



North Tyneside
Carers' Centre

March 2023 Training Sessions from the Carers' Centre

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

We are offering one course on Preparing for End-of-Life Caring in March plus one off sessions on Stroke awareness, the support that is available from the Council and a session on Suicide Prevention. You are free to attend any or all of the sessions or courses. Please ring or email to book.

Preparing for End-of-Life Caring with Marie Curie Course 3 weeks beginning Wednesday 1 March

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 - 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**

To Book a Place:

Ring: 0191 643 2298

Email: enquiries@ntcarers.co.uk

Registered Charity no: 1051472.

Individual Training Sessions March 2023

Suicide Prevention

Tuesday 7 March 3pm-5pm **OR** 5:30pm-7:30pm

Venue: Cedarwood Trust, Avon Avenue, North Shields, NE29 7QT

The session will be delivered by If U Care Share Foundation, a suicide prevention charity. The session will cover how to spot the signs someone might be suicidal and how to manage conversations well around suicide. The session will also explore how young carers (age 14+) and adult carers can keep themselves safe and promote their own wellbeing whilst supporting others.



if u
care
share

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

Wednesday 22 March 1pm-3pm

Venue: Cedarwood Trust, Avon Avenue, North Shields, NE29 7QT

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.

Stroke Awareness

Wednesday 29 March 6pm-8pm

Venue: Cedarwood Trust, Avon Avenue, North Shields, NE29 7QT

Stroke awareness session from a representative of the Stroke Association. The event is free of charge and is for all unpaid carers who would like to know more about what a stroke is, the different effects of stroke and how the Stroke Association can support



Stroke
Association

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