

Carers' Information & Advice Sessions

Need some advice, information or support around your caring role? Appointments are available with a carer support worker at times and venues across the borough.



The Princess Royal Trust for Carers
North Tyneside Carers' Centre

To book an appointment, please contact the Centre on (0191)643 2298.

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| Monday | 1.30pm - 4.30pm | Monkseaton Medical Centre | 4th Monday of the month | Appointment basis for those residing in Whitley Bay area |
| Tuesday | 1pm-4pm | Oxford Centre Longbenton | 1st Tuesday of the month | Appointment basis - open to all. |
| Wednesday | 9am-11am 5pm-8pm | Village Green Wallsend Carers' Centre YMCA, North Shields | 3rd Wednesday of the month Second & Fourth Wednesday | Appointment basis - open to all. Appointment basis - open to all. |
| Friday | 9am-1pm | White Swan Centre Killingworth | 4th Friday of the month | Appointment basis - open to all. |
| Saturday | 9am-1pm | Carers' Centre YMCA, North Shields | Second Satur- day of the month | Appointment basis - open to all. |