**Gateshead Carers**

Website: <https://www.gatesheadcarers.com/>

Tel: 0191 4900121

Email: enquiries@gatesheadcarers.com

**Gateshead Council**

Website: <https://www.gateshead.gov.uk/article/3637/Carers>

Tel: 0191 433 3000

**Carers** **Trust**

Carers Trust are a local charity working to improve the lives of carers, enabling them to have a life of their own and sustain their own wellbeing. We provide support, including short breaks, for both adults and children.

Website: <https://www.carerstrusttw.org.uk/>

Tel: 01207 549 780

Email: info@carerstrusttw.org.uk

**Carers UK**

**Caring will affect us all at some point in our lives. We'll be here for you when that happens. With your help, we can be there for the 6,000 people who start looking after someone each day.** Caring can be extremely complicated. The maze of rights and entitlements can be complicated. Filling in paperwork can be complicated. Getting a break can be complicated. Our feelings about caring can certainly be complicated. We're here to make sure that no matter how complicated your query or your experience, you don't have to care alone. Our expert telephone advice and support service is here if you want to talk about caring. If you're looking for answers, our online information and support is the best place to start.

Website: <https://www.carersuk.org/>

Tel: 020 7378 4999