



North Tyneside
Carers' Centre

CARER SUPPORT GROUPS IN NORTH TYNESIDE

October - December 2024

Meet other unpaid carers who support someone that depends on them because of a physical or mental health condition.

Discover information, support and a break from your caring role

All CARERS SUPPORT GROUP

Meets monthly to share the highs and lows of being a carer and essential caring information.
Regular well-being activities and speakers.

Illustrious Room, Floor 1,

Wallsend Customer First Centre, NE28 8JR

Tuesday 12th November 2.30 pm to 4.00 pm

Tuesday 10th December 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 people who support a family member or friend with a mental health condition. Indoors over winter.

Meets on the fourth Thursday of the month



**Attending a group
for the first time?**

Call us on:

0191

249 6480

**Email: [enquiries@
ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk)**



**[www.northtynesidecarers.
org.uk](http://www.northtynesidecarers.org.uk)**



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