

Gateshead Older People's Assembly is a charity representing and improving the quality of life for all people over 50 who live in Gateshead. The Assembly supports many borough-wide social groups from its base in Deckham.

The Assembly's base is a welcoming, barrier-free wellness hub for all of Gateshead's over-50s, providing activities and opportunities aimed at preventing the three main issues affecting older people across the borough - loneliness and isolation, falls, and malnutrition. All of this aligns with the NHS five steps to mental wellbeing, supporting older people in Gateshead in maintaining their physical, mental, and emotional health.

Take a look at our current programme of activities and how it holistically supports the needs of Gateshead's older people:



GATESHEAD OLDER PEOPLE'S WELLNESS HUB

