

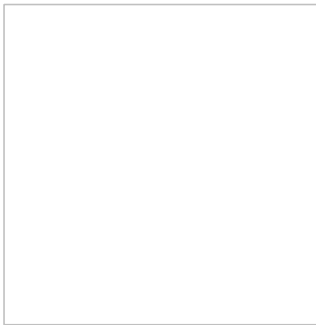


Living Well North Tyneside

Supporting Health and Wellbeing

- Social and wellbeing activities where you can relax and take a break from your caring role
- Information sessions and workshops to help you increase your confidence and knowledge as a carer

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



0191 2496480



enquiries@ntcarers.co.uk



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



@ntcarers



@NTCarersCentre



Services

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

Things to do

No Activities

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