

Support Groups

There are a range of support groups in Newcastle that help, advise and support people through difficulties including: offering emotional support, advice on family and relationships, overcoming addiction, advice on dealing with illness, loneliness, end of life or a long term condition. Support groups are often run by charities and voluntary groups and offer a range of help, information and advice alongside support groups. Use the list below to jump to the type of support groups available in Newcastle.

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Adult AD/HD

- [Adult AD/HD North East](#) hold regular support meetings throughout the north east of England
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Alcohol and drugs addiction

There are organisations that support anyone whose life has been affected by drinking including:

- [Al Anon](#)
- [PROPS North East](#)
- [ADFAM](#)
- [FRANK](#) also runs live chats every day
- [Changing Lives](#) run programmes and workshops as well as support groups for all forms of addiction

Visit the [Information NOW article](#) for more advice.

Autism

- [Skills for People](#) run social groups for people with autism

Black, Asian and Minority Ethnic (BME)

- [Angelou Centre](#) supports women of all ages and there is an older women's support group, Mahila Mandal.
 - [The Health and Race Equality Forum \(HAREF\)](#) offer a network of practitioners to support people; they are hosted by Newcastle CVS.
 - [Rabita Women](#) study circle and social group for Pakistani Women meet weekly at the meeting place for the Uwais Foundation in Fenham.
 - [Search](#) and the [North East Chinese Association](#) run activities for older Chinese people.
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Cancer

There are a wide range of organisations that offer support groups for those experiencing diagnosis or treatment for cancer or having lost someone to cancer.

- [Beating Bowel Cancer](#) (and Bowel Cancer UK) offer the opportunity to share personal stories.
- [Coping with Cancer North East](#) offer breast cancer support groups.
- [Macmillan Support Services](#) offer a range of support groups both social and therapeutic. Register on their site and find out what is available locally.
- [Maggies Newcastle](#) based at Freeman Hospital, offer support to people with any type of cancer and those who are bereaved as a result of cancer. This includes the Brain Tumour support group.
- [Durham and District Women's Cancer Support Group](#) support people diagnosed with ovarian cancer
- [North East Laryngectomy Club \(TALK\)](#) offers support for all forms of mouth cancer including: mouth, throat, tongue, oral, head and neck, HPV, sore throat.
- [Prostate Cancer UK](#) offer a North East Support Group held at Maggie's centre, Freeman

Hospital, supported by a specialist nurse, every 4th Tuesday of the month.

- [Teesside Lymphoma Association Support Group](#) run support groups for those affected by Hodgkin or non-Hodgkin lymphoma; they can also put you in touch with a buddy service.
- [The Oesophageal Patient Association](#) hopes to establish support groups nationwide for those with oesophageal or gastric cancer.
- [The Roy Castle Lung Cancer Foundation](#) offers support groups in the Durham area.

Read our article on [cancer](#) to find other options to talk including online forums and buddying services.

Carers

There are a number of organisations that help and support carers who have an unpaid caring role. Carers are defined as someone who looks after someone who is ill or cannot manage without help.

- [Food nation](#) run food clubs for carers including carers for someone with dementia
- [Macmillan Support services](#) are available to all carers, friends and family affected by cancer
- [National Autistic Society](#) runs parent/carer groups at Thomas Bewick School. Tel: 0191 229 6020
- [Newcastle Carers](#) runs a number of services including support groups around the city, including the West End, Lemington, Gosforth and at their centre in Byker. They also have a monthly Men's Carers Group. Search in our Events and Activities section – select 'Support Groups' in the Browse by type box.
- [Silverline Memories](#) hold a regular support group. Search in our Events and Activities section – type 'Silverline' in the 'Browse by organiser' box.
- [Stroke Association](#) offer [family and carer support](#)

Read the [Looking after someone](#) article on Information NOW.

Communication and Speech

There are several organisation to support people with communication and speech problems.

- [The British Stammering Association](#) offer a [local group at the RVI](#) for people from Newcastle, North Tyneside and Northumberland.
 - [Journey Enterprises](#) offers support to those with acquired brain injury, learning disability and mental health problems
 - [Newcastle Community Stroke Service](#) offer a number of services through patient support groups.
 - [North East Trust for Aphasia](#) has information about local groups.
 - [The Stroke Association](#) provides [support after stroke](#).
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Deaf and Hard of hearing

[Deaflink](#) offer monthly support groups as well as information about illnesses and long term

conditions in an accessible format to support the deaf community. Tinnitus and Shh events are held regularly.

Read our Information NOW article on [deaf and hard of hearing](#).

Dementia

- [Alzheimer's Society Newcastle](#) run dementia cafes, support groups and activities such as Singing for the Brain
 - [Silverline Memories](#) run a dementia support group.
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End of Life

- [Cruse Bereavement Care](#) run support groups for people bereaved by suicide
- [Lifespan](#) supports families going through life-threatening and end of life conditions
- [Macmillan Support Services](#) support people through end of life and bereavement. Visit In your Area and search Let's Face it and Art for You DVS on their website.
- [Maggies Centre](#) at the Freeman hospital supports people through all stages of cancer including end of life and bereavement

Family and Relationships

There are a number of charities and services that offer support for people who are experiencing difficulties at home or have experienced abuse or estrangement from their family including:

- [Contact](#) offer local support groups and advice for people with disabled children, learning difficulties and autism.
- [Lifespan](#) supports families going through life-threatening and end of life conditions.
- [Skills for People](#) run [Pass it on Parents](#) for those supporting disabled children
- [Stand alone](#) – support those people who are estranged from their families or a family member
- There is also a [Gateshead autism group](#).

Browse our Information NOW category on [Family and Relationships](#).

Food and nutrition

There are organisations that support people and families experiencing issues around food including:

- [Choose to Lose](#) (Healthworks)
- [NIWE Eating Distress Service](#)

Browse our Information NOW category on [health](#)

Housing

- [Newcastle Tenants and Residents Association](#) support tenants and residents to develop groups and have their say about housing locally.
- [Victim Support](#) help victims of crime including unlawful break-ins to property.

Browse the Information NOW category to find articles on [housing](#).

Learning Disability

- [Skills for People](#) run friends groups in Newcastle.

Lesbian, Gay, Bisexual, Trans, Queer/Questioning (LGBTQ)

- [Gasbags North East](#) run a regular support group as well as social activities.
 - [MESMAC Newcastle](#) hold information about a range of [support groups](#) for men only, women only, trans & gender, older people, black and ethnic and married men.
 - Switchboard LGBT can provide information on a [bisexual social group](#).
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Long term conditions

There are a variety of condition specific support groups which have been established with the help of professionals including consultants, specialist nurses as well as occupational therapists, speech therapists and physiotherapists. They may be run solely by the charity or voluntary organisation or they may be run in conjunction with the hospital department. Information NOW has a number of organisations listed under [support groups](#)

- [Action on Pain](#) run support groups for people suffering with chronic and long term pain
- [Alzheimer's Society Newcastle](#) run Dementia cafes
- [Arthritis Care](#) run support groups based in Gateshead
- [Bipolar UK's](#) local support group meets the first Saturday of the month in Gosforth
- [British Lung Foundation](#) support those with respiratory problems and COPD
- [British Osteoporosis Society](#) hold a support group at MEA House
- [Diabetes UK Northern](#) hold a support group in Gateshead.
- [Dystonia Society](#) have a [North East group](#) with a Facebook page
- [Lifespan](#) supports people with a variety of long term conditions or illnesses including MND, MS, Parkinson's and those with cancer.
- [Hearing Voices Network](#) offer support groups to those feeling distressed by the voices that they hear.
- [Huntington's Disease Association](#) has a [Newcastle branch](#)
- [Journey Enterprises](#) offers support to those with acquired brain injury
- [MND Association](#) has a local [Tyne and Wear](#) support branch
- [MS Society Newcastle and Gateshead](#) hold support groups at [Fawdon Community Centre](#) and [Lemington Centre](#)
- [National Rheumatoid Arthritis Society](#) offer patient support groups

- **Parkinson's UK** have a [local support group](#) in Newcastle.
- **Pituitary Foundation** run [Support Groups](#) in the North East
- **Stroke Association** support stroke survivors and run /host support groups.
- **The UK Sepsis Support Trust** now runs a Newcastle support group.

Browse our Information NOW category on [health](#).

Mental Health

There are a range of organisations that run support groups for mental health and to help build emotional resilience. These include:

- **Journey Enterprises** offers support to those with acquired brain injury and mental health problems
- **MIND**
- **Tyneside Women's Health** have support groups in Newcastle and Gateshead including a wellbeing group.
- **Mental Health Concern** run support groups including [Lunch Links](#) run by Chain Reaction.
- **PeerTalk Whitley Bay and Gateshead** run free weekly support meetings, where you can talk about your worries and get support from like minded people.
- **West End Women and Girls Centre** run a range of support groups including family and activity groups
- **ReCoCo: the Recovery College** offer a wide range of support and resources as well as group therapies

Browse our Information NOW articles on [mental health](#).

Men's Groups

The Male Journey offer men the opportunity to join a national or local network of social groups to enable men to explore their emotions and feelings. [Locally](#) they meet across Northumbria at different venues and beauty spots.

Food Nation run a men's pie club to tackle social isolation – visit their [Facebook page](#).

Men's Shed's also offer a more practical approach with an opportunity to share, learn and develop new skills and experiences, Search their site for sheds at Blaydon and Scotswood.

Sexual Health

- **Blue Sky Trust** offer 1:2:1 and peer support and run other workshops for people living with HIV.
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Social Isolation

- [Contact the Elderly](#) organise Sunday afternoon tea parties.
- [Cruse Bereavement Care](#) offer support groups in [Tyneside](#)
- [Equal Arts](#) offer creative engagement [support activities](#) across Newcastle and Gateshead.
- [Forward Assist](#) support veterans who are becoming civilians and wish to integrate into their new communities.
- [Hand in Hand](#) offer lunch and activity [clubs](#) in Wallsend and Heaton.
- [Royal Voluntary Service](#) run social groups and [support groups](#) in Tyne and Wear
- [Chain Reaction](#) also offer support to reduce social isolation.

Read our article on Information NOW about [Feeling Lonely](#).

Sight loss and visual impairment

- [Guide Dogs Newcastle](#) runs the My Guide services which helps you to access community activities and support groups.
- [The VIP Lounge](#) run LocalEyes across the UK. You can contact the local coordinator, Lianne, or contact her through WhatsApp or phone her on 07555318194 to join a group in Newcastle or elsewhere in the North East.
- [Newcastle Vision Support](#) run a See You Wednesday club. For more information 'phone 0191 232 7292.
- [The Macular Society](#) run a support group in Newcastle. Contact Julie Swann on 07904315605
- [RNIB](#) run Connect with [regional](#) Facebook support forums
- [The International Glaucoma Association](#)'s regional development manager is available to give awareness talks at groups and events and is working to develop patient forums with the local eye clinics. There are various support group meetings held across the north east which RVI patients are welcome to attend.
- [Views](#) supports people through [Positive Views](#), including peer support and confidence building.

Read our article on [visual impairment](#) on Information NOW.

Women's groups

- [Angelou Centre](#) supports women of all ages and there is an older women's support group, Mahila Mandal.
- [Tyneside Women's Health](#) run mental health and domestic abuse support groups in Newcastle and Gateshead.
- [West End Women and Girls Centre](#) run knit and natter, women's gardening and cookery groups, as well as the Safe project.

As well as several groups listed above, there is also the [National Women's Register \(NWR\)](#)

which has a number of active groups across the North East.

Last updated: February 26, 2020

Useful Organisations

Macmillan Support Services

Email: MacMillan.Support@northumbria-healthcare.nhs.uk

Telephone: 0191 293 4377

Address: North Tyneside General Hospital, NE29 8NH

Macmillan Cancer Information & Support Centre

Email: kevin.hayes@nuth.nhs.uk

Website: http://www.newcastle-hospitals.org.uk/services/cancer_treatment-and-medication_macmillan-cancer-information.aspx

Telephone: 0191 213 8611

Address: Northern Centre for Cancer Care, NE7 7DN

Prostate Cancer UK

Email: cssnortheast@prostatecanceruk.org

Website: <http://prostatecanceruk.org/>

Telephone: 0191 213 8611

Address: Prostate Cancer UK, NE1 8XS

Mental Health Concern (MHC)

Email: admin@mentalhealthconcern.org

Website: www.mentalhealthconcern.org

Telephone: 0191 222 0324

Address: 3rd Floor, New England House, NE1 8JW

Launchpad

Email: launchpadncl@aol.com

Website: www.launchpadncl.org.uk

Telephone: 0191 233 0382

Address: Anderson House, NE1 6XA

Tyneside Women's Health

Email: enquiries@tynesidewomenshealth.org.uk

Website: www.tynesidewomenshealth.org.uk

Telephone: 0191 477 7898

Address: Wilfred Street, NE6 1JQ

Action on Pain

Email: aopisat@btinternet.com

Website: www.action-on-pain.co.uk

Telephone: 0845 6031593

Address: PO Box 134, IP25 7XA

Fighting All Cancers Together (FACT)

Email: info@fact-cancersupport.co.uk

Website: www.fact-cancersupport.co.uk

Telephone: 0191 442 0833

Address: Denise Robertson House , NE16 3BE

NHS

Website: www.nhs.uk

Telephone: 0191 442 0833

AI Anon – Family Groups

Email: enquiries@al-anonuk.org.uk

Website: www.al-anonuk.org.uk

Telephone: 0191 442 0833

Address: 57B Great Suffolk Street, SE1 0BB

Adfam

Email: admin@adfam.org.uk

Website: www.adfam.org.uk

Telephone: 020 7553 7640

Address: 25 Corsham Street, N1 6DR

FRANK

Email: frank@talktofrank.com

Website: www.talktofrank.com

Telephone: 020 7553 7640

Changing Lives

Email: central.office@changing-lives.co.uk

Website: <http://www.changing-lives.org.uk>

Telephone: 0191 273 8891

Address: Architectural House, NE4 7AB

Beating Bowel Cancer

Email: nurse@beatingbowelcancer.org

Website: www.beatingbowelcancer.org

Telephone: 020 8973 0011

Address: Beating Bowel Cancer, TW11 8EE

Coping with Cancer North East

Email: info@copingwithcancer.org.uk

Website: www.copingwithcancer.org.uk

Telephone: 0191 280 5610

Address: Coping with Cancer North East, NE28 9NZ

Maggie's Cancer Caring Centres

Email: newcastle@maggiescentres.org

Website: <https://www.maggiescentres.org/newcastle/>

Telephone: 0191 233 6600

Address: Freeman Hospital, NE7 7NU

Alzheimer's Society

Email: enquiries@alzheimers.org.uk

Website: www.alzheimers.org.uk

Telephone: 0330 333 0804

Address: Devon House, E1W 1LB

Newcastle Carers

Email: info@newcastlecarers.org.uk

Website: www.newcastlecarers.org.uk

Telephone: 0191 275 5060

Address: 135-139 Shields Road, NE6 1DN

Stroke Association

Email: info@stroke.org.uk

Website: www.stroke.org.uk

Telephone: 0191 487 9988

Address: Digital House, NE11 0NB

Food Nation

Email: info@foodnation.org

Website: www.foodnation.org

Telephone: 0191 276 0595

Address: 28 Hawthorn House, NE6 1SD

NETA (North East Trust for Aphasia)

Email: info@neta.org.uk

Website: www.neta.org.uk

Telephone: 0191 208 8550

Stand Alone

Email: newcastle@standalone.org.uk

Website: <http://standalone.org.uk>

Telephone: 07981887027

Address: Broadacre House, NE1 6HQ

Lifespan

Email: info@lifespanteam.org.uk

Website: <http://lifespans-charity.com/>

Telephone: 01434 673 777

Address: Mallan House, Bridge End Ind Est, Hexham. NE46 4DQ, NE46 4DQ

NIWE Eating Distress Service

Email: enquiries@niwe.org.uk

Website: www.niwe.org.uk

Telephone: 0191 221 0233

Address: Units 4/5, NE1 5DW

Healthworks

Email: enquiries@hwn.org.uk

Website: <https://www.healthworksnewcastle.org.uk>

Telephone: 0191 272 4244

Address: West End Health Resource Centre, NE4 8BE

Deaflink

Email: admin@deaflink.org.uk

Website: www.deaflink.org.uk

Telephone: 0191 281 2314

Address: Deaflink North East, NE2 3AT

Victim Support

Email: gillian.morales@victimsupport.org.uk

Website: victimsupport.org.uk

Telephone: 0191 281 0491

Address: 2nd Floor Commercial Union House, NE1 6RQ

Newcastle Tenants & Residents Federation

Email: info@newcastletenantsfed.org.uk

Website: www.newcastletenantsfed.org.uk

Telephone: 0191 285 2724

Address: Fawdon Community Centre, NE3 2PL

MESMAC Newcastle

Email: all@mesmacnewcastle.com

Website: www.mesmacnewcastle.com

Telephone: 0191 233 1333

Address: People Directorate, Newcastle City Council, NE1 8QH

Hearing Voices Network

Email: nhvn@hotmail.co.uk

Website: <https://www.hearing-voices.org/>

Telephone: 0114 271 8210

Address: c/o Sheffield Hearing Voices Network, S6 2PE

National Rheumatoid Arthritis Society

Email: enquiries@nras.org.uk

Website: www.nras.org.uk

Telephone: 0845 458 3969

Address: 4 The Switchback, SL6 7RJ

Parkinson's UK

Email: hello@parkinsons.org.uk

Website: www.parkinsons.org.uk

Telephone: 0191 295 0467

Address: 215 Vauxhall Bridge Road, SW1V 1EJ

Arthritis Action

Email: info@arthritisaction.org.uk

Website: <https://www.arthritisaction.org.uk/>

Telephone: 0203 781 7120

Address: 56 Buckingham Gate, SW1E 6AE

MIND

Email: admin@tynesidemind.org.uk

Website: www.tynesidemind.org.uk

Telephone: 0191 477 4545

Address: Tyneside MIND, NE8 4QL

Lunch Links

Email: lunchlinks@mentalhealthconcern.org

Telephone: 0300 300 7070

Address: 3rd Floor New England House, NE1 8JW

West End Women and Girls Centre

Email: info@westendwomenandgirls.co.uk

Website: www.westendwomenandgirls.co.uk

Telephone: 0191 273 4942

Address: The Stephenson Building, NE4 6SQ

ReCoCo: The Recovery College Collective

Email: info@recoverycoco.com

Website: <http://www.recoverycoco.com/>

Telephone: 0191 261 0948

Address: Anderson House, NE1 6XA

REengage

Email: jane.murphy@reengage.org.uk

Website: www.reengage.org.uk

Telephone: 0800 716 543

Address: PO Box 147, NE20 2AS

Cruse Bereavement Care

Email: tyneside@cruse.org.uk

Website: www.cruse.org.uk

Telephone: (0191) 276 5533

Address: St Gabriel's Centre, NE6 5QN

Equal Arts

Email: information@equalarts.org.uk

Website: www.equalarts.org.uk

Telephone: 0191 261 1619

Address: Newcastle City Library, NE1 8AX

Forward Assist

Email: admin@forward-assist.com

Website: <http://www.forward-assist.com/>

Telephone: 0191 250 4877

Address: c/o John Willie Sams Centre, NE23 7HS

Hand in Hand

Email: admin@handinhandproject.org.uk

Website: www.handinhandproject.org.uk

Telephone: 0191 250 4877

Address: Trinity Methodist Church, NE28 8SA

Royal Voluntary Service (RVS)

Email: tynewearhub@royalvoluntaryservice.org.uk

Website: www.royalvoluntaryservice.org.uk

Telephone: 0191 300 9334

Address: Correspondence to:, NE30 2AY

Chain Reaction

Email: info@chainreaction-newcastle.co.uk

Website: <http://www.chainreaction-newcastle.co.uk/>

Telephone: 0191 273 7443

Newcastle Vision Support

Email: info@newcastlevisionsupport.org.uk

Website: <http://newcastlevisionsupport.org.uk/>

Telephone: 0191 232 7292

Address: 3rd Floor, MEA House, NE1 8XS

Connected Voice – Haref

Email: haref@connectedvoice.org.uk

Website: <https://www.cvsnewcastle.org.uk/our-services/haref>

Telephone: 0191 232 7445

Address: Higham House, NE1 8AF

Angelou Centre

Email: admin@angelou-centre.org.uk

Website: <http://angelou-centre.org.uk/>

Telephone: 0191 2260394

Address: The Angelou Centre, NE4 5NR

Gasbags North East

Email: gasbagsnortheast598@gmail.com

Website: www.gasbagsnortheast.weebly.com

Telephone: 0191 711 8934

Address: 19 Gordon House, NE6 2JF

Blue Sky Trust

Email: info@blueskytrust.org

Website: <https://www.blueskytrust.org>

Telephone: 0191 711 8934

Address: The Castlegate, NE1 2JQ

Adult AD/HD Support Groups North East UK

Email: aadhd_ne@yahoo.co.uk

Website: <http://aadhd-ne-uk.weebly.com/>

Telephone: 0191 711 8934

North East Chinese Association

Email: necancluk@hotmail.co.uk

Website: <http://necauk.org.uk/>

Telephone: 0191 261 8583

Address: 25-27 Stowell Street, NE1 4YB

Search Newcastle

Email: info@searchnewcastle.org.uk

Website: www.searchnewcastle.org.uk

Telephone: 0191 273 7443

Address: St Margaret's Church, NE15 6AR

International Glaucoma Association

Email: h.morrow@iga.org.uk

Website: <https://www.glaucoma-association.com/>

Telephone: 01233 648 164

Address: High Point Business Village, TN24 8DH

British Lung Foundation

Email: enquiries@blf.org.uk

Website: www.blf.org.uk

Telephone: 01233 648 164

Address: British Lung Foundation (Head Office), EC1V 7ER

Bright Red Charity

Email: support@brightred.org.uk

Website: www.brightred.org.uk

Telephone: 0191 269 5467

Address: Ward 33 Freeman Hospital, NE7 7DN

Skills for People

Email: info@skillsforpeople.org.uk

Website: www.skillsforpeople.org.uk

Telephone: 0191 281 8737

Address: Key House, NE2 3AT

Skills for People – Help and Connect

Email: information@skillsforpeople.org.uk

Telephone: 0191 281 8737

Address: Key House, NE2 3AT

PeerTalk Whitley Bay and Gateshead

Email: enquiries@peertalk.org.uk

Website: <http://www.peertalk.org.uk/>

Telephone: 07719 562 617

Address: PeerTalk, NE26 2HU

Related Articles

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[Mental Health](#)

[10 Tips for good health](#)

[Healthy feet](#)

[Healthy teeth](#)

[Managing someone else's affairs](#)

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