

## North Tyneside Carers Centre

North Tyneside Carers is an independent charity supporting both young and adult carers. They support carers with everything from advocacy to mental health through one to one sessions and peer support groups. They also provide specialist training and information sessions.

North Tyneside Carers support carers in work, returning or looking for work through the [Working for Carers project](#). in North Tyneisde.

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**Telephone:** 0191 249 6480

**Website:** <https://www.northtynesidecarers.org.uk/>

**Email:** [enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk)

**Twitter:** <https://twitter.com/ntcarers>

**Facebook:** <https://www.facebook.com/NTCarersCentre/>

**Youtube:** <https://www.youtube.com/channel/UC8ptpIhFAi-8lrlhITp-d7A>

**Opening Hours:** Telephone lines are open Monday to Friday 10am to 4pm

**Address:**

Floor 2  
Wallsend Customer First Centre  
Wallsend  
NE28 8JR

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