

# SUPPORT GROUPS FOR FAMILY AND FRIEND CARERS

Join other unpaid carers who support a family member or friend that relies on them because of a physical or mental health condition

JUNE -  
DECEMBER  
2025

## ALL CARERS SUPPORT GROUP

Meet and share the highs and lows of being a carer, hear the latest news and take part in wellbeing activities. Plus regular speakers and other essential caring information for carers. **Meet on the following Tuesdays from 13.30 to 15.30.** Illustrious Room, Wallsend Library, NE28 8JR. Check our social media and our website for locations during the summer.

17 June, 8 July, 12 August,  
9 September, 14 October,  
11 November, 9 December

## MENTAL HEALTH CARERS SUPPORT GROUP

Time out for inspiration and connecting with people who also support a family member or friend with a mental health condition. Members need to be registered as carers. **Meet on the following Thursdays from 14.00 to 16.00.** Check our website or social media for location.

26 June, 24 July, 28 August,  
25 September, 23 October,  
27 November

## DEMENTIA CARERS SUPPORT GROUP

If you care for someone who has Dementia you will find Think about it, a welcoming place to meet other carers facing the same challenges as you. **Meet on the following Fridays from 10.00 to 12.00.** The White Swan Centre, Killingworth, NE12 6SS.

6 June, 4 July, 1 August,  
5 September, 3 October,  
7 November, 5 December

## \* NEW GROUPS \*

## YOUNG ADULT CARERS SUPPORT GROUP

Caring for a loved one as a young adult can feel isolating—but you're not alone. This monthly group offers a relaxed, supportive space where you can connect with others aged 18 to 25 who understand what it's like to juggle caring responsibilities. Take time out for yourself, share experiences, and build new friendships.

**This group meets from 17.00 – 19.00 every third Tuesday of the month.** Shiremoor Family Hub (next to the metro station).

17 June, 15 July, 19 August, 16 September,  
14 October, 18 November, 16 December

## EVENING ALL CARERS GROUP

A great opportunity to meet other carers, especially if you can't attend groups during the day because of your job or caring responsibilities.

**This group meets from 17.30 – 19.00 on the first Tuesday of the month.** Whitley Bay Big Local.

3 June, 1 July, 5 August, 2 September,  
7 October, 4 November, 2 December



Registered charity: 1051472

## ATTENDING A GROUP FOR THE FIRST TIME?

Call us on: 0191 249 6480

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



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