



Living Well North Tyneside

Supporting Health and Wellbeing

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.



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



**INFORMATION
AND ADVICE**



0191 2496480



enquiries@ntcarers.co.uk



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



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