Funded by Middlesbrough moving forward

Teesside HOSPICE

Carer's Support Group

A safe space to support the carers of the Teesside community.

Caring for someone can make you feel isolated and alone. We are here to help.

The Carer's Group at Teesside Hospice was set up as a direct response to feedback from carers and consists of weekly group sessions. The Carer's Group is a safe, supportive space in which you can talk about anything that matters to you or is concerning you. It is anticipated that the group will include a range of people, who all share the common bond of caring for someone with a terminal illness. Many carers we come into contact with are experiencing high levels of anxiety and stress. In addition to the social support and information we provide, our Complementary Therapists offer free treatments including massage, acupuncture and reflexology, supporting relaxation and helping you to develop coping strategies.

To get involved, please call 01642 811060.



Registered with FUNDRAISING REGULATOR

www.teessidehospice.org

Registered Charity No: 512875

Care for a coffee

Grab yourself a cuppa and talk with other carers in this supportive group.



First Thursday
of each month



10:30am - 12pm



Teesside Hospice
1 Northgate Road
TS5 5NW

Care for a Coffee is a social group for carers, meeting on the first Thursday of each month, 10:30am - 12 noon. This group is very informal, providing the opportunity to meet others in a similar position and have a chat over a cuppa. You'll meet our team on site at Teesside Hospice, which is conveniently located just outside Middlesbrough Centre, with ample parking and on several major bus routes.

Care and Share

Let us help support your care.



Third Wednesday
of each month



1:30pm - 2:30pm



Teesside Hospice
1 Northgate Road
TS5 5NW

We also offer monthly "Care and Share" relaxing sessions for carers on the third Wednesday of the month, meeting at 1.30pm - 2.30pm. We offer information on a wide range of topics to support you in your caring role. Sessions are held in the Wellbeing Centre

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Last Review: November 2025
Next Review: November 2028