

## SUPPORT GROUPS FOR FAMILY AND FRIEND CARERS February to June 2025

**Join other unpaid carers who support a family member or friend.**

### THE ALL CARERS SUPPORT GROUP

Meet and share the highs and lows of being a carer and other essential caring information.

Receive regular updates, well-being activities and speakers.

Meet on the following Tuesdays from 13.30 to 15.30 in the **Illustrious Room, Wallsend Library, NE28 8JR**

**11 February, 11 March, 8 April,  
13 May and 10 June**

### 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.

Meet on the following Thursdays from 14.00 to 16.00 at **Whitley Bay Big Local, NE26 2LY**

**27 February, 27 March, 24 April,  
22 May and 26 June**

### 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 at **The White Swan Centre, Killingworth, NE12 6SS**

**7 February, 7 March, 14 April  
2 May and 6 June**



**Attending a group  
for the first time?  
Call us on:**

**0191  
249 6480**

