

Mobilise

Mobilise is a free online service for unpaid carers in Newcastle and the UK. You are a carer if you're looking after a family member or friend with a disability, or long-term illness. They have a range of online tools to help you. This includes help to access financial support and carers' guides co-written with carers in their community.

Register with Mobilise to connect with other carers, share tips, get support and information. You can get help with:

- free personalised guidance and coaching
- weekly email newsletter
- [Carers allowance tool](#) to check if you're able to apply for this benefit
- [30 minute telephone or video call](#)
- [Emergency planning tool](#)
- [5 step email course](#) to make sure you're getting the right support

Last updated: October 24, 2025

Website: <https://support.mobiliseonline.co.uk/newcastle>

Email: info@mobiliseonline.co.uk

Website 2: www.mobiliseonline.co.uk

Twitter: <https://twitter.com/MobiliseCare>

Facebook: <https://www.facebook.com/groups/Mobilisecommunity>

Youtube: <https://www.youtube.com/@mobilise4069>

Opening Hours: Website open 24 hours a day, 7 days a week
Phone calls can be arranged at a time to suit you

Cost: Free

Address:
International House
64 Nile Street
London
N1 7SR

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