



## Coalfields Carers Group

For carers who live in the Coalfields area

e.g. Shiny Row, Houghton, Hetton, Fence Houses etc.

Meets at: The Hetton Centre, Welfare Road, Hetton-le-Hole, DH5 9NE

*(Occasionally this group has trips, so please get in touch before your first meeting.)*

**Meets 2nd Wednesday of the month - 1pm to 3pm**



**Sunderland Carers Centre is here to help**

Thompson Park, Thompson Road, Sunderland. SR5 1SF



(0191) 549 3768



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[www.sunderlandcarers.co.uk](http://www.sunderlandcarers.co.uk)

