



North Tyneside  
Carers' Centre

## Training Sessions from the Carers' Centre October - December 2023

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

### **Dementia Awareness**

**Monday 2nd October (10:30am - 12:30pm)**

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

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.

### **The Decider Mental Health Skills: Distress Tolerance**

**Wednesday 18th October (1:00pm - 3:00pm)**

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

Positive, fun, easy to learn and winning strategies to improve your mental health using Cognitive Behaviour Therapy (CBT) and Dialectical Behaviour Therapy (DBT) skills. This session is about survival strategies for emotional emergencies.

### **The Decider Mental Health Skills: Mindfulness**

**Wednesday 25th October (1:00pm - 3:00pm)**

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

Positive, fun, easy to learn and winning strategies to improve your mental health using CBT and DBT skills. This session is about skills to help you focus less on past and current distress and to fully experience the present moment.

**To book a place:**

**Ring: 0191 249 6480**

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

Registered Charity no: 1051472



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### **Caring Through the Energy Crisis**

**Thursday 26th October (1:00pm - 3:00pm)**

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

Many carers are struggling to cope with energy costs during a cost-of-living crisis. This Community Energy Ambassador training will look at grants, crisis support and ways to reduce your energy bills to help you stay safe and warm this winter.

### **The Decider Mental Health Skills: Emotional Regulation**

**Wednesday 1st November (1:00pm - 3:00pm)**

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

Positive, fun, easy to learn and winning strategies to improve your mental health using CBT and DBT skills. This session will help to recognise, manage and change difficult emotions by choosing to think and act differently.

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

**Thursday 2nd November (10:30am - 12:30pm)**

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

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.

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### **Parkinson's Awareness**

**Tuesday 7th November (12:30pm - 2:30pm)**

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

Around 145,000 people live with Parkinson's in the UK, it's the fastest growing neurological condition in the world. This session from North Tyneside Council will look at support services, treatment, therapy, and strategies to help you in your caring role.

### **The Decider Mental Health Skills: Interpersonal Effectiveness**

**Wednesday 8th November (1:00pm - 3:00pm)**

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

Positive, fun, easy to learn and winning strategies to improve your mental health using CBT and DBT skills. This session is about effective ways to communicate well as this increases our coping and confidence as carers.

### **Tax, Care and Estate Planning**

**Monday 13th November (1:00pm - 2:00pm)**

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

A talk by an expert from Co-op Legal Services, who will also answer your questions about inheritance tax, estate planning, care home fees and costs.

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## Training Sessions from the Carers' Centre October - December 2023

### Arthritis Awareness

**Friday 17th November (12:30pm - 2:30pm)**

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

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

### Supporting Someone with Mid-Stage Dementia

**Tuesday 5th December (10:30am - 12:30pm)**

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

This 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.

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

**Thursday 7th December (10:00am - 12:00pm)**

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

This session, delivered by North Tyneside Council, will explore the support available to carers and their loved-one's through our local authorities Adult Social Care.

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## Training Sessions from the Carers' Centre October - December 2023

### Communication Skills for Caring

Wednesday 13th December (1:00pm - 3:00pm)

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

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.

### Feedback from Carers Who Attended Training

"There is always a new perspective to be gained, either from updated information (everything changes all the time!) or from hearing the experiences of other carers."

"I would strongly urge other carers to come along to North Tyneside Carers' Centre for their informative and supportive sessions and to meet other carers!"

"An absolute "goldmine" for help, support and information, for anyone with caring responsibilities. They really do care."

"Very informative and helpful, thank you."

"Very positive experience."

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