



North Tyneside
Carers' Centre



ARE YOU CARING FOR A RELATIVE OR FRIEND?

Our team can offer you information, advice and emotional support that is tailored to your individual situation.

- Whole Family Support
- 121 Support
- Emotional Support
- Workshops
- Activities Groups
- Social Action Groups
- Support to understand and manage conditions
- Advocacy Support and Guidance

For more information, please visit
www.northtynesidecarers.org.uk,
call 0191 249 6480 or email
enquiries@ntcarers.co.uk



NTCarersCentre



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