

Dementia Information and Advice Group

Do you care for someone with dementia?

It can be difficult to prioritise your own needs when caring for someone with dementia. However, if you neglect your wellbeing and don't make time to recharge your batteries, you may be on the verge of burnout.

The chance to get together with other carers to talk, share tips, and offload your caring experiences to other people who understand what it's like to care for someone with dementia can be a great source of support.

Our monthly **Dementia Information and Advice Group** provides an opportunity to meet other carers and offers information and advice on where to find help, how to deal with difficult days, and most importantly, how you can look after yourself.

The group meets in person on the second Tuesday of each month, from 1pm – 3pm, at Newcastle Carers Centre.

Sessions are relaxed, friendly, and welcoming; you can attend as often or as little as you like.

[To find out more or to have a chat about our **Dementia Information and Advice Group**, please get in touch with us.](#)

Last updated: September 24, 2026