

Meditation Session

Join us for a gentle, beginner-friendly meditation session!

This session is designed to help you relax, unwind and reconnect. The guided meditation itself will last around 20 minutes. Afterwards, join us for a cuppa and chat with other carers.

Book your space for Thursday 8 October, 2pm – 3pm at Newcastle Carers Centre in Byker.

The meditation can be done seated or lying down, please wear comfortable clothes. Feel free to bring your own eye mask, yoga mat and blanket (however, you don't need these items to take part).

To book your space, call our Carers Information Line (0191 275 5060) or email info@newcastlecarers.org.uk.

Please note: These sessions are for general wellbeing and relaxation purposes and are not intended as medical or therapeutic treatment.

Last updated: October 1, 2026