

Information Sessions May-June 2025

**Supporting Someone?
Join Us for Free Information Sessions and a Warm Welcome!**

Dementia Awareness

Tuesday 13 May 2025 (1.00 pm – 3.00 pm)

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

Would you like to learn about the different types of dementia and what to expect after a diagnosis. We'll cover the support available for you and your loved one in North Tyneside.

Your Voice Matters: Communicating with Professionals

Thursday 15 May 2025 (9.30 am – 11.30 am)

Shiremoor Family Hub, 9 Bridge Terrace, Shiremoor, NE27 0TA

This supportive session will improve your communication skills and to help you speak up for yourself and the person you care for.

Caring Without Guilt: Managing Negative Emotions

Saturday 17 May 2025 (11.00 am – 12.30 pm)

Online Event: Microsoft Teams

Learn how to manage guilt and negative emotions, and discover strategies for positive change. This supportive session is for carers of those with mental health conditions. Connect with fellow carers who understand your journey.

To book place:

<https://buytickets.at/ntcc>

Ring: 0191 249 6480

Email: training@ntcarers.co.uk

Registered Charity no: 1051472



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Your Guide to Carer Support in North Tyneside

Tuesday 20 May 2025 (1.00 pm – 2.30 pm)

Whitley Bay Library, York Road, Whitley Bay, NE26 1AB

Caring doesn't come with a manual and it can be difficult to know where to turn to get the support you need. In this session we will look at the key support services for carers and people with support needs in North Tyneside and nationally.

Understanding Anxiety and Depression: Support for Carers

Thursday 22 May 2025 (2.00 pm – 4.00 pm)

Forest Hall Library, Westfield Road, Forest Hall, NE12 7LJ

Come along to this session to learn about anxiety and depression. You will gain valuable insights, practical tips, and discover the support available to help you and your loved ones.

Mid-Stage Dementia

Wednesday 28 May 2025 (1.00 pm – 3.00 pm)

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

Join our informative session to learn positive and practical approaches for caring for your loved one during mid-stage dementia. Gain valuable insights and connect with others who understand your journey.

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Ready for Anything: Emergency Planning for Carers

Tuesday 03 June 2025 (12.30 pm – 2.30 pm)

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

Worried about what would happen in a crisis? Join our practical and informal session to address your concerns and help you feel prepared.

60 Minute Essentials: Carer Grants and Discounts

Thursday 5 June 2025 (6.00 pm – 7.00 pm)

Online Event: Microsoft Teams

In this online session we will explore the grants and discounts available to carers and how you can make the most of them.

Decider Skills (Distress Tolerance & Mindfulness)

Wednesday 25 June 2025 (10.00 am – 12.00 pm)

Whitley Bay Library, York Road, Whitley Bay, NE26 1AB

Join our fun and positive session to learn easy, winning strategies for improving your mental health. Using CBT and DBT skills, we'll focus on coping with carer stress and mindfulness techniques.

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60-Minute Essentials: Carers Rights
Saturday 28 June 2025 (11.00 am – 12.00 pm)
Online Event: Microsoft Teams

Join our online session to quickly learn about your legal rights and protections as an unpaid carer, and how to access the support you deserve.

Carer Feedback

"The people running the session were friendly and welcoming, the group asked some really good questions and shared experiences, I took a lot away from this"

"These courses are led by very knowledgeable, empathic and caring staff. They give tremendous support and helpful tips."

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