



North Tyneside
Carers' Centre

PEER SUPPORT GROUPS

All Carers:

New Prospects, 38 South Parade, Whitley Bay

On the second Thursday of every month, between 10:30am - 12:00pm

Memorial Hall & People's Centre (The MEM), Frank Street, Wallsend

On the third Friday of every month, between 10:30am - 12:00pm

North Tyneside Carers' Centre

On the first Friday and third Tuesday of every month, between 10:30am - 12:00pm

Dementia Support Group:

White Swan Centre, Killingworth

On the second Tuesday of every month, between 10:00am - 11:30am

Centre Strollers

Various strolls in the North East

Monthly strolls on a Monday or Thursday meeting at 11:00am at various venues. Please check with the Carers' Centre for details.

Autism Support Group:

North Tyneside Carers' Centre

On the third Thursday of every month, between 6:15pm - 8:15pm

Mental Health Support Group:

North Tyneside Carers' Centre

On the fourth Thursday of the month, between 6:00pm - 8:00pm with the exception of Wednesday in February

Telephone: 0191 643 2298

www.northtynesidecarers.org.uk

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