

Do you look after someone?

If you look after a family member or friend who couldn't manage without your help, and you are not employed to do this, then you are a carer.

Newcastle Carers is here to support you.

Contact our Carers Information Line
Monday - Friday 9am - 5pm:

T. 0191 275 5060 SMS. 07874 100043

Let us know if you need help to use our services, e.g. an interpreter.



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

Charity Registration No. 1145373 Company Registration No. 7869359



Am I a carer?

Do you look after someone who is ill, disabled, has mental health problems or is misusing drugs or alcohol? If they could not manage without your help, and you are not employed to do this, then you are a carer.

You might be looking after a family member or friend who needs help and support on a regular basis. Anyone can be a carer, at any time of their life.

At Newcastle Carers we know how hard it can be to look after someone, and we're here to help with **information, advice and support** when you need it.

What is Newcastle Carers?

We are an independent charity supporting **adults, children and young people** who care for someone living in Newcastle upon Tyne. Our service is free, confidential and non-judgemental, helping you to find ways to make your situation easier. This includes:

- One-to-one information and support, groups and training for adult and young adult carers
- Individual and group support for young carers and advice for their family

How do I get in touch?

There are lots of ways you can get in touch with us...

 **0191 275 5060 | SMS. 07874 100043** Monday - Friday 9am - 5pm

 **info@newcastlecarers.org.uk**

 **www.newcastlecarers.org.uk**

Like us on Facebook/NewcastleCarers

Follow us on Twitter @NLCarers



Or drop-in to see a worker, Monday - Friday 1pm - 5pm, at our Centre,
135-139 Shields Road, Byker, Newcastle upon Tyne, NE6 1DN

We also work in other locations across the city and out-of-hours appointments are available on request. Contact us for details. Please note we are closed on a bank holiday.