



**NORTH
EAST**

**We're Still
Here For You**

**Community Outreach
for the New Normal**

Registered Charity 1054535

We're Taking Referrals

Our Community Outreach support is there to help you stay safe at home and stay safe out in the community.

- **Our sessions are a minimum of 4 hours.**
- **Your support staff will help with everyday tasks within your home and help you to keep safe out in the community.**
- **We can offer support with your food shopping and help you to cook and eat well balanced meals.**
- **At this time we understand you may feel socially isolated. We can help by connecting you with friends, taking daily exercise and joining in activities when it is safe to do so.**

For further information please contact our Community Outreach team on 0191 2622261 or at info@ldne.org.uk