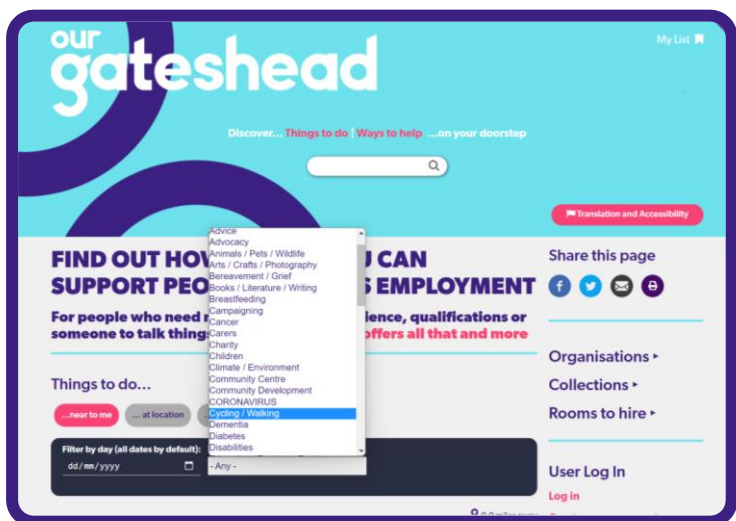


OurGateshead is YOUR community website - A directory of local Things To Do, Ways to Help, plus information and services that can support you. The site is completely free to use - Local groups and organisations can share and promote their activities at the click of a button.

ASK

Are you looking for things to do or ways you can help in your local community?

Do you know a group or service that would benefit sharing their information on OurGateshead?



ASSIST

The site is free to use if you are looking for information for yourself or others and to add your organisation's or group's information and activities.

The website uses Recite me allowing people to translate and make the site more accessible.

ACT

Visit the OurGateshead website to find a full list of local organisations and find out what support they offer.

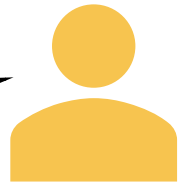
Sign up for free to add your organisation/ groups information

Visit www.ourgateshead.org



How have you been feeling lately?

I have been feeling unfit and a little isolated since I began home working



ASK



I know what you mean. Are you aware of the OurGateshead website? It has lots of different ideas of what people can do to be a little more active



ASSIST



The OurGateshead website has groups, apps and lots of different resources that you might find useful to increase your activity levels and help you feel less isolated.



ACT



This is the website www.ourgateshead.org If you click on the Things To Do link, it will show a wide range of activities taking place near to you.

