



North Tyneside
Carers' Centre

AUTUMN 2023 CARER SUPPORT GROUPS IN NORTH TYNESIDE

Join other unpaid carers facing the same tough situation as you and find hope, information and support. Take the opportunity to share, relax and have a break from caring.

All CARERS' PEER SUPPORT GROUP

When: 1st Tuesday of each month

Time: 2:30 pm - 4:00 pm

Where: Illustrious Room, Floor 1, Wallsend Customer First Centre, NE28 8JR

AUTISM CARERS' PEER SUPPORT GROUP

When: 3rd Thursday of each month

Time: 6:00 pm - 7.30 pm

Where: The Allen, Life Vineyard Church, The Green, Wallsend NE28 7NP

BEREAVED CARERS' PEER SUPPORT GROUP

When: Last Thursday of each month

Time: 12:30 pm - 1:30 pm

Where: Whitley Bay Comrades Club, The Links NE26 1PS

DEMENTIA CARERS' PEER SUPPORT GROUP

When: 2nd Tuesday of each month

Time: 10:30 am - 12:00 pm

Where: White Swan Centre, Killingworth, NE12 6SS

MENTAL HEALTH CARERS' PEER SUPPORT GROUP

When: Fourth Thursday of each month

Time: 6:00 pm - 8:00 pm

Where: Oxford Centre West Farm Avenue, Longbenton, NE12 8LT

To attend a group for the first time and check group venues (as they are subject to change), please contact us on:

Ring

0191 249 6480

Email:

enquiries@
ntcarers.co.uk



Registered charity: 1051472