

Sunderland Carers' Centre

CARERS' GROUPS

MAY TO NOVEMBER PROGRAMME 2017

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 info@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 June 2017, 7th July 2017, 4th August 2017, 1st September 2017, 6th October 2017 and 3rd November 2017 (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, 1.30 to 3pm. Next meetings are 6th June 2017, 4th July 2017 (carers trip), August 2017 – no group, 5th September 2017, 3rd October 2017 and 7th November 2017.

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 19th June 2017, 17th July 2017, 21st August 2017, 18th September 2017, 16th October 2017 and 20th November 2017.

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 May 2017, 8th June 2017, 13th July 2017, 10th August 2017, 14th September 2017, 12th October 2017 and 9th November 2017 (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 June 2017, 6th July 2017, 3rd August 2017, 7th September 2017, 5th October 2017 and 2nd November 2017.

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, 1 to 3pm. Next meetings are 14th June 2017, 12th July 2017, 9th August 2017, 13th September 2017, 11th October 2017 and 8th November 2017.

Parent Carer Transition Support 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 May 2017, 29th June 2017, 28th September 2017 and 30th November 2017.

Washington Parent Carers Group

Open to all parent carers. Meets the 3rd Wednesday of each month (unless school holiday) at Rainbow Centre, 34 Elliott Terrace, Washington, NE37 3AW, 10.00am to 12 noon. Next meetings are 17th May 2017, 21st June 2017, 19th July 2017, 20th September 2017, 18th October 2017 and 15th November 2017.

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 May 2017, 27th June 2017, 25th July 2017, August 2017 – no group, 26th September 2017, 24th October 2017 and 28th November 2017.

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 13th June 2017, 11th July 2017, 8th August 2017, 12th September 2017, 10th October 2017 and 14th November 2017.

Sunderland Open Door Evening Group

For people who care for or are concerned about a

family member or friend with a drug or alcohol problem. Meets 2nd Monday of each month at Sunderland Carers' Centre, Thompson Park, Thompson Road, Sunderland SR5 1SF, 6pm to 8pm. Next meetings are 12th June 2017, 10th July 2017, 14th August 2017, 11th September 2017, 9th October 2017 and 13th November 2017.

Washington Carer Drop-In

For people who care for or are concerned about a family member or friend with a drug or alcohol problem. Meets 2nd Monday of each month at Victoria Road Health Centre (above Dr. Stephenson's Practice), Concord, Washington, 10am to 11.30am. Next meetings are 12th June 2017, 10th July 2017, 14th August 2017, 11th September 2017, 9th October 2017 and 13th November 2017.

Sunderland Open Door Friday Drop-In

For people who care for or are concerned about a family member or friend with a drug or alcohol problem. Meets the last Friday of each month at Sunderland Carers' Centre, Thompson Park, Thompson Road, Southwick, Sunderland, SR5 1SF, 1pm to 2.30pm. Next meetings are 26th May 2017, 30th June 2017, 28th July 2017, 25th August 2017, 29th September 2017, 27th October 2017 and 24th November 2017.

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.

Groups will normally have a Christmas meal/event in December. Please contact your group facilitator for more details and dates.



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

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

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