

Care Navigation Roadshow:

27 June 2018, 1pm – 4pm at North Shields
Customer First Centre, Northumberland
Square, North Shields NE30 1QU

- Would you like to become more involved with community activities?
- Do you sometimes feel like you need advice around financial difficulties?
- Are you living with a condition which impacts your day to day living?
- Do you ever feel like you would benefit from someone to talk to?
- Does the maintenance and up-keep of your home sometimes feel like a challenge?
- Are you a carer for someone and need some extra support?

If the answer to any of these questions is “yes” we may be able to introduce you to services and organisations who can assist.



Why not drop in to our Care Navigation Roadshow:

27 June 2018, 1pm – 4pm

North Shields Customer First Centre
Northumberland Square, North Shields. NE30 1QU

For more information call Andrea on 0191 293 1193

Find out more about Care Navigation and how it may be able to help you. We will be hosting organisations such as:

- **North Tyneside Citizens Advice Bureau** who offer free confidential, impartial, independent advice
- **Age UK** who can provide advice and support with Dementia, Volunteering, Befriending and activities to boost wellbeing
- **Daft as a Brush** who offer support to people living with cancer and their families
- **MacMillan Bereavement** if you have been bereaved and would find it helpful to talk to someone to adjust to life after loss
- **North Tyneside Carers Centre** who offer support to those with a caring role

Also Tyneside MIND, Peertalk, Moving on Tyne and Wear, VODA, Props North East and many more organisations who may be able to support and help you.

Just pop in at any time during the drop-in event - we look forward to seeing you there!

Refreshments will be provided.