

Newcastle Carers Information and Advice session Westerhope

Do you look after someone who needs help and support?

If you provide unpaid (you are not employed to do this) care and support to a family member or friend who needs help because they have an illness, disability, mental health problems, or addiction to drugs or alcohol, **then you are a carer.**

Newcastle Carers is here to listen and support you.

If you're a carer, you know how challenging it can be. Getting the right information at the right time can make a big difference. Our weekly Information and Advice session at Westerhope Community Association can provide confidential information, advice and support to help you find ways to make your caring situation easier to manage.

Make an appointment to talk to us about your caring role at Westerhope Community Association, appointments are available every Thursday from 10am to 12noon.

We can provide information, advice and support about all aspects of caring, including:

- Accessing practical support
- Dealing with stress when caring for someone
- Talking to and liaising with professionals
- Accessing grants
- Information about caring for someone and working
- Planning for the future
- Accessing benefits

Whatever your caring situation, we're here to listen and support you.

For more information or support outside of the date/time of the Westerhope Information and Advice session, i.e. you would like to book a longer appointment, please [get in touch](#).