



Cumbria, Northumberland,
Tyne and Wear
NHS Foundation Trust

Carleton Carer Group



What is the Carleton Carer Group?

The group is an informal meet up of carers and family members of people who access Trust services.

What does the group do?

We understand the importance of talking to other carers, knowing that you are not alone and having a safe space to talk.

Call in for a cuppa and biscuits, you will also be able to speak to our Carer Support Team and learn more about what we do to support your loved ones.

Peer supporters who have their own lived experience in a caring role are also available to support, offer advice and simply be a listening ear to any issues you might have.

Where and when does the group meet?

We have created an informal space, where families can meet and have a chat, share concerns and learn from others who might be going through something similar.

The group meets every second and fourth Thursday of the month, 5.30 pm - 6.30 pm in the Learning Lounge, Carleton Clinic. Staff at reception can direct you.

Further information

Please email: cmb-carletoncarers@cntw.nhs.uk or
Tel: 0792 0154 568

