

INFORMATION FOR PROFESSIONALS

If you work for an organisation that provides a service for carers or wish to learn about carers issues, you will find a range of information and resources on our website. You can also use our website to:

- Refer adult and young carers directly to us
- Find useful resources to pass onto a carer
- Find training and events aimed at educating professionals on best practice in supporting carers

www.northtynesidecarers.org.uk



CONTACT US

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Registered Charity No. 1051472
Registered Company No. 3130902



NORTH TYNESIDE CARERS' CENTRE

If someone depends on you,
you can depend on us

30
years

supporting
carers



North Tyneside
Carers' Centre

ABOUT US

As a carer you may provide unpaid practical and emotional support to a family member, friend, partner or neighbour who could not manage without you due to illness, disability, substance misuse or mental health.

At North Tyneside Carers' Centre we understand and recognise the demands of providing unpaid care and the impact caring can have on your own health and wellbeing.

Every carers situation is different. Our team can offer you information, advice, and guidance that is tailored to your individual needs.

We provide support in various ways, including:

- Telephone and text
- One-to-one sessions
- Groups and activities
- Email



YOUNG CARERS

Our Young Carers' Team helps young carers understand the impact of their caring role, take a break from caring and have fun. We also provide opportunities for young carers to share their thoughts and influence change locally and nationally.

● PRACTICAL AND EMOTIONAL SUPPORT

Our Family Support Workers work with young carers and their families to reduce the impact of their caring responsibilities, improve their wellbeing and pursue their aspirations.

● BREAKS AND ACTIVITIES

We provide regular opportunities for young carers during term time and school holidays to have valuable time out from their caring role, explore new activities and make friends with other young people.

YOUNG ADULT CARERS

Our Young Adult Carers Worker provides specialist support to young adult carers aged 16 to 25 years, focusing on their caring role and responsibilities and how to manage transitioning into adulthood and pursuing their aspirations.

BENEFITS AND FINANCIAL WELLBEING

Our Carer Money Matters team can provide information, support and advice on benefits, household income, reducing energy bills and ensure you understand and get the financial support you are entitled to.



ADULT CARERS

Our Adult Carers' Team can help adult carers minimise the impact of caring on their lives by providing:

● ADVICE, INFORMATION AND SUPPORT

Our Advice Workers are available daily to discuss your situation, help you to resolve any immediate issues and offer emotional support. They will offer you information and support individually tailored to your needs.

● GROUPS AND ACTIVITIES

We have a range of peer support groups and social activities running across North Tyneside, where you can take a break from your caring role and meet and share experiences with other carers.

● INFORMATION SESSIONS AND WORKSHOPS

We run a variety of workshops and information sessions to help you understand your rights, know how to access services, learn skills to help you in your caring role and better understand the condition of the person you care for.

● STATUTORY CARERS ASSESSMENT

Our Wellbeing Workers will undertake a statutory assessment on behalf of North Tyneside Council and provide emotional, practical and advocacy support.

