



North Tyneside  
Carers' Centre

## 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 role.

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

Please get in touch if there are any areas we are not currently providing that you would find helpful.

*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. We use Microsoft Teams 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)

### More Information

This prospectus provides an overview of our training and information sessions for professionals. For details of our training and information sessions for carers 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/).

Please 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.

## Professionals' Prospectus

RESPONSIVE  
ASPIRATIONAL  
EMPOWERING  
EMPATHETIC

## What should I expect?

We understand the pressures professionals face in terms of time, so we aim to ensure you go away from our sessions feeling more knowledgeable, skilled and confident.

We ensure our sessions are informal, supportive and focused on the needs of the professionals attending. They provide an opportunity to network with Carers' Centre staff and other professionals who support carers. We can also tailor sessions to make them bespoke to your organisations'/teams' needs.

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

## Do I have to pay to attend?

Most of our sessions are free for professionals who work in the North Tyneside area but for some sessions a fee may be incurred (we will clearly indicate where this is applicable such).

## How do I book?

You can express an interest by telephoning 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 of dates and locations and book you onto the next available session. If you would like more information about any of the sessions please do let us know.

## Sessions For Professionals

### Carers' Awareness

Join us for this informal session and you will have a clear understanding of what a carer is and be aware of what support and information carers need to carry out their role.

### Dementia Friends (*Alzheimer's Society*)

During this informal and interactive session, you will increase your understanding of dementia, and think about the small things that you can do to make a difference to people affected by dementia in your community.

### Supporting Adult Carers During COVID-19

Professionals can join us to hear more about the challenges that adult carers are facing during this difficult period and discuss the support that the Centre is offering at this time.

### Understanding Carers' Wellbeing Assessments

Carer's Wellbeing Assessments are for adult carers who look after adults (over 18) who have support needs. The assessment is a chance for the carer to identify how their responsibilities impact on them. 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 the carer and what you can do to support them in this process.

## UPSKILL, EXPLORE, LEARN, SUPPORT.

### Supporting Young Carers

North Tyneside Carers' Centre has developed a 2 part training package in partnership with North Tyneside Council for professionals working with children and young people across Council services. The training is available on the North Tyneside Learning Pool.

Part one of the training focuses on identifying young carers and understanding the impact of their caring responsibilities.

Part two is for professionals designated to undertake statutory assessments for young carers.

This will take professionals through the process of completing the Young Carers' Needs Assessments (YCNA) and accessing resources for young carers and developing a plan to meet the young person's needs.



# DISCOVER, CONNECT, LEARN, SUPPORT.

Caring for someone can be very rewarding, but it can also cause a lot of stress. They often neglect their own needs as their focus is on the person they care for. Carers often have feelings of guilt, frustration, anger. Carers often neglect their own needs. Carers also tend to have worse mental and physical health than people who do not have caring responsibilities. Changes in personal relationships can be difficult to cope with which in turn affect a carer's self-esteem and confidence.

Carers often have to give up employment or reduce their hours which impacts on them financially and leads to isolation.



## Why is it important to support carers?

### Did you know...

**Carers save the economy £132 billion per year, an average of £19,336 per carer.**

Carers can help the person they care for in many ways including:

- providing practical help such as preparing meals
- doing laundry or shopping
- keeping an eye on the person to keep them safe
- keeping them company or taking them out socially
- helping with financial matters
- helping to deal with care services and benefits
- helping the person to self-care and noticing symptoms that might indicate a deterioration in health
- attending hospital appointments and administering medication
- helping with personal care
- providing physical help



North Tyneside  
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### Connect with us

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twitter.com/NTcarers  
linkedin.com/NorthTynesideCarersCentre



## How you can help carers:

- Identify carers who do not recognise themselves as carers.
- Ask carers how they are managing and listen to what they have to say.
- Recognise carers as expert partners in care.
- Provide information about the condition of the person they care for and support services in a timely manner.
- Make carers aware of their rights and what they are entitled to.
- Refer for a statutory carers assessment to North Tyneside Carers' Centre on 0191 6432298 or North Tyneside Council 0191 6432777.