

Chai, Chat and Nashta

Are you an ethnic minority carer? Join our group: Chai, Chat and Nashta!

This friendly group is a chance for you to meet other ethnic minority carers, enjoy a cuppa and snacks and have a chat together. Each session will focus on something different, chosen by the group, so you can help shape the conversation and chat about what matters to you. For example:

- Sharing ideas about looking after yourself
- Offloading about the challenges you experience as a carer
- Chatting about caring, other support services, or everyday life

Whether you want to share ideas, talk about your experience, listen to others or offload about challenges you're facing, we'd love to see you there. Where there's a common theme or something the group would like to explore further, we may also invite a guest speaker to join us.

Please note:

If you'd like to join our Chai, Chat and Nashta 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. Please let us know if you have any dietary requirements.

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.

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