

FREE TRAINING FOR CARERS

This September we have the following training and information sessions planned to support carers in their caring role

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CARING WITH CONFIDENCE

Thursday 8th September (10:30am - 12:30pm)

Face to face session: Scout HQ, 31-35 Norfolk St, North Shields NE30 1NQ

Caring with confidence can be a real challenge. This supportive and practical session will look at how to communicate with confidence to get the best outcomes for you and the person you care for.

NORMAL AGEING vs NOT NORMAL AGEING

Tuesday 13th September (6pm - 8pm)

Online training session

Do you worry about a loved-one's memory loss? Join us to find out about the differences between the normal ageing process and the early stages of dementia. This session will explore changes to the brain and how they can affect the senses.

MAKING THE MOST OF WHO YOU ARE

Wednesday 14th September (9am - 11am)

Face to face session: The Bede Room, Linskill Community Centre, Linskill Terrace, North Shields NE30 2AY

We are proud to offer you a motivational and confidence building session with Steve Head who is one of the UK's leading inspirational speakers. You will leave the session feeling energised, uplifted and optimistic with strategies for overcoming challenges as a carer and building resilience.

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North Tyneside Carers' Centre



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TO SIGN UP:



0191 643 2298



training@ntcarers.co.uk

Registered Charity no: 1051472.

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ACTIVITIES YOU CAN DO AT HOME TO SUPPORT A LOVED ONE WITH DEMENTIA

Thursday 15th September (2pm - 4pm)

Face to face session: Scout HQ, 31-35 Norfolk St, North Shields NE30 1NQ

Join us for a practical and fun session to learn about creating resources - from memory boxes to twiddle muffs to support a loved one living with dementia and to share experiences with other carers who understand.

SUPPORTING SOMEONE WITH MID-STAGE DEMENTIA

Monday 19th September (10am - 1pm)

Face to face session: Scout HQ, 31-35 Norfolk St, North Shields NE30 1NQ

This session will give you an opportunity to think about the challenges you are facing and learn practical techniques to support a loved one at this stage of the dementia journey.

COST OF LIVING CRISIS: PERSONAL INDEPENDENCE PAYMENT (PIP)

Thursday 22nd September (1pm - 3pm)

Face to face session: Scout HQ, 31-35 Norfolk St, North Shields NE30 1NQ

Do you care for someone aged between 16 years and State Pension age, with a long-term health condition or disability, who needs help with daily living or getting around? PIP is a benefit to help with the extra costs of disability and can make a real difference to quality of life. This free session will cover everything you need to know about PIP as a carer.

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SUPPORTING SOMEONE WITH LATE STAGE DEMENTIA

Monday 26th September (10am - 1pm)

Face to face session: Scout HQ, 31-35 Norfolk St, North Shields NE30 1NQ

This session will give you an opportunity to think about the challenges you are facing and learn practical techniques to support a loved-one at this stage in the dementia journey.

PLANNING FOR AN EMERGENCY

Thursday 29th September (1pm - 3pm)

Face to face session: Scout HQ, 31-35 Norfolk St, North Shields, NE30 1NQ

Do you have someone who depends on you and find yourself worrying about what would happen in an emergency? Join us for this practical and informal session which will help you to explore your concerns, find out about the support available to you and learn how to plan for an emergency.

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