



1 in 3 of us will become a carer in our lifetime

Do you look after a family member or friend who is ill, disabled or frail?

Then you are a carer. Take a well-deserved break...

‘Care for a Party?’ Fun event at Mowbray Park

Tuesday 12th June, 11.00am – 3.00pm

Come along and enjoy music and dance, relax with a range of therapies, enjoy light refreshments, pick up useful information and much more!

For more information please contact Kevin Devine at Sunderland Carers’ Centre on 0191 567 3232 or Kevin@sunderlandcarers.co.uk

Supported by: Sunderland Carers Centre, Sunderland City Council, Northumberland, Tyne and Wear NHS Trust, City Hospitals Sunderland, Sunderland Teaching Primary Care Trust, P.I.E, Multiple Sclerosis Society, Parkinson’s Disease Society, Alzheimer’s Society


Sunderland