



North Tyneside
Carers' Centre

Autumn Training from the Carers' Centre

North Tyneside Carers' Centre provides free training and information to carers. We are proud to support carers with the following sessions:

- Preparing for End-of-Life caring (4 week programme)
- Coping with Caring for Mental Health Carers (5 week programme)
- Falls Prevention
- Energy Crisis Advice: Keeping Warm This Winter
- Activities you can do at Home to Support a Loved-One Living with Dementia
- Self Advocacy Skills
- Managing Your Own Mental Health



To Book a Place:

Ring: 0191 643 2298

Email: enquiries@ntcarers.co.uk

Registered Charity no: 1051472.

Preparing for End-of-Life Caring 4 week Programme

North Tyneside Carers' Centre is working with Marie Curie to help carers prepare for their cared for's end of life journey. These sessions will give practical information and support and help to break some of the taboos that surround death and dying. You are welcome to book a free place on any, or all, of the sessions.



Session 1: Life Cafe and Resilience Skills for Carers

Wednesday 12 October 1:30pm – 3:30pm

Session 2: Lasting Power of Attorney and Wills

Wednesday 26 October 1:30pm – 3:30pm

Session 3: Having Difficult End-of-Life Conversations

Wednesday 09 November 1:30pm – 3:30pm

Session 4: Options for Care and Navigating the System

Wednesday 23 November 1:30pm – 3:30pm

**Venue: Scouts Head Quarters. 31 - 35 Norfolk Steet,
North Shields, NE30 1NQ**

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Coping with Caring for Mental Health Carers 5 week programme

These sessions are for carers who are supporting someone with a mental health condition. You will learn coping strategies and tips on how to support the person you care for. This is also an opportunity for you to meet and share experiences with other carers who understand. You can attend any or all, of the sessions.

Session 1: Wellbeing and Resilience

Wednesday 02 November 6:00pm – 8:00pm

Session 2: Dealing with Guilt and Negative Emotions

Wednesday 09 November 6:00pm – 8:00pm

Session 3: Putting Boundaries in Place

Wednesday 16 November 6:00pm – 8:00pm

Session 4: Making Time for Yourself

Wednesday 23 November 6:00pm – 8:00pm

Session 5: Communication Skills for Assertive Carers

Wednesday 30 November 6:00pm to 8:00pm

**Venue: Scouts Head Quarters. 31 -35 Norfolk Street,
North Shields, NE30 1NQ**

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Individual Training Sessions

These 5 individual sessions touch upon a wide range of important issues for carers. You can attend any or all of the sessions.

Falls Prevention

Friday 11 November 10:00am to 12:00pm: Zoom online meeting

Are you worried that a cared-for is having falls, or is at risk of falling? This session will focus on what you can do to prevent and manage falls, including how to make a home fall-proof. This session will be delivered by North Tyneside Council (Employment & Skills) and Care Call.

Energy Crisis Advice: Keeping Warm This Winter

Thursday 24 November 10:30am to 11:30am

This Carers Rights Day, come along to our Community Energy Ambassador training session. We will be exploring the support available to carers and your cared-for's, to help you reduce your energy bills and manage energy costs this winter.



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Activities you can do at Home to Support a Cared-For Living with Dementia

Thursday 01 December 2:00pm to 4:00pm

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

Self Advocacy Skills

Wednesday 07 December 1:00pm to 3:00pm

Caring with confidence can be a real challenge. This supportive and practical session will look at how to build your confidence and self-advocacy skills, to help you to get the best outcomes for you and the person you care for.

Managing Your Own Mental Health

Tuesday 13 December 5:30pm to 7:30pm

This supportive session will help you learn about anxiety and depression and how to manage your own wellbeing while caring for someone else. With lots of information and tips on looking after your mental health and finding support when you need it.



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TRAINING CALENDAR

| Date | Training |
|---|--|
| Wednesday 12 October 1.30pm to 3.30pm | Preparing for End-of-Life Caring Session 1: Life Café & Resilience Skills for Carers |
| Wednesday 26 October 1:30pm to 3:30pm | Preparing for End-of-Life Caring Session 2: Lasting Power of Attorney and Wills |
| Wednesday 02 November 6:00pm to 8:00pm | Coping with Caring for Mental Health Carers Session 1: Wellbeing and Resilience |
| Wednesday 09 November 1:30pm to 3:30pm | Preparing for End-of-Life Caring Session 3: Having Difficult End-of-Life Conversations |
| Wednesday 09 November 6:00pm to 8:00pm | Coping with Caring for Mental Health Carers Session 2: Dealing with Guilt and Negative Emotions |
| Friday 11 November 10:00am to 12:00pm: Zoom online meeting | Falls Prevention |
| Wednesday 16 November 6:00pm to 8:00pm | Coping with Caring for Mental Health Carers Session 3: Putting Boundaries in Place |

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TRAINING CALENDAR

| Date | Training |
|--|---|
| Wednesday 23 November 1:30pm to 3:30pm | Preparing for End-of-Life Caring Session 4: Options for Care and Navigating the System |
| Wednesday 23 November 6:00pm to 8:00pm | Coping with Caring for Mental Health Carers Session 4: Making Time for Yourself |
| Thursday 24 November 10:30am to 11:30am | Energy Crisis Advice: Keeping Warm This Winter |
| Wednesday 30 November 6.00pm to 8.00pm | Coping with Caring for Mental Health Carers Session 5: Communication Skills for Assertive Carers |
| Thursday 01 December 2:00pm to 4:00pm | Activities you can do at Home to Support a Cared-For Living with Dementia |
| Wednesday 07 December 1:00pm to 3:00pm | Self Advocacy Skills for Caring |
| Tuesday 13 December 5:30pm to 7:30pm | Managing your own Mental Health |

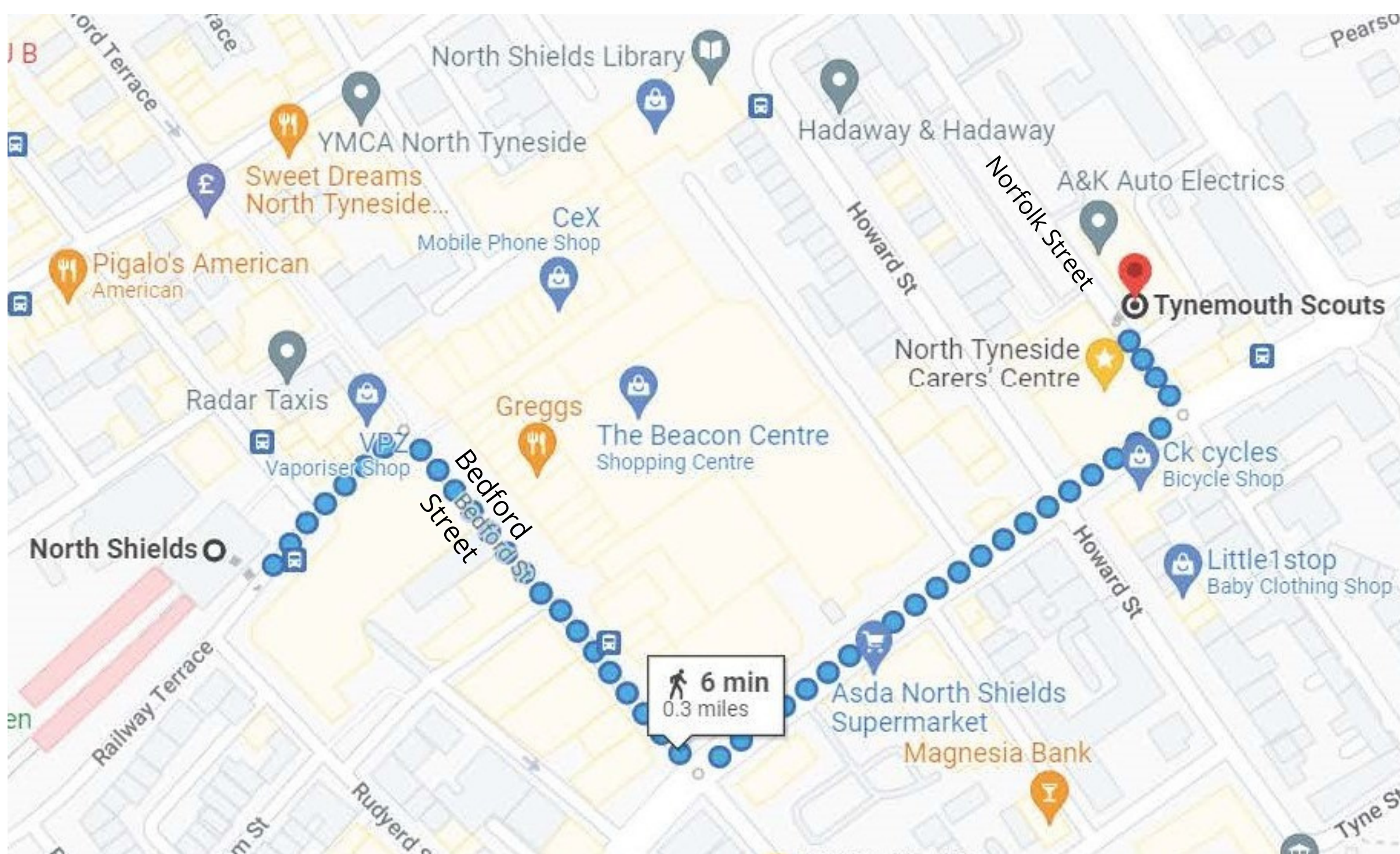
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FINDING US

Our current training sessions are taking place at Scouts HQ (Tynemouth Scouts) which is in Norfolk Street in North Shields, a 5 minute walk from North Shields Metro and behind the Carers' Centre office in the Exchange.



How to get to Scouts HQ (Tynemouth Scouts):

Metro: North Shields Metro Station - 5 minutes' walk down Bedford Street and then along Saville Street.

Bus: The 1, 19, 53, 57A, 317, 335 stop on Bedford Street. The 306 and 310 buses stop on Albion Road.

Car: There is free parking for 2 hours in the car park on Norfolk Street.

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