



Living Well North Tyneside

Supporting Health and Wellbeing

- Share your experiences and learn how others cope.
- Exchange practical advice and information about services and activities
- Access ongoing emotional support
- Relax and enjoy taking some time out from caring
- Make new friends and new social networks
- Have fun and try something new

We understand that it can be difficult to walk into a group or activity for the first time, so you will be greeted by a worker or volunteer who will make you feel welcome. They will offer you refreshments and introduce you to other carers. If you prefer we can arrange for one of our workers to contact you before you attend and discuss your concerns or go with you.

Please [click here](https://www.northtynesidecarers.org.uk/news-2/events/) to see details of all of our peer support groups and social activities.

If you are unable to leave the person you care for to attend any of our groups or activities, please contact the Centre on 0191 2496480 and we will discuss the options available to you.

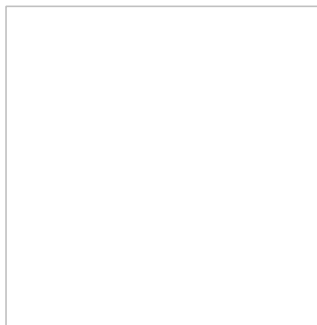
Quote from a carer

"It is such a relief to share thoughts and feelings with like-minded people without judgement or guilt. To explain a problem, feeling or situation and see people nodding and saying 'I've been there – try this'"



[peer support for](#)

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



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