



Ending Loneliness  
in North Tyneside



## How to get involved

You can get involved in *Happy to Chat* in many ways by signing up to become a *Happy to Chat* café / venue and ...

- Having a regular, dedicated *Happy to Chat* session or time within your café/venue
- Welcome 'happy to chatters' to visit and chat with people in your café/venue
  - Host a *Happy to Chat* table in your café/venue

Or, you may know some of your customers who might benefit from coming along to a *Happy to Chat* cafe or event.

By getting involved you will be helping to connect people locally and reduce their feelings of loneliness or isolation.

If you sign up to be a *Happy to Chat* café/venue you will need to add yourself to the SIGN North Tyneside Directory and share the dates and times when you are '*Happy to Chat*'. You will also be provided with a *Happy to Chat* sticker to display in your window.

If you know of people who you think would benefit from coming along to a *Happy to Chat* café or event you can find out when and where they will be by visiting the SIGN North Tyneside Directory.

SIGN North Tyneside Directory - <https://services.northtyneside.gov.uk/Sign/>

As and when cafes and events are added we will aim to let you know, but you can visit the directory at any point – it also features a wealth of activities, events and groups for local residents to get involved with.

If you wish to get involved please contact:

- Whitley Bay Big Local if your café is in the Whitley Bay area
- VODA or SIGN North Tyneside if your café is in the North Shields area

Whitley Bay Big Local - [www.whitleybaybiglocal.org/](http://www.whitleybaybiglocal.org/)

VODA – [www.voda.org.uk](http://www.voda.org.uk) or SIGN North Tyneside - [SIGN@northtyneside.gov.uk](mailto:SIGN@northtyneside.gov.uk)



When you are chatting with people you may become concerned about something they share with you – they may tell you they are suffering harm or abuse, they may disclose ill health or feelings of being unwell. It's important that you know where to turn if this happens.

**1. If someone tells you they are being harmed or abused please contact North Tyneside Council Gateway Team**

The Gateway Service provides access to all services for vulnerable adults in North Tyneside. They can provide advice and information on all aspects of safeguarding.

Online reporting: <https://mycare.northtyneside.gov.uk/web/portal/pages/worriedadult#assess>

Telephone: 0191 643 2777

Email: [childrenandadultscontactcentre@northtyneside.gov.uk](mailto:childrenandadultscontactcentre@northtyneside.gov.uk)

Available Monday to Thursday 8.30am to 5pm and Friday 8.30am to 4.30pm.

**2. If you think someone needs urgent medical attention please call 999**

**3. If you think the person is unwell but does not need urgent medical attention please consider suggesting they try:**

- calling NHS 111
- talking to a pharmacist
- visiting or calling their GP
- going to their local NHS walk-in centre

