



North Tyneside
Carers Centre

CARERS CONNECTING

Do you have a family member or friend who depends on you?

Do you struggle to find time to care for yourself?

YES - then please join us at our 5 FREE sessions to learn how to improve your well-being by getting connected, being active, learning a new skill, understanding thoughts and creating positive feelings.

SPRINGFIELD COMMUNITY CENTRE, Forest Hall, NE12 9AG

Thursday 3:30pm to 5:30pm

Session One - 5th March 2020 Session Two - 19th March

Session Three - 9th April Session Four - 23rd April

Session Five - 7th May

HOWDON HUB, Denbigh Avenue, Wallsend, NE28 0PP

Tuesday 10:30am - 12:30pm

Session One - 10th March 2020 Session Two - 24th March

Session Three - 14th April Session Four - 28th April

Session Five - 12th May

LINSKILL CENTRE, Bede Room, North Shields, NE30 2AY

Wednesday 10:30am - 12:30pm

Session One - 18th March 2020 Session Two - 1st April

Session Three - 15th April Session Four - 29th April

Session Five - 13th May

BLUE BUTTON CAFE, Oxford Street, Whitley Bay, NE26 1AD

Friday 10:30am - 12:30pm

Session One - 5th June 2020 Session Two - 19th June

Session Three - 3rd July Session Four - 17th July

Session Five - 31st July

**TO BOOK A PLACE PLEASE CONTACT US
ON THE NUMBER OR EMAIL BELOW**

Telephone: 0191 643 2298

www.northtynesidecarers.org.uk

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email: enquiries@ntcarers.co.uk