

Do you look after someone?



Do you provide unpaid support to a relative or friend who is ill, disabled or has mental health or drug and alcohol problems? If they could not manage without your help, **then you are a carer.**

Carers Information Line

Contact Newcastle Carers for free and confidential information and advice:

Tel: 0191 275 5060 SMS: 07874 100043

Monday to Friday, 9am - 6pm (excluding Bank Holidays)

9am - 8pm - on the first and third Wednesday of each month

9am - 4pm - on the second Saturday of each month

Newcastle Carers provides support for carers of someone who lives in Newcastle upon Tyne. Visit our website www.newcastlecarers.org.uk

Please let us know if you need any support to be able to access our services, e.g. an interpreter.

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

Tweet: @NCLCarers **Facebook:** NewcastleCarers

Charity Registration No. 1145373 Company Registration No.7869359

Information correct at the time of printing: December 2015