



## Online support for unpaid carers in South Tyneside

Sign-up to access free online support from Mobilise and join our community for unpaid carers, so that together we care and thrive.

- Discover an online network of people to support you
- Free support from a dedicated carers coach
- Join online support sessions with other carers in a similar position
- Simple online tools to help at each stage of your caring journey

**Find out more and sign-up:**  
**[mobiliseonline.co.uk/south-tyneside](https://mobiliseonline.co.uk/south-tyneside)**



We're an online service led by carers, for carers. We provide free personalised guidance and coaching. And we learn from the best - the UK's 13 million unpaid carers. Together our community's collective knowledge, wisdom and expertise empowers those that care to thrive.

### What we do

#### Community

We connect carers so that you can share challenges and solutions with other carers in a respectful and uplifting environment.

#### Helpful and engaging articles for carers

We are constantly listening to the community, documenting our collective knowledge and publishing it via email and our website, for all to benefit from.

#### Personal support

Our carer-support team are all carers, you can book a call with them, to discuss whatever is on your mind, seven days a week between 9am and 10pm. Or chat on our website, anytime.

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