

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

JULY -
DECEMBER
2026

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.**

23/07/2026 | 27/08/2026 | 24/09/2026
22/10/2026 | 26/11/2026 | 17/12/2026

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.**

14/07/2026 | 11/08/2026 | 08/09/2026
13/10/2026 | 10/11/2026 | 15/12/2026

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.

03/07/2026 | 07/08/2026 | 04/09/2026
02/10/2026 | 06/11/2026 | 04/12/2026

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 in Whitley Bay.**

07/07/2026 | 04/08/2026 | 01/09/2026
06/10/2026 | 03/11/2026 | 01/12/2026

Locations are subject to change depending on the activity planned so please check our social media or contact enquiries@ntcarers.co.uk for up to date info.



Registered charity: 1051472

ATTENDING A GROUP FOR THE FIRST TIME?

Call us on: 0191 249 6480

www.northtynesidecarers.org.uk

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