



CarerSupportGroup

'A carer is anyone who cares for a friend or family member who due to illness, disability, mental health or substance misuse problem cannot cope without their support.'

What's happening?

Open meeting

Thursday the 25th September

1.30-3.30pm

Gateshead Carers Association office

Find out about the group

Help us plan activities

Meet a friendly informal group

Refreshments, cakes and relaxation treatment (subject to demand!)

For further information regarding the event and group, please call

0191 490 0121

or email glen.thomas@gatesheadcarers.com or paul.forster@gatesheadcarers.com

Lesbian

Gay

Bi-sexual

Transgender



Find & follow us
@GatesheadCarers

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