

## INFORMATION FOR PROFESSIONALS

If you work for an organisation that provides a service for carers or wish to learn about carers issues, you will find a range of information and resources on our website. You can also use our website to:

- Refer adult and young carers directly to us
- Find useful resources to pass onto a carer
- Find training events aimed at educating professionals on best practices regarding a variety of topics surrounding care



## CONTACT US

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✉ [enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk)

📘 NTCarersCentre  
🐦 NTcarers

[www.northtynesidecarers.org.uk](http://www.northtynesidecarers.org.uk)

### Address

North Tyneside Carers' Centre  
Suite 9, Saville Exchange  
Howard Street  
North Shields  
NE30 1SE

Registered Charity No. 1051472  
Registered Company No. 3130902



## NORTH TYNESIDE CARERS' CENTRE

If someone depends on you,  
you can depend on us

25  
years

supporting  
carers



North Tyneside  
Carers' Centre

## ABOUT US

As a carer you may provide unpaid practical and emotional support to a family member, friend, partner or neighbour who could not manage without you due to illness, disability, substance misuse or mental health.

At North Tyneside Carers' Centre we understand and recognise the demands of providing unpaid care and the impact caring can have on your own health and wellbeing.

Every carers situation is different. Our professionally trained team can offer you information, advice, and guidance that is tailored to your individual needs.

We provide support in various ways, including:

- Telephone
- Email
- One-to-one sessions
- Group sessions



## YOUNG CARERS



Our Young Carers Support Service helps young carers understand the impact of their caring role, take a break from caring and have fun, as well as opportunities to share their thoughts and influence positive changes for young carers.

### ● PRACTICAL & EMOTIONAL SUPPORT

Our Family Support Workers work with young carers and their families to reduce the impact of their caring responsibilities, improve their wellbeing and pursue their aspirations.

### ● BREAKS & ACTIVITIES

Our team of Young Carers Activities Workers provide regular opportunities for young carers during term time and school holidays to have valuable time out from their caring role, explore new activities and make friends with other young people.

### ● SOCIAL ACTION

Our Social Action team offer young carers the opportunity to share their views and influence change for young carers. These projects are designed by young carers themselves.

## ADULT CARERS

Our Adult Carers Support Service can help adult carers minimise the impact of caring on their lives by providing:

### ● ADVICE, INFORMATION AND SUPPORT

Our professionally trained Advice Workers are available daily to discuss your situation and help you to resolve any immediate issues. They will offer you information and support individually tailored to your needs.

### ● GROUPS & ACTIVITIES

We have a range of peer support groups and social activities running across North Tyneside where you can take a break from your caring role and meet and share experiences with other carers.

### ● INFORMATION SESSIONS AND WORKSHOPS

We run a variety of workshops and information sessions to help you understand your rights, know how to access services, learn skills to help you in your caring role and better understand the condition of the person you care for.

