

Training Sessions from the Carers' Centre July - September 2023

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

Wellbeing and Resilience for Caring

Tuesday 4th July (1pm - 3pm)

John Willie Sams Centre, Market Street, Dudley, Cramlington, NE23 7HS

Caring can have a major impact on your health and wellbeing. Join us for a supportive session, with fellow carers, to learn about strategies and support to stay well for the caring journey.

Stroke Awareness

Thursday 6th July (6pm - 7:30pm)

Scout HQ, 31 - 35 Norfolk Street, North Shields, NE30 1NQ

For all carers who would like to know more information about what a stroke is, the different effects of stroke and how the Stroke Association can support you.

What to do in a Crisis

Tuesday 11th July (5:30pm - 7:30pm)

Online Training via Teams

Do you have someone who depends on you and find yourself worrying about what would happen in a crisis or emergency? This is a practical and informal session to explore your concerns and help you feel prepared.

To Book a Place:

Ring: 0191 643 2298 / 0191 249 6480

Email: enquiries@ntcarers.co.uk

Registered Charity no: 1051472

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Knowing Your Rights as a Carer

Thursday 13th July (1pm - 3pm)

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

Join us to find out about your legal rights and the support you are entitled to as a carer: including your right to an assessment, support and your rights in employment. This session will also consider what support is available when your rights and needs are not being met.

Normal Ageing versus Not Normal Ageing (Dementia)

Wednesday 19th July (10:30am - 12:30pm)

White Swan Centre, Citadel East, Killingworth, NE12 6SS

Join us for this session to find out about the difference between normal ageing versus not normal ageing and the symptoms in early stages of dementia.

Understanding Autism Spectrum Disorder in Adults

Wednesday 2nd August (12:30m - 2:30pm)

Wallsend Library, 1st Floor, Wallsend Customer First Centre, 16 The Forum, NE28 8JR

Do you care for an autistic adult? Join us to learn more about signs and symptoms, diagnosis and causes. We will look at how gender affects the signs of autism and common mental health difficulties.

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Caring for an Adult with Autism Spectrum Disorder (Session 1)

Wednesday 9th August (12:30pm - 2:30pm)

**Wallsend Library, 1st Floor, Wallsend Customer First Centre, 16 The Forum,
NE28 8JR**

We will look at the challenges faced by many autism carers and explore practical strategies to help improve communication, relationships and the way we support.

Caring for an Adult with Autism Spectrum Disorder (Session 2)

Wednesday 16th August (12:30pm - 2:30pm)

**Wallsend Library, 1st Floor, Wallsend Customer First Centre, 16 The Forum,
NE28 8JR**

We will focus on your rights as a carer and the support available to the person you care for in health, social care and employment.

Caring for Yourself Whilst Caring for an Adult with Autism Spectrum Disorder

Wednesday 23rd August (12:30pm - 2:30pm)

**Wallsend Library, 1st Floor, Wallsend Customer First Centre, 16 The Forum,
NE28 8JR**

We will focus on your health and wellbeing as a carer and the support available to you in health, social care and employment.

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Dealing with Guilt and Negative Emotions

Thursday 24th August (12:30pm - 2:30pm)

Whitley Bay Big Local, 158 Whitley Road, NE26 2LY

You are not alone if you are a carer struggling with feelings of guilt and negative emotions, this is one of the most difficult and common experiences of carers. Join us to learn strategies for dealing with these difficult emotions.

Falls Prevention

Wednesday 30th August (12:30pm - 2:30pm)

YMCA North Tyneside, Church Way, North Shields, NE29 0AB

Are you worried that the person you care 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.

Activities You Can Do at Home to Support a Loved-One Living with Dementia

Tuesday 5th September (1:30pm - 3:30pm)

Scout HQ, 31 - 35 Norfolk Street, North Shields, NE30 1NQ

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.

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Carers and Employment

Thursday 21st September (6pm - 8pm)

Online Training via Teams

Juggling caring and employment can be really challenging. Join us to learn more about your employment rights as a carer - including the new Carers Leave Bill and making Flexible Working Requests – and the support available to you when you need it.

Putting Healthy Boundaries in Place

Wednesday 27th September (1pm - 3pm)

Oxford Centre, West Farm Avenue, NE12 8LT

Caring can have many challenges. We will explore how setting healthy boundaries can improve your mental health and help build positive relationships.

Getting Online

We understand for some carers, using new technology for the first time, or swapping face to face meetings for something virtual can be daunting or feel unnatural at first. We'd like to reassure you that the same friendly, empathetic, supportive members of staff are on the other side of the screen to help you.

When taking part in any of our virtual events you'll be sent a private joining link prior to the group starting. This link is not shared publicly. Visit www.northtynesidecarers.org.uk/getting-online for videos and instructions on how to use Microsoft teams before joining the session.

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