

Noor Friendship Group

Join our Noor Friendship Group to take a break from caring and socialise with other carers.

Are you a female carer from an ethnic minority background?

Come along to our wellbeing group to take time out of your caring role to focus on self-care and connect with other female carers from ethnic minority communities. Our group focuses on helping to improve your well-being in many different ways.

[Watch this video from group member, Roya, to find out more about the Noor Friendship Group.](#)

Some activities we have done in the past include:

- Dance and movement sessions
- Glass vase painting
- Beauty and cosmetic sessions
- Days out
- Watercolour painting

Please note:

If you'd like to join our Noor Friendship Group, please [get in touch](#) to let us know you'd like to come along, as spaces can be limited. We will let you know what the group will be doing and where we'll be meeting for this session, and answer any questions you may have.

To get in touch, call our Carers Information Line on 0191 275 5060 or email info@newcastlecarers.org.uk.

We'd love to see you there!

Thank you to [Mercers](#) for funding and supporting this group.

Last updated: September 24, 2026