

Carers Week™



North Tyneside
Carers' Centre

North Tyneside 5 June to 11 June

'Recognise and Support Carers'

Unpaid carers are the unrecognised heroes who save the NHS and Social Care from being overwhelmed everyday.

This week we celebrate Carers and say **Thank You!**

Monday 5 June: 11:45am

Victoria Tunnel Tour. 1 Hour Amazing History Tour under the Streets of Newcastle for Carers. Plus Walk to 7 Stories Cafe.

Tuesday 6 June: 9:30am to 4:15pm

Professionals' Conference at the Linskill Centre.

Wednesday 7 June: 10:30am to 1:00pm

Walk, Treasure Hunt (Geocaching) and Picnic for Carers in Northumberland Park, Tynemouth. Meet at Glasshouse Tearoom.

Thursday 8 June: 6:30pm to 8:30pm

Lindisfarne (Dave Hull and Ian Thomson) play at the Dolphin Inn, King Edward Road, Tynemouth. Free for Carers and Guest.

Friday 9 June: 10am to 1pm

Pamper Sessions at Scout HQ, North Shields. Head, Neck and Hand Massages and Pedicures for Carers. Also Activities for People with a Dementia or Stroke Diagnosis.



Book Your Place:

0191 643 2298

enquiries@ntcarers.co.uk

Registered Charity no: 1051472.

