

# Sunderland Carers' Centre

## CARERS' GROUPS SPRING & SUMMER PROGRAMME 2016

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](mailto: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 1<sup>st</sup> Friday of each month, at Pallion Action Group (in the Art Room), 5 East Moor Road, Pallion, Sunderland SR4 6QW, 10am – 12 noon. Next meetings are 1<sup>st</sup> April (Speaker: Live Life Well), 6<sup>th</sup> May (Trip to Souter Lighthouse), 3<sup>rd</sup> June (Craft session), 1<sup>st</sup> July and 5<sup>th</sup> August.

### **Washington Carers Group**

For carers who live in the Washington area. Meets 1<sup>st</sup> Tuesday of each month (unless specified below), at Gentoo building, Brancepeth Road, Oxclose, Washington NE38 0LA, 1.30 – 3pm. Next meetings are 5<sup>th</sup> April, 3<sup>rd</sup> May, 7<sup>th</sup> June and 5<sup>th</sup> July (Trip – contact the Carers' Centre for details). No meeting in August.

### **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 3<sup>rd</sup> Monday of each month, at Sunderland Carers' Centre, Thompson Park, Thompson Road, Southwick, Sunderland SR5 1SF, 10.30am – 12 noon. Next meetings are 18<sup>th</sup> April, 16<sup>th</sup> May, 20<sup>th</sup> June, 18<sup>th</sup> July and 15<sup>th</sup> August.

### **Partners Group**

For couples where one partner has a physical disability or long-term illness. Meets 2<sup>nd</sup> Thursday of each month, at Age UK (in the David Graham Room), Bradbury Centre, Stockton Road, Sunderland SR2 7AQ, 6.30pm – 8.30pm. Next meetings are 14<sup>th</sup> April, 12<sup>th</sup> May, 9<sup>th</sup> June, 14<sup>th</sup> July and 11<sup>th</sup> August.

### **Male Carers Group**

Guest speakers and social activities for male carers. Meets 1<sup>st</sup> Thursday of each month at Sunderland Carers' Centre, Thompson Park, Thompson Road, Southwick, Sunderland SR5 1SF, 1 – 3pm (unless specified below). Next meetings are 7<sup>th</sup> April (Speaker: Washington Mind – Good Mental Health), 5<sup>th</sup> May (Visit to Sunderland Volunteer Life Brigade Museum, Roker – contact the Carers' Centre to book), 2<sup>nd</sup> June (Circular walk and meal, Seaham, 12 noon – 3pm – contact the Carers' Centre to book), 7<sup>th</sup> July (Outdoor Lawn Bowling, Thompson Park – meet at the Carers' Centre) and 4<sup>th</sup> August (Visit to St. Michael's Church, Houghton, 12 noon – 2pm – contact the Carers' Centre to book).

### **Coalfields Carers Group**

For carers who live in the Coalfields area e.g. Shiny Row, Houghton, Hetton, Fence Houses etc. Meets 2<sup>nd</sup> Wednesday of the month, at The Hetton Centre, Welfare Road, Hetton-le-Hole DH5 9NE, 1 – 3pm (unless specified below). Next meetings are 13<sup>th</sup> April, 11<sup>th</sup> May (Bowling at Washington Galleries – contact the Carers' Centre to book), 8<sup>th</sup> June, 13<sup>th</sup> July (Tea & coffee at Sainsbury's Café, Washington Galleries – contact the Carers' Centre for details) and 10<sup>th</sup> August.

### **Sunderland Parent Carer Group**

For parents and carers of disabled children (aged up to 25). Meets 1<sup>st</sup> Tuesday of each month (unless school holidays) at Sunderland Carers' Centre, Thompson Park, Thompson Road, Southwick, Sunderland SR5 1SF, 10am – 12 noon. Next meeting is 3<sup>rd</sup> May. No meetings in April, June, July and August. There will be a Summer Meal in July – contact the Carers' Centre for details.

### **Washington Parent Carer Group**

For parents and carers of disabled children (aged up to 25). Meets 2<sup>nd</sup> Wednesday of each month (unless school holidays) at Rainbow Family Centre, 34 Elliott Terrace, Concord NE37 3AE, 10am – 12 noon. Next meetings are 13<sup>th</sup> April, 11<sup>th</sup> May and 8<sup>th</sup> June. No meetings in July and August. There will be a Summer Meal in July – contact the Carers' Centre for details.

### **Hetton Parent Carer Group**

For parents and carers of disabled children (aged up to 25). Meets 3<sup>rd</sup> Monday of each month (unless school holidays) at The Hetton Centre, Welfare Road, Hetton-le-Hole DH5 9NE, 10am – 12 noon. Next meetings are 18<sup>th</sup> April, 16<sup>th</sup> May and 20<sup>th</sup> June. No meetings in July and August. There will be a Summer Meal in July – contact the Carers' Centre for details.

### **Transition Support Group**

For all carers of young people going through transition from children's services to adult services. Meets the last Thursday of each month (unless school holiday) at Sunderland Carers' Centre, Thompson Park, Thompson Road, Sunderland SR5 1SF, 10.30am – 12 noon. Next meetings are 28<sup>th</sup> April, 26<sup>th</sup> May and 30<sup>th</sup> June. No meetings in July and August. There will be a Summer Meal in July – contact the Carers' Centre for details.

### **In Touch Group**

For carers of adults with learning disabilities. Meets 4<sup>th</sup> Tuesday of each month at Washington Resource Centre, Ayton Road, Crowther Industrial Estate, Oxclose, Washington NE38 0AB, 10.30am – 12 noon. Next meetings are 26<sup>th</sup> April, 24<sup>th</sup> May, 28<sup>th</sup> June and 26<sup>th</sup> July. No meeting in August.

### **Washington Mental Health Carers Group**

For carers of people with mental health illnesses. Meets last Friday of each month, 1.30 – 3.30pm, in the Day Room at Galleries Health Centre, 3<sup>rd</sup> Floor, Washington NE38 7SD. Next meetings are 29<sup>th</sup> April, 27<sup>th</sup> May, 24<sup>th</sup> June, 29<sup>th</sup> July and 26<sup>th</sup> August.

### **Mental Health Carers Coffee Morning**

For carers of people with mental health illnesses. Meets 2<sup>nd</sup> Tuesday of each month at Sunderland Carers' Centre, Thompson Park, Thompson Road, Southwick, Sunderland SR5 1SF, 10.30am – 12 noon. Next meetings are 12<sup>th</sup> April, 10<sup>th</sup> May, 14<sup>th</sup> June, 12<sup>th</sup> July and 9<sup>th</sup> August.

### **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 2<sup>nd</sup> Monday of each month at Sunderland Carers' Centre, Thompson Park, Thompson Road, Sunderland SR5 1SF, 6 – 8pm. Next meetings are 11<sup>th</sup> April, 9<sup>th</sup> May, 13<sup>th</sup> June, 11<sup>th</sup> July and 8<sup>th</sup> August.

### **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 2<sup>nd</sup> Monday of each month at Victoria Road Health Centre (above Dr. Stephenson's Practice), Concord, Washington, 10 – 11.30am. Next meetings are 11<sup>th</sup> April, 9<sup>th</sup> May, 13<sup>th</sup> June, 11<sup>th</sup> July and 8<sup>th</sup> August.

### **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 – 2.30pm. Next meetings are 29<sup>th</sup> April, 27<sup>th</sup> May, 24<sup>th</sup> June, 29<sup>th</sup> July and 26<sup>th</sup> August.

### **Knitting Group (The Twiddlemuff Gang)**

Interested in knitting? Meets fortnightly on a Wednesday, 1 – 4pm, at the Carers' Centre. Contact the Carers' Centre for details.

**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