

Chat and Chill: October

Take a breather and join us for our Chat and Chill: October – a low-key session for carers in Newcastle.

Whether you need a break, want to connect with others, or just want to come along to unwind, we'd love to see you there!

Our Chat and Chill session is a chance for you to enjoy an afternoon of chat, crafts and cuppas.

Join us on Thursday 1 October 2026 at Newcastle Carers Centre (Byker) from 10:30am – 12:30pm. Feel free to pop in for a short time, or stay for the whole session.

You can enjoy:

- Getting crafty and making paper lanterns
- ? Relaxing with a hot drink over a friendly chat with other carers
- Helping us finish our community jigsaw puzzle
- A space to bring your own craft, book, or project

At the session, we will be providing free hot drinks and biscuits – please let us know if you have any allergies or dietary requirements when booking.

This free session is open to all carers. All craft supplies for the paper lanterns are provided for you: you might want to create a pumpkin lantern ready for Halloween, or craft a Christmas lantern. You can also use the paper lanterns ready for Diwali or help us decorate Newcastle Carers Centre for the celebration!

Please note that booking is essential. **To book your space onto our Chat and Chill, please call our Carers Information Line on 0191 275 5060, or email info@newcastlecarers.org.uk.**



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