



North Tyneside
Carers' Centre

April CARER SUPPORT GROUPS IN NORTH TYNESIDE

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

All CARERS' PEER SUPPORT GROUP

When: Tuesday 9th April

Time: 2:30 pm - 4:00 pm

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

AUTISM CARERS' PEER SUPPORT GROUP

When: Thursday 18th April

Time: 5:00 pm - 6:30 pm

Where: Online-ask for the link.

DEMENTIA CARERS' PEER SUPPORT GROUP

When: Tuesday 9th April

Time: 11:00 am - 1:00 pm

Where: North Shields Library,
Northumberland Square, North Shields,
NE30 1QU

MENTAL HEALTH CARERS' WALK AND TALK GROUP

When: Thursday 25th April

Time: 2:00 pm - 4:00 pm

Where: Meet outside the Gibraltar Rock pub,
Tynemouth, NE30 4EB

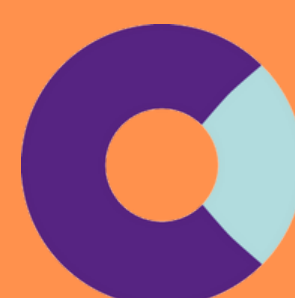
To attend a group for the first time and check group venues (as they are subject to change), please contact us on:

0191

249 6480

Email:

enquiries@
ntcarers.co.uk



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Registered charity: 1051472