



North Tyneside
Carers' Centre

SUPPORT GROUPS FOR FAMILY AND FRIEND CARERS January to March 2025

Join other unpaid carers who support a family member or friend that relies on them because of a physical or mental health condition

THE ALL CARERS SUPPORT GROUP

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

Wallsend Library, NE28 8JR

Tuesday 14 January 1.30 pm to 3.30 pm

Tuesday 11 February 1.30 pm to 3.30 pm

Tuesday 11 March 1.30 pm to 3.30 pm



MENTAL HEALTH CARERS' SUPPORT GROUP

Time out for inspiration and connecting with people who also support a family member or friend with a mental health condition. Members need to be registered.

Whitley Bay Big Local, NE26 2LY

Thursday 23 January 2.00 pm to 4.00 pm

Thursday 27 February 2.00 pm to 4.00 pm

Thursday 27 March 2.00 pm to 4.00 pm



Think about it

DEMENTIA CARERS SUPPORT GROUP

If you care for someone who has Dementia you will find *Think about it*, a welcoming place to meet other carers facing the same challenges as you.

The White Swan Centre, Killingworth, NE12 6SS
Lots of parking. 63, 342 and 352 buses stop outside.

Friday 10 January 10.00 am to 12.00 pm

Friday 7 February 10.00 am to 12.00 pm

Friday 7 March 10.00 am to 12.00 pm



**Attending a group for the first time?
Call us on:**

**0191
249 6480**



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www.northtynesidecarers.org.uk

Registered charity: 1051472