



CARERS' GROUPS PROGRAMME JANUARY TO MAY 2018

Sunderland Carers' Centre runs carers' groups to give carers the opportunity to meet others in a similar situation. If you are attending for the first time, please let the Carers' Centre know in advance. Please note the meetings below are subject to change. Please check our website, Facebook and Twitter.

For more information, please call (0191) 549 3768 or email contactus@sunderlandcarers.co.uk

Sunderland Carers Group

For carers looking after an adult who is disabled, frail or has a long-term health condition. Meets 1st Friday of each month, at Pallion Action Group (in the Art Room), 5 East Moor Road, Pallion, Sunderland, SR4 6QW, 10am to 12 noon. Next meetings are 2nd February 2018, 2nd March 2018, 6th April 2018 and 4th May 2018. (Occasionally this group has trips so please get in touch before your first meeting).

Washington Carers Group

For carers who live in the Washington area. Meets 1st Tuesday of each month (unless specified below), at Gentoo building, Brancepeth Road, Oxclose, Washington, NE38 0LA, 1.30pm to 3pm. Next meetings are 6th February 2018, 6th March 2018, 3rd April 2018 and 1st May 2018.

Garden Group

Interested in gardening? Meets monthly but many volunteers just pop in when they have some spare time to carry out work in the Carers' Centre garden. Contact the Carers' Centre for details.

Carers Coffee Morning

Our new kitchen is available any time for carers to make themselves a coffee and a chat. However, we are suggesting the following dates to meet up with other carers for a coffee morning. Staff will not be running these mornings but there will be someone available if you would like specific one to one support. Held 3rd Monday of each month, at Sunderland Carers' Centre, Thompson Park, Thompson Road, Southwick, Sunderland, SR5 1SF, 10.30am to 12 noon. Next meetings are 15th January 2018, 19th February 2018, 19th March 2018, 16th April 2018 and 21st May 2018.

Partners Group

For couples where one partner has a physical disability or long-term illness. Meets 2nd Thursday of each month, 1.00pm to 3.00pm, venue to be confirmed. Next meetings are 11th January 2018, 8th February 2018, 8th March 2018, 12th April 2018 and 10th May 2018 (dates may vary depending on arranged activities. For more information please contact the carers centre).

Male Carers Group

Guest speakers and social activities for male carers. Meets 1st Thursday of each month at Sunderland Carers' Centre, Thompson Park, Thompson Road, Southwick, Sunderland, SR5 1SF, 1pm to 3pm. Next meetings are 1st February 2018, 1st March 2018, 5th April 2018 and 3rd May 2018.

Coalfields Carers Group

For carers who live in the Coalfields area e.g. Shiney Row, Houghton, Hetton, Fence Houses etc. Meets 2nd Wednesday of the month, at The Hetton Centre, Welfare Road, Hetton-le-Hole, DH5 9NE, 1pm to 3pm. Next meetings are 10th January 2018, 14th February 2018, 14th March 2018, 11th April 2018 and 9th May 2018.

Parent Carer Transition Group

Open to all parent carers caring for a person between 14 and 25. Meets the last Thursday of each month (unless school holiday) at Sunderland Carers' Centre, Thompson Park, Thompson Road, Sunderland, SR5 1SF, 10.30am to 12 noon. Next meetings are 25th January 2018, 22nd February 2018, 29nd March 2018, 26th April 2018 and 24th May 2018.

Parent Carer Group

Open to all parent carers. Meets on the 3rd Wednesday of every month from 10am to 12 noon at Sunderland Carers' Centre, Thompson Park, Thompson Road, Sunderland, SR5 1SF. Next meetings are 17th January 2018, 21st February 2018, 21st March 2018, 18th April 2018 and 16th May 2018.

In Touch Group

For carers of adults with learning disabilities. Meets 4th Tuesday of each month at Washington Resource Centre, Ayton Road, Crowther Industrial Estate, Oxclose, Washington, NE38 0AB, 10.30am to 12 noon. Next meetings are 23rd January 2018, 27th February 2018, 27th March 2018, 24th April 2018 and 22nd May 2018.

Mental Health Carers Coffee Morning

For carers of people with mental health illnesses. Meets 2nd Tuesday of each month at Sunderland Carers' Centre, Thompson Park, Thompson Road, Southwick, Sunderland, SR5 1SF, 10.30am to 12 noon. Next meetings are 9th January 2018, 13th February 2018, 13th March 2018, 10th April 2018 and 8th May 2018.

Knitting Group (The Twiddlemuff Gang)

Interested in knitting? Meets weekly on a Wednesday and/or Thursday, 1pm to 3pm, at the Carers' Centre. Contact the Karen Bailey on 0191 549 3768 for details.



Sunderland Carers' Centre, Thompson Park Thompson Road, Sunderland SR5 1SF

Tel: (0191) 549 3768 **Email:** contactus@sunderlandcarers.co.uk

Website / Facebook / Twitter / Donate: www.sunderlandcarers.co.uk