

TRAINING FOR CARERS

We have the following training and information sessions planned to support carers in their caring role.

Carers Assessments

Tuesday 19th October (10am - 11.30am) or Monday 7th March (6pm - 7pm) Online session

Many carers find it easier to continue in their caring role if they can get some support. Join us to find out more about the process and how it could be of benefit to you.

Carers Rights Tuesday 16th November (1.30pm - 3pm) Online session

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.

Caring at End of Life Starting Wednesday 20th October - four bi weekly sessions (2pm - 4pm) Face to face sessions at Tynemouth Scout HQ in North Shields.

The Carers' Centre is working in partnership with Marie Curie to support carers who are caring for someone with a life limiting condition. The aim of these sessions is to help carers to discuss the wishes of the person they care for, helping to break the taboos that surround death and dying.

Caring and Me Tuesday 11th January and Monday 17th January (10am - 12pm) Face to face sessions at Tynemouth Scout HQ in North Shields.

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.

Communicating with Confidence

Wednesday 8th December (1.30pm - 3.30pm) Face to face sessions at Tynemouth Scout HQ in North Shields.

This session will help carers to feel more in control of their situation when communicating with professionals and other people involved in the caring process.

To sign up:

0191 643 2298

training@ntcarers.co.uk

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Coping with Caring

Starting on Wednesday 29th September for five weeks (6pm - 8pm) Face to face sessions at Linskill Centre in North Shields or Wednesday 12th January for five weeks (6pm - 8pm) Online sessions

These sessions are for carers who are supporting someone who has a Mental Health condition.

You will learn how to support behaviour change and have an opportunity to meet and share experiences with other carers who understand.

First Aid Thursday 11th November (10am - 11.30am)

Face to face session at Tynemouth Scout HQ, North Shields

This session will cover the essentials of basic First Aid. Join us to gain the confidence to cope with a first aid emergency situation at home. British Red Cross will deliver this session.

Moving and Assisting Awareness Wednesday 10th November (9.30am - 12.30pm)

Face to face session at AGE UK Training Suite in Whitley Bay

Join us for this session if you would like to increase your confidence when moving and assisting in your caring role. This awareness session is being delivered by AGE UK North Tyneside.

Normal Ageing vs Not Normal Ageing Tuesday 12th October (1.30pm - 4pm) Face to face session, North Shields or Monday 6th December (9.30am - 12pm) Online session

Join us for this session to find out about normal ageing versus not normal ageing. We will explore the impact of changing sensory awareness and processing as dementia progresses.

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Planning for an Emergency Monday 22 November (1.30pm - 3pm) Face to face session at Tynemouth Scout HQ in North Shields or Thursday 27th January (6pm-7pm) Online session

Do you worry about what would happen if an emergency should arise and how this will impact on your your caring role? Join us for this session to find out how to develop an emergency plan.

Stroke Awareness Tuesday 2nd November (10am - 11.15am) or Wednesday 16th March (6pm - 7.15pm) Online sessions

The Stroke Association will be delivering this session. Join us if you are caring for someone who has had a stroke or you would like to learn more so you can identifying the signs of a stroke and find out about stroke prevention.

Supporting Someone with Dementia Monday 7th, 14th and 21st February (10am - 12pm) Face to face sessions at Tynemouth Scout HQ in North Shields

This series of short sessions will improve your knowledge of Dementia and help you to understand how to support someone living with it.

Suicide Awareness Wednesday 5th January (6pm - 8pm) Face to face session at Linskill Centre in North Shields

We have arranged for Tyneside and Northumberland Mind to deliver a session which will support carers to feel more knowledgable about how to support someone who is feeling suicidal.

Understanding Bipolar Tuesday 19th October (6pm - 8pm) Face to face session at Linskill Centre in North Shields

Join us for this session to gain a better understanding of this condition. You will explore types of Bipolar disorder, diagnosis, symptoms and common issues, treatment and sources of help. Tyneside and Northumberland Mind will deliver this session.

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Understanding Obsessive Compulsive Disorder Tuesday 14th December (6pm- 8pm)

Face to face session at Linskill Centre in North Shields

Join us to find out more about Obsessive Compulsive Disorder (OCD) and how to support someone you care for who has been diagnosed with OCD. Tyneside and Northumberland Mind will deliver this session.

Understanding Psychosis Tuesday 9th November (6pm - 8m)

Face to face session at Linskill Centre in North Shields

Join us for this short session to gain a better understanding of symptoms, diagnosis, causes, risk factors and treatment. Tyneside and Northumberland Mind will deliver this session.

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