

Carers Support Café.

Do you support someone living with a life limiting illness or a palliative diagnoses?

We know that caregivers can often feel cut off from the outside world and undertaking a caring role is hard work and can be extremely isolating.

Taking care of a loved one and being responsible for their health and wellbeing can be stressful both physically, emotionally and financially difficult but spending time with others in a similar situation can often help.

Why not drop into our **Carers Support Café** and meet other carers while enjoying a well-deserved cup of coffee and slice of cake?

The aim of this group is to meet other people like you and to share experiences and knowledge. Staff will also be available for support, guidance and signposting where needed.

Join us on the **first Monday of each month (excluding Bank Holidays) 10:00 – 12:00** at **Marie Curie Hospice, Marie Curie Drive, Elswick, Newcastle. NE4 6SS.**

No referral or appointment is required so please just come along. **If you would like more information, please call the hospice on 0191 2191000 and ask for the Wellbeing Centre.**

