

Training Sessions from the Carers' Centre May to June 2024

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

Early-Stage Dementia

Wednesday 1st May (1.00pm - 3.00pm)

North Shields Library, Northumberland Square, North Shields, NE30 1QU

Join us for this session to find out about the difference between normal ageing and the early stages of dementia. We will explore the steps towards a dementia diagnosis, alongside the common issues that occur in early-stage dementia.

Practical Power of Attorney

Tuesday 7th May 2024 (12.00pm - 2.00pm)

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

Power of Attorney (POA) is a legal document where one person gives another person the right to make financial or medical decisions on their behalf. Are you, or the person you care for, considering POA? We will look at practical steps to make and register a POA and how to get help if you need it.

Decider Mental Health Skills: Interpersonal and Emotional Effectiveness

Wednesday 15th May (1.00pm - 3.30pm)

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

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 communication and emotion control skills.

To book a place:

Ring: 0191 249 6480

Email: training@ntcarers.co.uk

Registered Charity no: 1051472

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Adult ADHD Awareness

Friday 24th May (1.00pm - 3.00pm)

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

Join us to explore the strengths, challenges and impact of living with adult ADHD. We will look at assessment, diagnosis, treatment and the support available for carers, individuals and families.

Wellbeing and Resilience for Mental Health Carers

Thursday 30th May (12.30pm - 2.30pm)

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

These sessions are for carers who are supporting someone who has a mental health condition. You will learn how to support behaviour change and have an opportunity to meet and share experiences with other carers who understand.

Dementia Awareness

Tuesday 4th June (10.30pm - 12.30pm)

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

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.

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Carers Week 2024: Carers Rights (Knowing Your Rights)

Tuesday 11th June across two venues:

10.00am - 12.00pm:

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

1.30pm - 3.30pm:

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

This Carers Week we will focus on your legal rights as a carer and the support available to you in health, social care and employment.

Carers Week 2024: Grants, Discounts & Entitlements

Wednesday 12th June (6.00pm - 8.00pm)

Microsoft Teams Online Meeting

Caring can come at great cost to carers. For many families, disability and caring has a major financial impact. This session will look at the key grants, discounts and entitlements available to carers and how to apply for them.

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Dealing With Guilt and Negative Emotions for Mental Health Carers

Thursday 27th June (1.00pm - 3.00pm)

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

This session is for carers who are supporting someone who has a mental health condition. You will learn how to support behaviour change and have an opportunity to meet and share experiences with other carers who understand.

Carers and Employment

Saturday 29th June (10.30am - 12.30pm)

Microsoft Teams Online Meeting

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, as well as the support available to you when you need it.

Feedback from carers who attended training:

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

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

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