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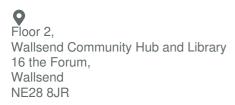
- Social and Wellbeing activities where you can relax and take a break from your caring role
- Specialised support for carers of someone with a mental health condition
- · Information sessions and workshops to help you increase your confidence and knowledge as a carer
- One-to-one support and breaks and activities for young carers
- Help to stay in employment or enter work
- Helping Young Adult Carers aged 16 to 25
- Counselling

Our advice line is open Monday to Friday 10am - 4pm. Contact us on 0191 2496480 or email enquiries@ntcarers.co.uk				





enquiries@ntcarers.co.uk





https://www.northtynesidecarers.org.uk/





@NTCarersCentre

②@northtyneside_carers

Last Updated - 25th September 2024



Services

Carers Support groups and Social Activities Working for Carers Young Carers Service Support for Isolated Carers Support for Mental Health Carers Support with a Carers Assessment Training and Information sessions for carers Information, Advice & Guidance to Carers

Things to do

No Activities



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