

## Cafe Neuro Newcastle

Community Room, Tesco, Kingston Park.

A friendly, relaxed space to meet others, share experience and enjoy a cuppa.

For people living with neurological conditions and their carers. Join in for informal peer support, conversation and connection.

No appointment necessary – just drop in – you'll be very welcome!

What to expect:

- Friendly and welcoming
- Tea, coffee and conversation
- Meeting others who understand
- Occasional guest speakers and gentle activities

For more information contact Marie Curie Wellbeing Centre on 0191 2191000

Delivered in partnership with Marie Curie, Headway, Parkinsons UK, MND Association, Huntingdon's Disease Association and MS Society.

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