



Living Well North Tyneside

Supporting Health and Wellbeing

- Find things to do in a care environment that someone who understands the challenges of being a carer
- Understand your rights as a carer and how you can access support from Adult Social Care for you or the person you care for
- Explore other organisations that may be able to support you
- Share your difficulties or concerns about managing the condition of the person you care for
- Develop coping strategies and ways to look after your own health and wellbeing
- Explore how you can have a life outside of caring
- Plan for the future, or an emergency
- Find out about benefits and entitlements
- Access support to gain or maintain employment, training or education



[carers](#) | [assessment](#) | [carer support](#)



North Tyneside
Carers' Centre

SUPPORT WITH A CARERS ASSESSMENT



0191 2496480



enquiries@ntcarers.co.uk



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



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



Last Updated - 15th December 2023

Sign Up for Living Well North Tyneside

Get all the latest news and information to help you to live well locally

[Subscribe Now](#)

