



North Tyneside
Carers' Centre



Young Adult Carer Group

Age 16-25 and caring for a loved one?

All carers welcome, come along and meet our team.

Date	Location	Time	Activity
11/09/2024	Shiremoor Family Hub	5pm-7pm	University Life: Libby shares her experience of being a student whilst caring.
16/10/2024	Shiremoor Family Hub	5pm-7pm	First Aid Skills
13/11/2024	Shiremoor Family Hub	5pm-7pm	PROPS- Drug and Alcohol Advice
11/12/2024	Shiremoor Family Hub	5pm-7pm	Christmas Crafts and Fun