

# Make an appointment to speak to a worker at Gosforth Library

## 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.

When caring for someone, it is essential to have tailored information at a time that is right for you. Our weekly Information and Advice session at Gosforth Library can provide 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 Gosforth Library, appointments are available every Monday from 10am to 12pm

We can provide information, advice and support covering 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

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