

Do you look after someone?



Do you provide unpaid support to a relative or friend who is ill, disabled or has mental health or drug and alcohol problems? If they could not manage without your help, **then you are a carer.**

Carers Information Line

Contact Newcastle Carers for free and confidential information and advice:

Tel: 0191 275 5060 SMS: 07874 100043

Monday to Friday, 9am - 6pm (excluding Bank Holidays)

9am - 8pm - on the first and third Wednesday of each month

9am - 4pm - on the second Saturday of each month

Please let us know if you need any support to be able to access our services, e.g. an interpreter.

135 - 139 Shields Road, Byker, Newcastle upon Tyne, NE6 1DN

Tweet: @NCLCarers **Facebook:** NewcastleCarers

Charity Registration No. 1145373 Company Registration No. 7869359

Free drop-in information and advice sessions and Carer Cafés around the city

Newcastle Carers Centre Shields Road, Byker, NE6 1DN

Drop-in: Monday to Friday, 1pm-6pm; on the first and third Wednesday of every month, 1pm-8pm; on the second Saturday of each month, 9am-4pm

Carer Café: every first Wednesday of the month, 10.30am - 12noon

Evening Carer Café: every third Wednesday of the month, 6pm-7.30pm

Dementia Carer Café for carers of someone with dementia:

the last Friday of every month, 12.30pm - 2pm

West End Customer Service Centre and Library Condercum Road, Newcastle upon Tyne, NE4 9JH

Drop-in: every Tuesday, 10am - 12noon in the Community Room

Carer Café: every fourth Tuesday of the month, 10.30am - 12noon

The Lemington Centre

Tyne View, Lemington, Newcastle upon Tyne, NE15 8RZ

Drop-in: every Friday, 10am -12noon in the Health Suite

Carer Café: every second Wednesday of the month, 10.30am - 12noon

Gosforth Library

Regent Farm Road, Gosforth, NE3 3HD

Drop-in: every Monday, 10am - 12noon in the Grundy Room

Carer Café: every third Friday of the month, 10.30am - 12noon

The Angelou Centre

17 Brighton Grove, Newcastle upon Tyne, NE4 5NS

Carer Café for women carers from Black and Minority Ethnic communities:

the last Tuesday of every month, 11am-1pm

Newcastle Carers provides support for carers of someone who lives in Newcastle upon Tyne. Visit our website www.newcastlecarers.org.uk