



CARERS' GROUPS PROGRAMME 2019

Sunderland Carers Centre runs groups to give carers the opportunity to meet others in a similar situation. If you are attending for the first time, please let the Carers Centre know in advance. Please note the meetings below are subject to change. Please check our website, Facebook and Twitter.

For more information, please call (0191) 549 3768 or email contactus@sunderlandcarers.co.uk

Carers Coffee Morning



Our kitchen is available any time for carers to make themselves a coffee and a chat. However, we suggest the following dates to meet up with other carers for a coffee morning. Staff will not be running these meetings, but there will be someone available if you would like specific one to one support. Held 3rd Monday of each month, at Sunderland Carers Centre, Thompson Park, Thompson Road, Southwick, Sunderland, SR5 1SF, 10.30am to 12 noon.

Carers on the Move



A weekly walking group for carers, friends and family sets off every Thursday from the Carers Centre on Thompson Road, SR5 1SF. Organised by Active Sunderland's Wellness Walking Programme, walkers meet at 10.30 for an 11am start.

Led by a trained walk leader, enjoy the sights of Sunderland on foot while making friends and getting fit!

Coalfields Carers Group



For carers who live in the Coalfields area e.g. Shiney Row, Houghton, Hetton, Fence Houses etc. Meets 2nd Wednesday of the month, at The Hetton Centre, Welfare Road, Hetton-le-Hole, DH5 9NE, 1pm to 3pm. Next meetings are 13th Feb, 13th Mar, 10th Apr, 8th May, 12th Jun, 10th Jul, 14th Aug, 11th Sep, 9th Oct & 13th Nov.

(Occasionally this group has trips so please get in touch before your first meeting).

Crafty Cuppa Class



Our Crafty Cuppa Class is an informal course of craft-based activities, a regular get together for people of all abilities to learn some new skills, have a cuppa and just switch off for a while. The course usually runs for 5 or 6 weeks at Sunderland Carers Centre, Thompson Park, Thompson Road, Southwick, Sunderland, SR5 1SF, 11.00am - 1.30pm. Please contact the Carers Centre for details of the next course.

Garden Group



Interested in gardening? Did you know we have our own beautiful garden here at Sunderland Carers Centre?

Our green-fingered group of volunteers help us maintain this wonderful space for all carers to enjoy. Meets monthly but many volunteers just pop in when they have some spare time to carry out work in the Carers Centre garden.

Please contact Alison on 0191 549 3768 for more details.

In Touch Group



For carers of adults with learning disabilities. Meets 4th Tuesday of each month at Washington Resource Centre, Ayton Road, Crowther Industrial Estate, Oxclose, Washington, NE38 0AB, 10.30am to 12 noon. Next meetings are 26th Feb, 26th Mar, 23rd Apr, 28th May, 25th Jun, 23rd Jul, 24th Sep, 22nd Oct & 26th Nov.

Male Carers Group



Guest speakers and social activities for male carers. Meets 1st Thursday of each month at Sunderland Carers Centre, Thompson Park, Thompson Road, Southwick, Sunderland, SR5 1SF, 1pm to 3pm. Next meetings are 10th Jan, 7th Feb, 7th Mar, 4th Apr, 2nd May, 6th Jun, 4th Jul, 1st Aug, 5th Sep, 2nd Oct, 7th Nov & 5th Dec.

(Occasionally this group has trips so please get in touch before your first meeting).

Mental Health Carers Coffee Morning



For carers of people with mental health illnesses. Meets 2nd Tuesday of each month at Sunderland Carers Centre, Thompson Park, Thompson Road, Southwick, Sunderland, SR5 1SF, 10.30am to 12 noon. Next meetings are 12th Feb, 12th Mar, 9th Apr, 14th May, 11th Jun, 9th Jul, 13th Aug, 10th Sep, 8th Oct, 12th Nov, 10th Dec.

(Occasionally this group has trips so please get in touch before your first meeting).

Parent Carer Group



For parents with a child diagnosed with a long-term condition and/or disability. Meets on the 2nd Thursday of the month at Sunderland Carers Centre 10.00 – 12 noon. Next meetings are 14th Feb, 14th Mar, 9th May, 13th Jun & 11th Jul

Parent Carer Transition Group



The Parent Carer Transition Group is open to all Parent Carers caring for a young person aged 14 - 25 and meets on the last Thursday of every month (unless a school holiday) at Sunderland Carers Centre, Thompson Park, Thompson Road, Sunderland, SR5 1SF, 10.00am to 12 noon. Next meetings are 28th Feb, 28th Mar, 25th Apr, 23rd May, 27th Jun, 26th Sep, 24th Oct & 28th Nov.

Partners Group



For couples where one partner has a physical disability or long-term illness. Meets 2nd Thursday of each month, 1.00pm to 3.00pm, usually at Marley Park Community Fire Station, 77 Old Mill Rd, Sunderland SR5 5TL. Next meetings are 14th Feb, 14th Mar, 11th Apr, 9th May, 13th Jun, 11th Jul, 8th Aug, 12th Sept, 10th Oct, 14th Nov & 12th Dec.

(Occasionally this group has trips so please get in touch before your first meeting).

Sunderland Carers Group



For carers looking after an adult who is disabled, frail or has a long-term health condition. Meets 1st Friday of each month, at Pallion Action Group (in the Art Room), 5 East Moor Road, Pallion, Sunderland, SR4 6QW, 10am to 12 noon. Next meetings are 1st Feb, 1st Mar, 5th Apr, 3rd May, 7th Jun, 5th Jul, 2nd Aug, 6th Sep, 4th Oct, 1st Nov & 11th Dec.

(Occasionally this group has trips so please get in touch before your first meeting).

Twiddlemuff Gang (Knitting Group)



If you can knit, or would like to learn, how about coming along to meet with other carers for a knit and natter in 'Kay's Kitchen'? Not only will you have time for yourself and make new friends, but you will be contributing to our Twiddlemuff Project. Twiddlemuffs are knitted muffs that can help agitation and restless hands of people with Dementia. Meets weekly on a Thursday, 1pm to 3pm, at the Carers Centre. Contact Karen on 0191 549 3768 for more details.

Washington Carers Group



For carers who live in the Washington area. Meets 1st Tuesday of each month, at Gentoo building, Brancepeth Road, Oxclose, Washington, NE38 0LA, 1.30pm to 3pm.

Next meetings are 5th Feb, 5th Mar, 2nd Apr, 7th May, 4th Jun, 2nd Jul, 3rd Sep, 1st Oct, 5th Nov & 3rd Dec. *(Occasionally this group has trips so please get in touch before your first meeting).*



Sunderland Carers Centre is here to help

Thompson Park, Thompson Road, Sunderland. SR5 1SF

 (0191) 549 3768  contactus@sunderlandcarers.co.uk

 www.sunderlandcarers.co.uk

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