



# Waves



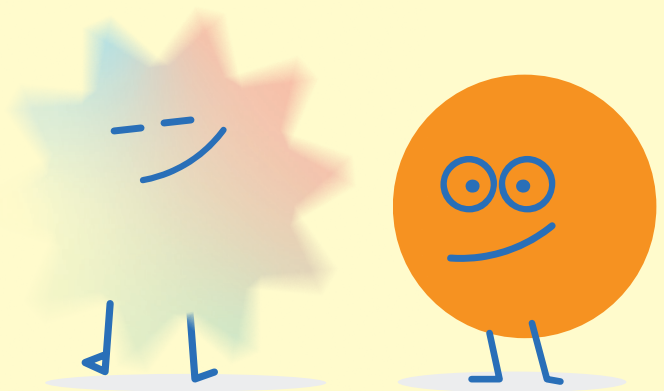
Tees, Esk and Wear Valleys  
NHS Foundation Trust

## Parent and carer support group in County Durham and Darlington

Do you care for a child or young person with emotional or mental health difficulties?

**Join Waves, our parent and carer support group. in County Durham and Darlington**

Led by a friendly parent peer practitioner and supported by a CAMHS staff member, the group will listen, support and give advice and guidance based on their own lived experiences.



**There's no need to book.**

If you have any questions, email the team at [TEWV.waves@nhs.net](mailto:TEWV.waves@nhs.net)

### 2026 locations and dates:

**Acley Centre, Carers Way, Newton Aycliffe, DL5 4PE**

**6pm - 8pm**

21st January	15th July
18th February	19th August
18th March	16th September
15th April	21st October
20th May	18th November
17th June	16th December

**Lanchester Road Hospital, Durham, DH1 5RD**

**10am - 12noon**

7th January	1st July
4th February	5th August
4th March	2nd September
1st April	7th October
6th May	4th November
3rd June	2nd December

**SENDIASS, Lee House, Lee Terrace, Easington Village, Peterlee, SR8 3AB**

**10am - 12noon**

20th January	21st July
17th February	18th August
17th March	15th September
21st April	20th October
19th May	17th November
16th June	15th December

**Mulberry Centre, Rowan Building, Darlington Memorial Hospital, DL3 6HX**

**10am - 12noon**

6th January	7th July
3rd February	4th August
3rd March	1st September
7th April	6th October
5th May	3rd November
2nd June	1st December