



Living Well North Tyneside

Supporting Health and Wellbeing

in their local community they would like to access. They will offer wellbeing activities and groups to support carers. They will also make links with groups and organisations in the locality areas of North Tyneside, which they can signpost carers to and raise their awareness to help create carer-friendly communities. This will help recognise and support carers at an early stage and they will be less isolated as a result of being better connected to local people and organisations, allowing them to feel more part of the community.

To find out more: Email enquiries@ntcarers.co.uk or telephone 01912496480.



[carer](#) | [support](#) | [reducing isolation](#) | [carer support](#) | [lonely carer](#) | [help for carers](#)



North Tyneside
Carers' Centre

SUPPORT FOR ISOLATED CARERS



0191 2496480



enquiries@ntcarers.co.uk



Floor 2, Wallsend Customer First Centre,
16 the Forum,
Wallsend
NE28 8JR



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

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