



2016  
Mental Health Carer Group  
Meetings in and around  
Gateshead

Do you care for someone with mental health issues?  
Would you like information, advice, support or to get involved in services?  
Here are some opportunities to meet with support workers who can help you:-

- **Mental Health Carer Involvement Group** – an opportunity for carers to meet, share experiences, express their views, support each other and get information about local adult mental health and other services.  
Meeting on:  
**1<sup>st</sup> Wednesday of the month from 6 – 8pm at Bewicks, Civic Centre, Gateshead.**  
Contact Diane Sandford/Martin Mulvaney at Carers Trust Tyne and Wear, Crossroads Care Services. **Tel: 01207549780**
- **PALS Drop-in** with Jean Francombe from NTW PALS and with Angela Dalby from Carers Trust Tyne and Wear, Crossroads Carer Services provides an opportunity for mental health carers to get advice, information and support or raise any carer issues. Meeting on:  
**1<sup>st</sup> Wednesday of the month from 11 – 12 at Dryden Road Clinic.**  
**Tel: 0191 4416616**
- **Tranwell Carers Drop-in** – an opportunity for carers to meet Jean Francombe NTW PALS Officer and Angela Dalby from Carers Trust Tyne and Wear, Crossroads Carer Services who will provide advice, information and support for carers of someone with mental health problems and to raise any issues around mental health care. Meeting on:  
**4<sup>th</sup> Thursday of the month from 5.30 – 7.00pm at The Nook, Tranwell Unit.**  
**Tel: 0191 4416616**
- **Blaydon Mental Health Carers Drop-in** – with Carers Trust Tyne and Wear, Crossroads Carer Services Mental Health Carer Support Workers. The Drop-in is an opportunity for mental health carers to meet up, share experiences, receive information, advice and support. Meeting on:  
**2<sup>nd</sup> Tuesday of the month from 10 – 12, at the Blaydon Day Centre.**  
**Tel: 01207 549780**

For individual appointments, please contact:

- Jean Francombe, Patient Advice and Liaison Service (PALS) on **0191 441 6616**
- Angela Dalby, Carers Trust Tyne and Wear Crossroads Carer Services on **01207 549780**