

## Training Sessions from the Carers' Centre February - March 2024

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

### **Basic Energy Awareness with National Energy Action**

**Tuesday 13th February 2024 (11:00 am to 12:30 pm)**

**Meadow Well Connected, Waterville Road, North Shields, NE29 6BA**

Join us for a talk by the national energy advice charity NEA to find out more about saving energy at home, dealing with energy suppliers and arrears, as well as the local and national support available to you. You can take part in a fun pub quiz and win great prizes courtesy of NEA!

### **Understanding Adult Autism**

**Wednesday 14th February 2024 (6:00 pm to 8:00 pm)**

**Online Event (Get in touch for a link to Teams)**

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

### **Late-Stage Dementia**

**Thursday 15th February 2024 (10:30 am to 12:30 pm)**

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

This session will give you an opportunity to consider the challenges you are facing with other carers. You will learn positive and practical approaches to care, that can be used to support your loved-one at this stage in their dementia diagnosis.

**To book a place:**

**Ring: 0191 249 6480**

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

**Registered Charity no: 1051472**

## Training Sessions from the Carers' Centre February - March 2024

### **Menopause Online**

**Tuesday 20th February 2024 (6:00 pm to 9:00 pm)**

**Online Event (Get in touch for an event link)**

The menopause can make caring an even greater challenge. Join us for an exclusive menopause mentor workshop with Suzanne Barbour Coaching. Learn more about what is happening to bodies and minds during perimenopause to post-menopause, how to manage symptoms, and learn lots of tips to help put you back in control.

### **Adult Autism: How We Care**

**Wednesday 21st February 2024 (6:00 pm to 8:00 pm)**

**Online Event (Get in touch for a link to Teams)**

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

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

**Thursday 22nd February 2024 (1:30 pm to 3:30 pm)**

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

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.

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## **Training Sessions from the Carers' Centre February - March 2024**

### **Practical Steps Following a Bereavement**

**Tuesday 27th February 2024 (10:00 am to 12:00 pm)**

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

When thinking about the loss of a loved one, the practical responsibilities that follow a bereavement can feel stressful and overwhelming. Join us to learn more about the practical steps you can take to give you organisation, structure, and help you cope from day one.

### **Adult Autism: Carers Rights and Finding Support**

**Wednesday 28th February 2024 (6:00 pm to 8:00 pm)**

**Online Event (Get in touch for a link to Teams)**

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.

### **Adult Autism: Keeping Well as a Carer**

**Wednesday 6th March 2024 (6:00 pm to 8:00 pm)**

**Online Event (Get in touch for a link to Teams)**

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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## Training Sessions from the Carers' Centre February - March 2024

### Understanding Psychosis

**Thursday 7th March 2024 (12:30 pm to 2:30 pm)**

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

Join us for a session with CNTW's adult mental health services to find out about the latest guidance, different illness and recovery models, treatment and support services to help you support the person you care for while keeping well as a mental health carer.

### Suicide Awareness

**Monday 11th March 2024 (1:00 pm to 3:00 pm)**

**Linskill Centre, Linskill Terrace, North Shields, NE30 2AY**

The mental health charity Mind will be joining us to look at suicide as a journey, protective factors, and the signs and changes you might notice in the person you care for. This will also explore practical support with safety plans, communication, boundaries, and a wellbeing plan for you as a carer.

### Understanding Personality Disorders

**Tuesday 19th March 2024 (12:30 pm to 2:30 pm)**

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

Join us for a session with CNTW's adult mental health services to find out about the latest guidance, different illness, and recovery models, treatment and support services, to help you support the person you care for while keeping well as a mental health carer.

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## Training Sessions from the Carers' Centre February - March 2024

### Self-Harm Response

**Wednesday 20th March 2024 (1:00 pm to 3:00 pm)**

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

The mental health charity Mind will be joining us to help with understanding self-harm, and how to talk about it, support strategies, safety plans, and looking after your own wellbeing as a carer.

### Tax, Care, and Estate Planning

**Monday 25th March 2024 (12:00 pm to 1:00 pm)**

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

A talk by an expert from the Co-op's Legal Services Department, who will also answer your questions about Inheritance Tax, estate planning, care home fees, and costs.

### Understanding Bipolar Disorder

**Tuesday 26th March 2024 (12:30 pm to 2:30 pm)**

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

Join us for a session with CNTW's adult mental health services to find out about the latest guidance, different illness, and recovery models, treatment and support services, to help you support the person you care for while keeping well as a mental health carer.

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## **Training Sessions from the Carers' Centre February - March 2024**

### **Feedback from Carers who Attended our Training**

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

"Can't thank them enough! Been my saviour."

"These courses have been such a blessing! Once my child turned 18 I felt very alone and isolated. But these sessions have been amazing."

"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!"

"Very positive experience."

"The best teams call I have been on."

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