

## Training Sessions from the Carers' Centre April - June 2023

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

### Managing your Mental Health as a Carer

Thursday 20th April (1pm - 3pm)

Oxford Centre, West Farm Avenue, Longbenton, NE12 8LT

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, tips and help finding support when you need it.

### Dementia Awareness

Thursday 27th April (1pm - 3pm)

Wallsend Customer First Centre, The Forum, Wallsend, NE28 8JR

This session will explore different types of dementia and what happens following diagnosis. With focus on the support available for dementia carers and the person you care for in North Tyneside.

### Normal Ageing versus Not Normal Ageing (Dementia)

Thursday 4th May (1pm - 3pm)

Wallsend Customer First Centre, The Forum, Wallsend, NE28 8JR

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

**To Book a Place:**

Ring: 0191 643 2298

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

Registered Charity no: 1051472

## Training Sessions from the Carers' Centre April - June 2023

### **Self-Care and Building Resilience for the Dementia Journey**

**Thursday 11th May (1pm - 3pm)**

**Wallsend Customer First Centre, The Forum, Wallsend, NE28 8JR**

This session will focus on your own wellbeing as a dementia carer and practical techniques to stay well and build resilience for the dementia journey.

### **Arranging and Paying for Care**

**Wednesday 17th May (1pm - 3pm)**

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

During this session we will explore self-funding for social care, your rights as a self-funder and the support available to you when arranging care and support services.

### **Supporting Someone with Middle Stage Dementia**

**Thursday 18th May (1pm - 3pm)**

**Wallsend Customer First Centre, The Forum, Wallsend, NE28 8JR**

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.

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

**Thursday 25th May (1pm - 3pm)**

**Wallsend Customer First Centre, The Forum, Wallsend, NE28 8JR**

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.

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### **Diabetes Awareness**

**Tuesday 13th June (1pm - 3pm)**

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

The number of people living with diabetes in the UK has reached 4.7 million. This session will explore the different types and symptoms of diabetes and how to get support for living with diabetes to improve quality of life. This session will be delivered by North Tyneside Council.

### **Knowing Your Rights as a Carer**

**Wednesday 21st June (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 and support and your rights in employment. This session will also consider what steps you can take and what support is available when your rights and needs are not being met.

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

**Tuesday 27th June (1pm - 3pm)**

**Howdon Community Hub, Denbigh Ave, Howdon, Wallsend NE28 0PP**

Caring can come at a 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 for carers and how to apply for them.

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