

Sunderland Carers' Centre

The Carers' Centre offers confidential information, advice and support to carers, including support at meetings with social workers, consultants, psychiatrists etc. The Centre also runs support groups (including ones specifically for parent carers of disabled children and young people) and courses on carer-related subjects, as well as organising social activities for carers, producing a monthly information sheet and a newsletter every two months. Carers can contact the Centre directly or can be referred by another agency with their permission. A leaflet entitled 'Do you look after a family member who is ill, disabled or frail?' outlines the service, while a comprehensive Information Pack with everything you need to know about services on offer is also available. **For more information contact the Carers' Centre, Thompson Park, Thompson Road, Southwick, Sunderland SR5 1SF. Telephone: 0191 549 3768, Fax: 0191 549 5094. Email: info@sunderlandcarers.co.uk. Alternatively visit their website www.sunderlandcarers.co.uk**