



Listed below are all of our groups and activities for July 2019.

Registered carers are welcome to attend **any** activity in **any** area. If you haven't been to a group before why not come along to one and see for yourself how welcoming and supportive they are? For more information or to book please call our Information Line on **01670 320025** or email info@carersnorthumberland.org.uk

July 2019	Groups / Activity	Time
4th	Ponteland Support Group, Merton Hall	10.30am-12noon
4th	Felton Support Group, Felton Village Hall	1.30pm - 3.00pm
4th	Amble Support Group, The Dry Water Arts Centre, Amble	10.30am-12noon
10th	Caring Crafters - Berwick, William Elder Building *Booking Essential*	10.00am-12noon
10th	Morpeth Support Group, Northumberland County Blind Association	10.30am-12noon
16th	Ashington Support Group, Age UK, The Roundhouse	10.30am-12noon
17th	Bedlington Support Group, Salvation Army	1.00pm-2.30pm
18th	Blyth Support Group, Buffalo Community Centre	10.00am-11.30am
24th	Hexham Support Group, Adapt Building	1.30pm-3.00pm
25th	Cramlington Support Group, Community Room, Concordia Leisure Centre	1.00pm-2.30pm
29th	Alnwick Support Group, St Pauls Court, Alnwick	1.30pm-3.00pm
31st	Berwick Support Group, William Elder Building	11.00am-12.30pm

Please note activities and talks may be subject to change without notice.

NEW CARER WORKSHOPS

MAKING GUILT MANAGEABLE

This FREE session for carers is all about acknowledging and managing the feelings of guilt that carers often say they experience – guilt when they do or say something and guilty if they don't!

The session cannot take the guilt feelings away but we aim to send you home armed with both self- knowledge and some ideas of how to keep personal guilt within manageable proportions most of the time!

MORPETH

7 August 2019

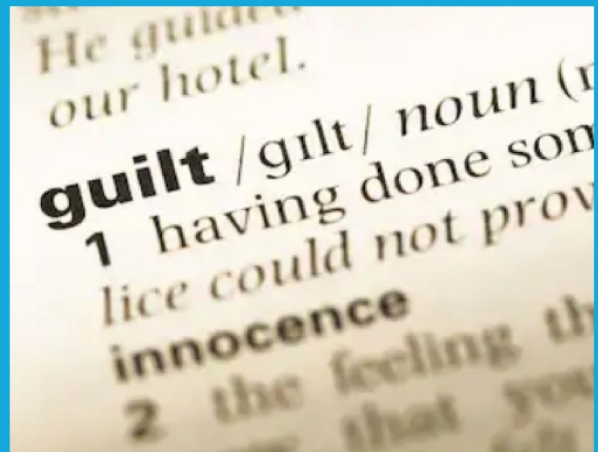
10.30 - 12.30

CRAMLINGTON

15 August 2019

12.30—2.30

Call to book your place on
01670320025



Don't feel guilty
for doing what's best
for you.

Caring Matters - July 2019

Carers Support Groups run by our partners:

Groups / Activity	Details
Berwick Mental Health Carers Support Group, Northern Spirit	01289 305 002
Hexham Mental Health Carers Support Group, Scout Hut (behind Marks & Spencer's), Hexham	16th July 1.30pm-3.30pm
New Beginnings Group, ring for details	01670 320 025
Wooler Carers Group, Glendale Surgery, Wooler	17th July 10.00am-12noon
Bellingham Carers Group, Bellingham Practice	Please contact the surgery for times and dates - 01434 220203
Mental Health Forum, Wooler	Contact Jane Pannell on 01289 388321 or email jane.pannell51@btinternet.com

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