

## Sessions that support and enrich carers' lives...

North Tyneside Carers' Centre offer a series of face to face and virtual training and information sessions to support you in your caring role.

We welcome feedback on our sessions to help us continue to ensure they meet carers' needs.

Please get in touch if there are any topics we are not currently providing that you would find helpful. Our website is available 24/7 and full of information and resources at [www.northtynesidecarers.org.uk](http://www.northtynesidecarers.org.uk).

*Claire Easton*  
Chief Executive

### Our Sessions

Our training and information sessions take place during morning, afternoon and evening times slots to help you find the most convenient time to attend. We offer both face to face and virtual sessions. In this guide you'll see a number of icons telling you which courses are suitable for which kind of carer (Adult Carers, Young Carers or Young Adult Carers).

We use Zoom for our virtual sessions. For help and guidance on installing and using this free platform visit:

[www.northtynesidecarers.org.uk/getting-online](http://www.northtynesidecarers.org.uk/getting-online)

### E-Learning

We have teamed up with Carers UK to provide a range of e-learning courses so you can learn at your own pace and at a time convenient for you. To sign up, please contact us.

### More Information

This prospectus provides an overview of our training and information sessions for carers. For more detailed course outlines please visit: [www.northtynesidecarers.org.uk/adult-carers/training-events-and-information-sessions](http://www.northtynesidecarers.org.uk/adult-carers/training-events-and-information-sessions)

Contact our Training and Development Officer for further information about any of our training or information sessions by emailing [training@ntcarers.co.uk](mailto:training@ntcarers.co.uk) or calling 0191 6432298.



North Tyneside  
Carers' Centre

## Carers' Prospectus

RESPONSIVE  
ASPIRATIONAL  
EMPOWERING  
EMPATHETIC

## Frequently Asked Questions

### Do I have to pay?

Our sessions are free for carers if they are a North Tyneside resident or care for someone who lives in North Tyneside.

### What should I expect?

We understand the pressures carers face in terms of time, so we aim to ensure you will go away from our sessions feeling more knowledgeable, skilled or confident. We ensure our sessions are informal, supportive and focused on your needs.

### How do I book?

You can express an interest by calling 0191 6432298 or emailing [training@ntcarers.co.uk](mailto:training@ntcarers.co.uk). Our Training and Development Officer will contact you to provide further details on dates and locations and book you onto the next available session.

### What do I need?

If you are participating in a virtual session you will need internet access and laptop, computer or tablet with audio and a webcam that you can use during the session.

## Sessions For Carers

### Basic First Aid AC YC YAC

This session covers the essentials of Basic First Aid and will give you the confidence to be able to cope with a first aid emergency situation at home.

### Carers' Rights AC YC YAC

This session will outline your rights and empower you to access them by exploring the legislative framework and looking at any potential barriers you may face and developing strategies to overcome these.

### Carers in Employment AC YAC

Around one in nine employees juggle work and caring for someone, which can be very challenging. Join us to find out about your rights in work so that you can put in place plans to balance your job and caring role.

### Caring and Me AC YAC

In a recent survey, over 80% of carers stated that caring had a negative impact on their own health. These sessions provide an opportunity for you to take some time out and consider your own needs, so that you feel more able to cope with the demands of your caring role.

You will be supported to explore techniques to maintain your own emotional and physical wellbeing and learn ways to help you deal with difficult emotions such as guilt.

# DISCOVER, CONNECT, COPE, THRIVE.



*"I was amazed I could learn so much in such a short time. This session changed my way of thinking and my approach to caring. Additionally, it gave me a real boost! Thank you!"*

# IF SOMEONE DEPENDS ON YOU, YOU CAN DEPEND ON US.

## Caring: Day By Day

AC YAC

This session covers the practical aspects of caring. We will help you to identify strategies, services, assistive technologies and entitlements for carers that may be of benefit to you in your everyday caring role.

## Communicating with Confidence

AC YAC

These sessions will help you to feel more in control of your situation when communicating with professionals or other people involved in the caring process.

## Finding Your Way

AC YAC

This session will help you to navigate the maze of caring by exploring your rights, the Mental Capacity Framework and what this means for you and the person you care for in relation to decision making. You will also have an opportunity to identify any aspects of your caring role you find challenging. Our team will help you to identify sources of support to address these challenges.

## Planning for an Emergency

AC YAC

This session will help you to develop an emergency plan so that you have peace of mind should you not be able to care due to an unplanned or unforeseen situation arising.

## Maintaining our Resilience

AC YAC

This short informal session will support you and your family's resilience levels during the challenging time of Covid 19.

## Understanding Carers' Wellbeing Assessments

AC YAC

Carer's Wellbeing Assessments are for adult carers who look after adults (over 18) who have support needs. The assessment is a chance for you to identify how your caring responsibilities impact on you. Many carers find it easier to continue in their caring role if they can get some support. Join us to find out more about Carer's Wellbeing Assessments and how it could be of benefit to you in your caring role.

You will also have an opportunity to meet our team who will support you at each step of the process.



## Supporting someone with Dementia

This series of short sessions will improve your knowledge of Dementia and help you to understand how to support someone living with it. During the sessions you will explore causes and symptoms, effective communication techniques and how to deal with or minimise challenging behaviours. By attending these sessions you will feel better able to cope and support your loved one.

AC YAC

## Commonsense Confidentiality Mental Health Carers

AC YAC

Join us for this session, if you are caring for someone who uses NHS Mental Health services. You will find out about Cumbria, Northumberland Tyne and Wear (CNTW) NHS Foundation Trust Commonsense Confidentiality Policy which will empower you to request the information you need to continue caring. This session has been developed with CNTW.

## Coping with Caring: Mental Health Carers

AC YAC

If you are caring for someone who has a Mental Health condition, this flexible and tailored programme will provide support for you. During the programme you will explore how to support behaviour change and have an opportunity to meet and share experiences with other carers who understand.

## Understanding Anxiety and Depression Mental Health Carers

You will find this session helpful if you or someone you care for experiences anxiety and/or depression. During the session you will explore causes of anxiety and/or depression, symptoms, diagnosis, treatment and self-help strategies.

AC YAC

## Understanding Bipolar Mental Health Carers



This session will help you to have a better understanding of the condition. You will explore types of Bipolar disorder, diagnosis, symptoms and common issues, treatment and sources of self help.

## Understanding Psychosis Mental Health Carers



Join us for this short session to gain a better understanding of symptoms, diagnosis, causes, risk factors and treatment. After attending this session you will feel more confident and able to better support the person you care for.

## Understanding Personality Disorders Mental Health Carers



You will find this session useful if you are caring for someone who has been diagnosed or experiences difficulties relating to a personality disorder. You will gain an understanding of different types of personality disorders and feel better equipped to understand the behaviour of the person you care for.

## Understanding Self Harm Mental Health Carers



During this session you will gain a better understanding of the issue so that you feel more confident and better able to support the person you care for. You will explore causes, risks and types of self-harm, support available to the person who self-harms and what you can do to support them.



## E-Learning for Carers Online self-directed learning tools

### About Me: Building Resilience for Carers

This course will help you understand how to build a help network, find local resources and services and find other areas of support, such as local services. It will also give you tips to support your caring role and help you understand how technology can benefit you and the person you look after.

### Nutrition and Caring

This course will help you to understand the role of nutrition both for yourself as well as the person you care for.

### Young Adult Carers E-Learning

As a young adult carer, you have the right to be supported and to get the help you need. This course will help you identify the support available to you. It will explain the options for continuing education and training or ways you can work while caring, as well as how to obtain financial help and stay healthy.

### The Cost of Care and Support

Caring is a life event that you don't plan for but could have a major effect on you and your finances. This resource will help you understand the cost of care and support, the impact of caring on work and the impact of caring on household expenditure and will discuss how to manage money and what help might be available.

**“I AM NOW MORE AWARE OF  
SOURCES OF SUPPORT FOR MYSELF  
AND THE PERSON I CARE FOR”**

### You and Your Wellbeing

This course is designed to help you build strategies to maintain your physical and emotional wellbeing whilst caring.

### Working and Caring

This course explores topics such as telling your employer and colleagues you are a carer, your legal rights, flexible working and leave arrangements, as well as leaving and returning to work.

### Learning for Living

If you spend a lot of time caring for another person it can sometimes feel like you lose track of your own plan in life. Learning for Living is designed to help you recognise skills gained through caring to help you apply those skills in relevant environments such as paid work or volunteering.



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