



# Living Well North Tyneside

Supporting Health and Wellbeing

Our professionally trained advice workers are available every day to discuss your situation with you and help you resolve any immediate issues. Everyone's caring situation is different, therefore you will be offered information, advice and guidance which is tailored to meet your individual needs. This could include:

- Ways to look after yourself
- Taking a break from caring
- How to manage a specific illness or condition
- Concessions and entitlements
- Peer support groups
- How to get the best from a Carer's Assessment
- Employment, education or training opportunities
- Sessions about topics to help you cope emotionally and practically with your caring role e.g. First Aid, Lasting Power of Attorney, Managing Stress, Relaxation and Mindfulness – [CLICK HERE](#) to see our events calendar
- Social events and activities for you and the person you care for
- Assistive technology
- Signposting you to specialist services for yourself or the person you care for or contacting them on your behalf and making a referral

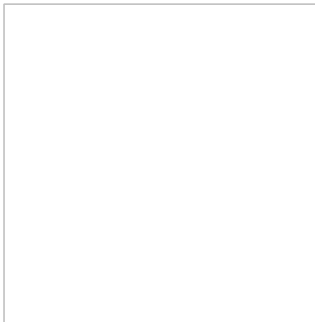
If you would like to have a chat with one of our team please contact the Centre on (0191) 249 6480 or email us at [enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk)



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[advice](#) | [peer support](#) | [carer's centre](#) | [carer](#) | [north tyneside](#) | [information](#)

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



Last Updated - 17th June 2025

