

## Services

### North Tyneside Carers Centre

This vast service helps carers of all ages and provides confidential support from information to advice and guidance to emotional support and training. The website gives carers 24 hour access to resources such as:

- Health and Wellbeing
- Carer rights
- Money matters
- Activities
- & Many more.

For more information visit their website:  
<https://www.northtynesidecarers.org.uk>  
Phone:0191 249 6480

### My Care North Tyneside

This service is designed by North Tyneside Council and provides resources and advice for a range of issues such as:

- Financial support
- Your needs as a carer
- Taking a break from caring
- Information and advice

For more information visit their website:  
<https://mycare.northtyneside.gov.uk/web/portal/pages/help/caring>

## Websites

### SIGN North Tyneside

This service provides online support for carers by signposting them to the best websites and advice for their queries.

Website- <https://www.sign-nt.co.uk/Carers/>

### Carers UK

Has access to online forums and help and advice sections on their website. They help with things such as

- financial support
- practical support
- work and career & more

Please visit website for more info:  
<https://www.carersuk.org/>

## Young Carers

### Young Carers Service

This service aims to help young carers and provide them with practical and social support. They also go into schools and run social action projects. See the booklet on the site below:

<https://www.northtynesidecarers.org.uk/wp-content/uploads/2019/08/Young-Carers-Information-Booklet-compressed.pdf>

If you need any advice or feel you would benefit from this service call: (0191) 643 2298.

## Further support

### Age UK- Dementia Connections

This service offers help from specialist nurses for advice to support you as a carer for someone with dementia.

For more info go to:

<https://www.ageuk.org.uk/northtyneside/our-services/dementia-services/>

Number: 0191 280 8484

### PROPS

This service provides practical and emotional support to people who live with and care for family member suffering with substance misuse. They offer help for both adults and children. For more info see their website below:

<https://props.org.uk/>

Number: 01912263440

### Mencap

Provides support for both carers of adults and parents/carers of children with a learning disability. They provide advice and resources to help you find what support is available. For more info for carers of adults visit <https://www.mencap.org.uk/advice-and-support/social-care/support-carers-adults-learning-disability>

For more info for carers/parents visit:

<https://www.mencap.org.uk/advice-and-support/children-and-young-people/support-parents-and-carers-children-and-young-people>

Phone for both: 08088081111