



Dates of meetings for 2016:

- Thursday 28 January
- Thursday 25 February
- Thursday 24 March
- Thursday 28 April
- Thursday 26 May
- Thursday 23 June
- Thursday 28 July
- Thursday 25 August
- Thursday 22 September
- Thursday 27 October
- Thursday 24 November

Tranwell Carers Monthly Drop-in

An safe space for **Carers, Family and Friends** to meet, and speak to key personnel in the Gateshead community who can give you advice, information and support around any carer concerns or issues.

Meet:

Jean Francombe, NTW PALS Officer, based at the Tranwell Unit.

Angela Dalby, Mental Health Carer Support Worker, Crossroads Care, Gateshead

We will be meeting **monthly in The Nook**, at the **Tranwell Unit**

On fourth Thursday in the month from 5.30 – 7pm

We look forward to meeting you!