



North Tyneside
Carers' Centre

SUMMER 2024 CARER SUPPORT GROUPS IN NORTH TYNESIDE

Join other unpaid carers facing the same situation as you and find your hope, information and support. Take the opportunity to share, relax and have a break from caring.

All CARERS' PEER SUPPORT GROUP

A group for carers of any condition where we can share experiences in a supportive environment and have fun too.

Illustrious Room, Floor 1, Wallsend Customer First Centre, NE28 8JR

- Tuesday 11th June, 2:30 pm to 4:00 pm
- Tuesday 9th July, 2:30 pm to 4:00 pm
- Tuesday 13th August 2:30 pm to 4:00 pm

MENTAL HEALTH CARERS' WALK AND TALK GROUP

A great opportunity to get outside and spend some time walking and sharing with other mental health carers. Ends at the View Cafe for coffee and cake.

Meet outside the Gibraltar Rock pub, Tynemouth, NE30 4EB

- Thursday 27th June, 2:00 pm to 4:00 pm
- Thursday 25th July, 2:00 pm to 4:00 pm
- Thursday 22nd August, 2:00 pm to 4:00 pm

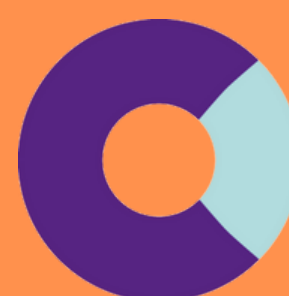
To attend a group for the first time, please contact us on:

**0191
249 6480**

Email: enquiries@ntcarers.co.uk



www.northtynesidecarers.org.uk



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Registered charity: 1051472