

## Spring Training from the Carers' Centre

The Centre provides free training and information to support unpaid carers in North Tyneside.

To begin 2023 we are offering two courses and nine sessions on different topics. You are free to attend any or all of the sessions or courses. Please ring or email to book.

**Coping with Caring for Mental Health Carers -5 weeks**

**Preparing for End-of-Life Caring with Marie Curie -3 weeks**

### STAND ALONE SESSIONS

Normal Ageing vs Not Normal Ageing

Self-Advocacy Skills for Caring

Supporting someone with Mid-Stage Dementia

Energy Crisis Advice: Keeping Warm in 2023

Supporting Someone with Late Stage Dementia

Grants, Discounts and Entitlements

Activities you can do at Home to support Someone living with dementia

Arthritis Awareness

Planning for an Emergency

Parkinson's Disease Awareness

Diabetes Awareness

Getting to know North Tyneside Council's Adult Social Care Offer

## To Book a Place:

Ring: 0191 643 2298

Email: [enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk)

## Preparing for End-of-Life Caring 3 week Programme

North Tyneside Carers' Centre is working with Marie Curie to help carers prepare for their loved-one'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: Having Difficult End-of-Life Conversations**

Wednesday 1 March  
1:30pm to 3:30pm

### **Session 2: Options for Care and Navigating the System**

Wednesday 15 March  
1:30pm – 3:30pm

### **Session 3: Lasting Power of Attorney and Wills**

Wednesday 29 March  
1:30pm – 3:30pm



**All sessions to be held at Scout HQ, 31-35 Norfolk Street,  
North Shields, NE30 1SE**



# 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 your loved-one. This is also an opportunity for you to meet and share experiences with other carers who understand. You are welcome to book a free place on any, or all, of the sessions. Venue: Cedarwood Trust.

## **Session 1: Wellbeing and Resilience**

Thursday 23 February 6pm - 8pm

## **Session 2: Dealing with Guilt and Negative Emotions**

Thursday 2 March 6pm - 8pm

## **Session 3: Putting Boundaries in Place**

Thursday 9 March 6pm - 8pm

## **Session 4: Setting Limits**

Thursday 16 March 6pm - 8pm

## **Session 5: Communication Skills for Assertive Carers**

Thursday 23 March 6pm - 8pm



**The Cedarwood Trust, The Avenue, Avon Avenue,  
North Shields, NE29 7QT**



## Individual Training Sessions January 10-January 17

**These 9 individual sessions touch upon a wide range of important issues for carers. You can pick and choose any of the sessions you wish to attend.**

### **Normal Ageing vs Not Normal Ageing**

Tuesday 10 January (5:30pm - 7:30pm)

Online session (Microsoft Teams)

Join us for this session to find out about normal ageing versus not normal ageing and the early stages of dementia. We will explore the impact of changes in sensory awareness and processing, alongside the typical issues that occur throughout the progression of dementia.

### **Self-Advocacy Skills for Caring**

Thursday 12 January (1:00pm - 3:00pm)

Face to face session (Scout HQ)

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.

### **Supporting Someone with Mid-Stage Dementia**

Tuesday 17 January (5:30pm - 7:30pm)

Face to face session (Scout HQ)

The session will give you an opportunity to think about the challenges you are facing and learn positive and practical approaches to care, that you can use to support your loved-one at this stage in their dementia diagnosis. Learn new skills to move away from simply 'dealing with behaviours' to creating a positive and caring environment.





## Individual Training Sessions January 19-February 1

**These individual sessions touch upon a wide range of important issues for carers. You can pick and choose any of the sessions you wish to attend**

### **Energy Crisis Advice: Keeping Warm in 2023**

Thursday 19 January (1pm – 3pm)

Face to face session: (Cedarwood Trust)

We know that millions of carers are struggling to cope with rising energy costs during a cost of living crisis and this Northern Gas Networks Community Energy Ambassador training session will look at the energy crisis support available to you and your loved-ones. Sharing lots of tips to reduce your energy bills to help you stay safe and warm in the year ahead.

### **Supporting Someone with Late Stage Dementia**

Tuesday 24 January (5:30pm - 7:30pm)

Face to face session (Scout HQ)

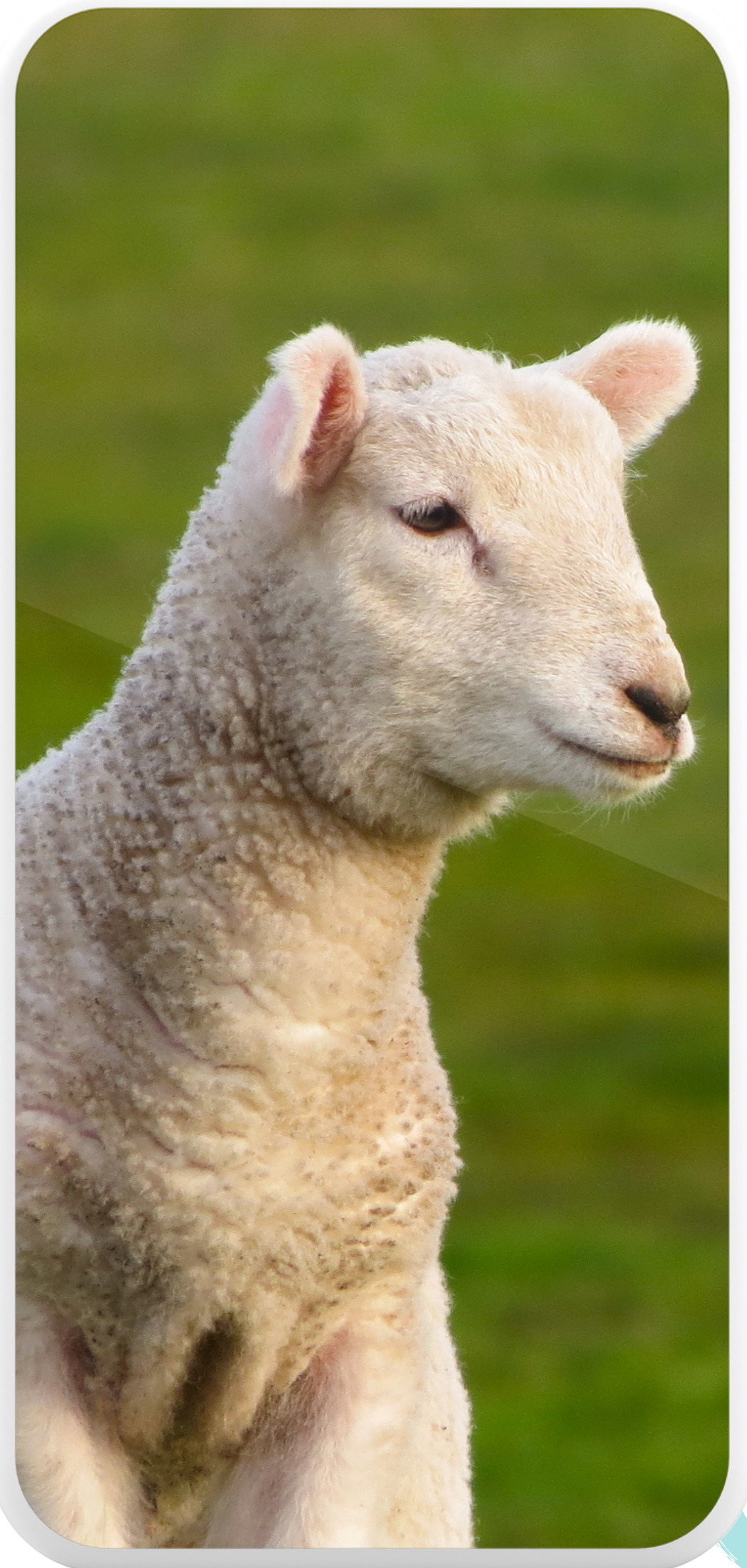
The session will give you an opportunity to think about the challenges you are facing and learn positive and practical approaches to care, that you can use to support your loved-one at this stage in their dementia diagnosis.

### **Grants, Discounts and Entitlements**

Wednesday 1 February (12pm–2pm)

Face to face session (Cedarwood)

Caring can come at great cost to carers. For many families, disability and caring pushes them into debt and hardship. This session will look at the key grants, discounts and entitlements available to carers and how to apply for them.





## Individual Training Sessions February 8-February 22

These individual sessions touch upon a wide range of important issues for carers. You can pick and choose any of the sessions you wish to attend.

### **Activities you can do at Home to Support someone living with dementia**

Wednesday 8 February (2pm – 4pm)

Venue (Scout HQ)

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

### **Arthritis Awareness**

Monday 13 February 1pm – 3pm

Venue (Scout HQ)

In the UK, millions of people have arthritis or other, similar conditions that affect the joints.

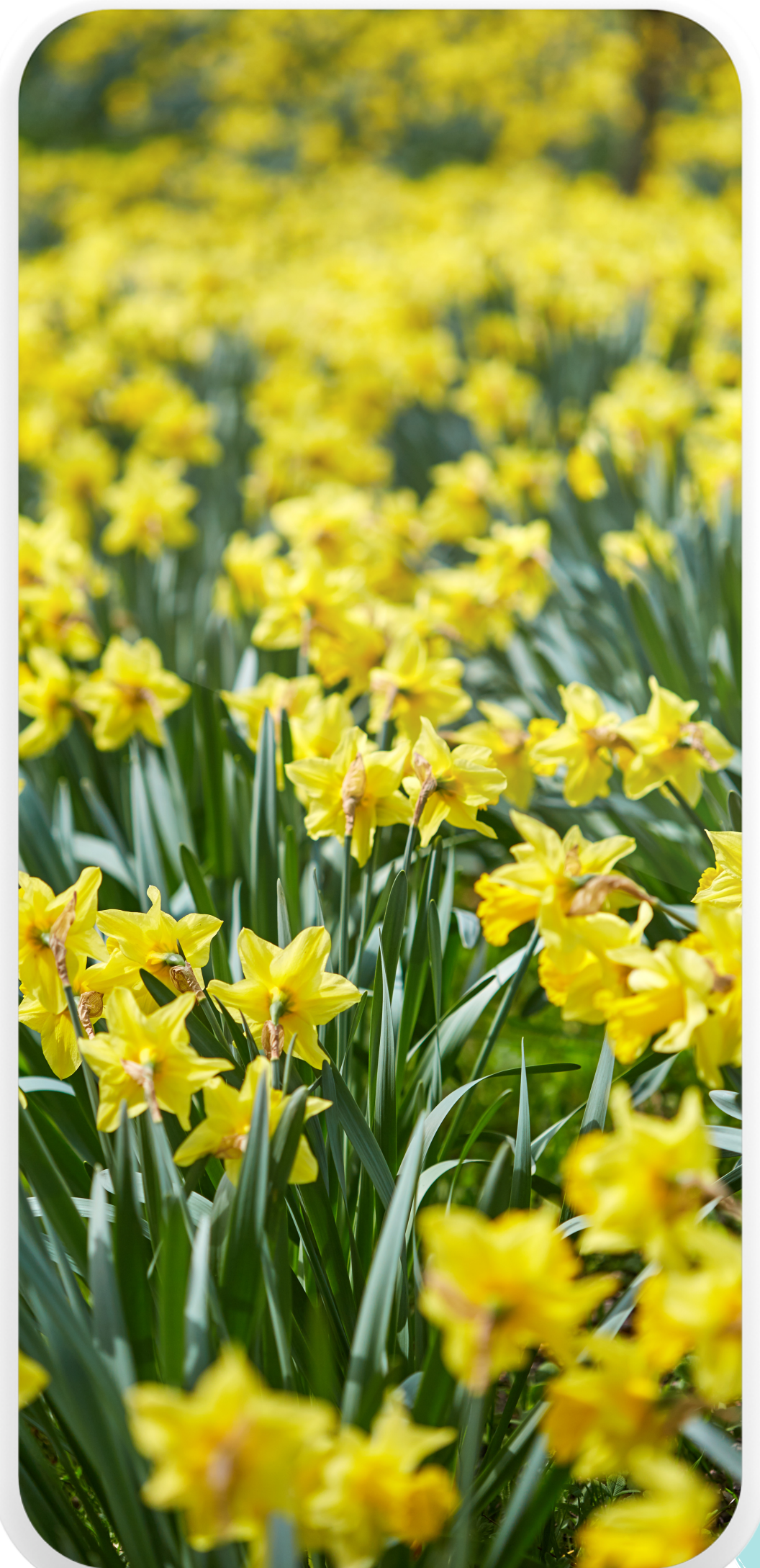
This session will explore different types of arthritis diagnosis and treatments and where to access support and information. This session will be delivered by North Tyneside Council

### **Planning for an Emergency**

Wednesday 22 February (1pm – 3pm)

(Scout HQ)

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.





## Individual Training Sessions February 27-March 22

These individual sessions touch upon a wide range of important issues for carers. You can pick and choose any of the sessions you wish to attend.

### **Parkinson's Disease Awareness**

Monday 27 February 1pm – 3pm

Venue (Scout HQ)

Around 145,000 people live with Parkinson's in the UK. And it's the fastest growing neurological condition in the world. This session will look at support services and strategies to support people as well as exploring some treatment and therapy options. This session will be delivered by North Tyneside Council

### **Diabetes Awareness**

Wednesday 8 March 1pm – 3pm

Venue (Scout HQ)

One in ten over 40s now has type 2 diabetes, and the number of people living with diabetes in all its forms in the UK has reached 4.7 million.

This session will explore the different types and symptoms of diabetes. The focus will be looking at ways to get support for living with diabetes to improve quality of life. This session will be delivered by North Tyneside Council

### **Getting to know North Tyneside Council's Adult Social Care Offer**

Wednesday 22 March 1pm – 3pm

Face to face session (venue tbc)

North Tyneside Carers' Centre is working with North Tyneside Council who will be delivering a training session about the support available, to carers and your loved-one's, through our local authorities Adult Social Care services.





## Carer Focus Group

This will be an opportunity for you to share your invaluable insights and experience to help the Carers' Centre develop a 'Coping with Caring' training programme for ASD/ADHD carers in North Tyneside.

**Focus Group for 'Coping with Caring'  
Training for Autism Spectrum Disorder &  
ADHD carers**

**Thursday 26 January (6pm – 8pm) Workshop 1**

**Thursday 2 February (6pm – 8pm) workshop 2**

Do you care for someone who has ASD and/or ADHD?

We would like to invite you to take part in a welcoming, informal chat with a group of fellow carers.

This will be an opportunity for you to share your invaluable insights and experience to help the Carers' Centre to develop a 'Coping with Caring' training programme for ASD/ADHD carers in North Tyneside.

We will discuss the shared challenges to be covered in the training sessions, alongside strategies that work, quality and reliable information, and the support available to carers and families.

**Venue: Suite 1, Saville Exchange, Howard  
Street, North Shields, NE30 1NQ**

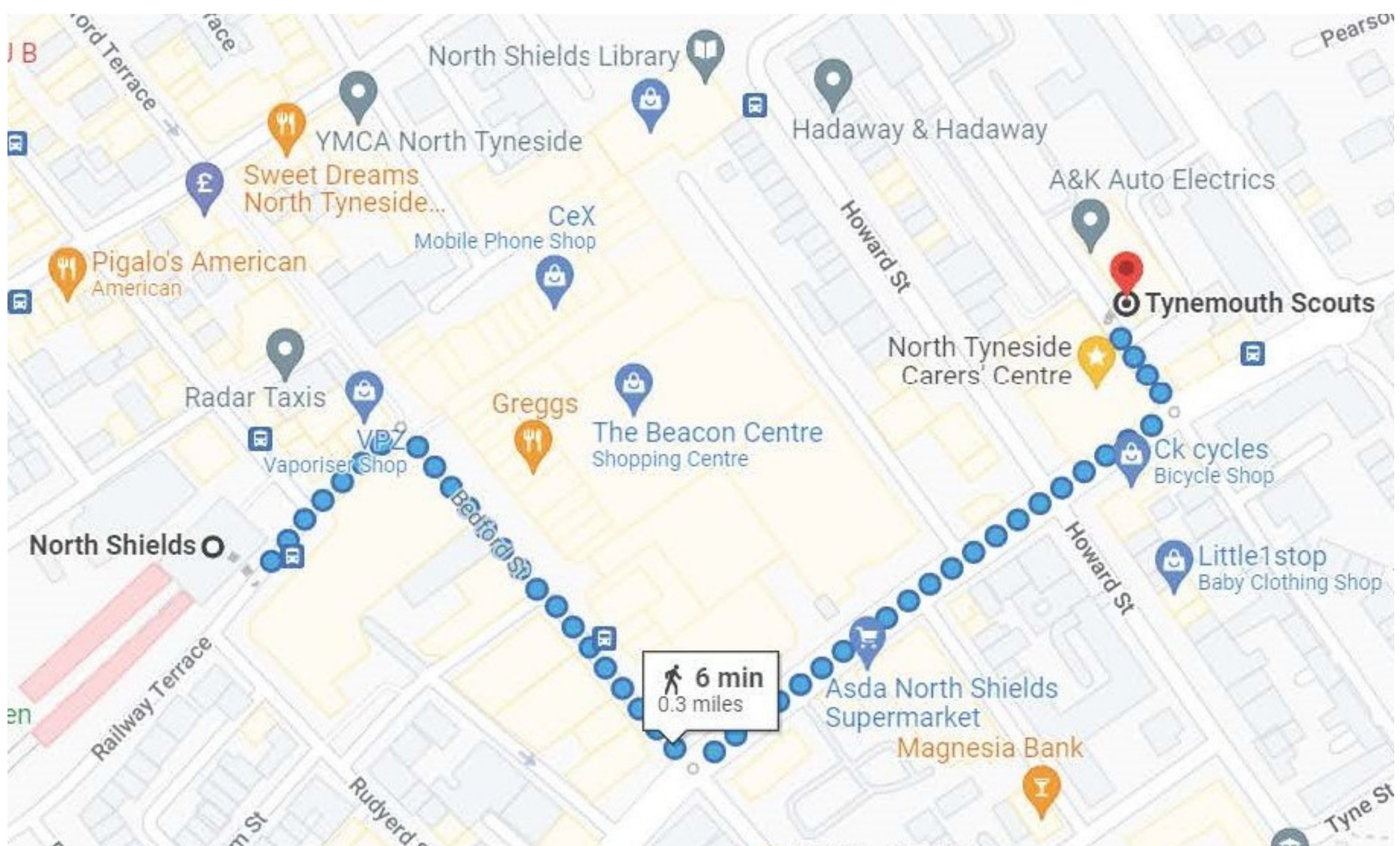


Ring 0191 6432298 or email  
[enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk) to book your place



## FINDING US

Lots of our current training sessions are taking place at Scout 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 Scout HQ:

**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.

### To Book a Place:

Ring: 0191 643 2298

Email: [enquiries@ntcarers.co.uk](mailto:enquiries@ntcarers.co.uk)

Registered Charity no: 1051472.