bringing people together. We believe that everyone deserves to have fun, spend time with friends and feel good about themselves and our mission is to support people to do just that, from birth right through to older life. Our vision is to achieve equality and social inclusion so people can live their life their way.

Community Outreach

We support people one-to-one, in groups and on short breaks to live life to the full out in the community doing things that they enjoy.

Children and Families

We provide support to children aged 0-5 years old, their siblings and families across North Tyneside with inclusive play opportunities and activities to bring families together.

Better Health

We support people to better manage their own health and improve their wellbeing.

Healthy Connections

Through a programme of sports activities, we support people to overcome barriers to exercise and tackle health inequalities.

Hate Crime

We are committed to supporting people who are victims of hate crime, mate crime or exploitation. We support them to recognize and report crimes committed against them simply because of who they are.

Later Years

We support older people with leisure and learning opportunities in order to improve their wellbeing, and reduce isolation.