

Are you providing help and support to a relative, friend, child or neighbour who has a disability, a physical or mental illness, is frail or has alcohol or drug related problems?

**Information,
advice,
support
groups,
emotional
support,**



**training,
activities,
events,
relaxation,
and
massage**

**Carers Centre Newcastle
10am to 4pm Monday to Friday**

**6 Saville Place, Newcastle upon Tyne NE1 8DQ
Telephone 0191 260 3030 Fax 0191 230 1500
Email CarersCentreNewcastle@btconnect.com
www.newcastlecarers.org.uk**

Supported by:



Carers Centre Newcastle is a part of Newcastle Healthy City Project. Reg. Charity No. 1060063