

Share your views (online session)

Does your health sometimes make caring more difficult?

If your own health sometimes makes caring more difficult – whether that's managing day-to-day tasks, having enough energy, feeling confident in your caring role, or getting the support you need – we want to hear from you.

We're holding focus groups with carers to understand:

- The challenges of managing your own health alongside caring
- What support you need
- What would help you feel more confident in your caring role
- What could be done differently to better support you

Your views could help shape how carers with their own health needs are supported.

We'd love you to join us on Wednesday 14 October, 1.30pm – 2.30pm. This session will be held online via Microsoft Teams (you will be sent a link to join ahead of the session). Come along for a friendly chat, share your experiences and help us understand what could make a difference to carers who are also managing their own health.

Let us know you'd like to attend by calling our Carers Information Line on 0191 275 5060 or emailing info@newcastlecarers.org.uk.

