



Living Well North Tyneside

Supporting Health and Wellbeing

- A range of regular support groups where you can meet and share experiences with other carers
- 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



0191 2496480



enquiries@ntcarers.co.uk



Floor 2,
Wallsend Community Hub and Library
16 the Forum,
Wallsend
NE28 8JR



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



@ntcarers



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

