



To book your place on any events featured in this booklet, please contact  
North Tyneside Carers' Centre  
on (0191) 200 1111

If payment is required:- In order to guarantee your booking, **full payment for events must be made within 5 working days** of booking. If this is not received, your booking may be given to another carer on the waiting list.

The cost of these events is covered by the Carers' Centre. The small contribution you are asked to pay will allow us to run similar events in the future

### Payment Details

If payment is required for an event, you can call into the centre to make payment by cash or alternatively you can send a cheque or postal order made payable to 'North Tyneside Carers' Centre' to:-

North Tyneside Carers' Centre  
3rd Floor YMCA Building  
Church Way  
North Shields  
Tyne and Wear  
NE29 0AB



North Tyneside Carers' Centre  
Proudly Presents its  
Programme of Activities for  
April - May 2010

***"Come along and join us"***

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North Tyneside Carers' Centre  
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**Bookings for events will not be taken until 10:00am  
Thursday 11th March 2010**



**Monday 12th  
April 2010**

## **Walking Group Barnard Castle**

Get those walking shoes on and join our fully qualified walk leader as he takes you around the beautiful historic sights of Barnard Castle.

If joining the walking group is not your thing, then why not join us anyway and take a more leisurely stroll around Barnard Castle taking in the sites and scenery at your own pace. Or even visit Bowes Museum (entry to the museum not included in price)

***Carers/ former carers £2.50***

***Guests £5.50***

**One guest per carer**

**Coach departs from Centre at 10:30am**

**Coach departs from Barnard Castle at 4:30pm**

We regret that we are unable to provide transport to and from the Carers' Centre.

Sharing the Caring may be available. Please contact Amy Anderson on (0191) 200 1111



**Wednesday 21st  
April 2010  
Sunderland Dogs**

**Come along and join us for a thrilling evening of greyhound racing, free food and socialising**

Included in the price is your entrance fee,  
1 welcome drink (mixers extra)  
and pie and pea supper.

The atmosphere is truly electric so don't miss this fabulous experience.

Race cards are available for purchase for £2.00 on the evening

\* Please note football tops and trainers are not permitted

***Carers/ former carers £2.00***

***Guests £3.00***

**One guest per carer**

**Coach departs from Centre at 5:15pm**

**Coach departs from Sunderland at 10:30pm**

We regret that we are unable to provide transport to and from the Carers' Centre.

Sharing the Caring may be available. Please contact Amy Anderson on (0191) 200 1111