

## Share your views (over breakfast pastries!)

### 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 Friday 25 September 10am – 11am at Newcastle Carers Centre in Byker.** Come along for a friendly chat (and enjoy some free breakfast pastries too!), 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're coming by calling our Carers Information Line on 0191 275 5060 or emailing [info@newcastlecarers.org.uk](mailto:info@newcastlecarers.org.uk). Please let us know if you have any allergies or dietary requirements.

If you can't make this date, but would still like to share your views, we're also holding sessions on Thursday 1 October and Wednesday 14 October.

