



North Tyneside  
Carers' Centre

## MAY 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 14th May

**Time:** 2:30 pm to 4:00 pm

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

### DEMENTIA CARERS' PEER SUPPORT GROUP

**When:** Monday 20th May

**Time:** 10:45 am to 12:45 pm

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

### MENTAL HEALTH CARERS' WALK AND TALK GROUP

**When:** Thursday 23rd May

**Time:** 2:00 pm to 4:00 pm

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



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

0191  
249 6480

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



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Registered charity: 1051472