



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](http://www.northtynesidecarers.org.uk)

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