

Information Sessions July-September 2025

**Supporting Someone who depends on You?
Join us for Free Information Sessions and a Warm Welcome!**

Supporting Adults with Autism

Tuesday 1 July 2025 (1.00 pm – 3.00 pm)

Room 1, The Oxford Centre, West Farm Avenue, Longbenton, NE12 8LT

Join us for practical information about adult autism and the support available to you and the person you care for, in health, social care, and employment.

60 Minute Essentials: Benefits & Money Matters

Wednesday 9 July 2025 (6.00 pm – 7.00 pm)

Online Event: Microsoft Teams

Join the Carers Money Matters team to explore the benefits and financial support available to carers and how you can make the most of them.

The Dementia Journey: Coping with Caring

Thursday 17 July 2025 (10.30 am – 12.00 pm)

Room 1, Shiremoor Family Hub, 9 Bridge Terrace, Shiremoor, NE27 0TA

Caring for someone with dementia is challenging, but you don't have to do it alone. Join us to gain practical coping strategies, support, and ways to stay well.

To book place:

<https://buytickets.at/ntcc>

Ring: 0191 249 6480

Email: training@ntcarers.co.uk

Registered Charity no: 1051472



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Arranging and Paying for Care

Wednesday 23 July 2025 (6.00 pm - 8.00 pm)

Tynemouth Scouts HQ, 31-35 Norfolk Street, North Shields, NE30 1NQ

Discover the care and funding support available to you and your loved one. Learn how to arrange help and navigate funding options from North Tyneside Council and the NHS.

Being Assertive: Finding Your Voice as a Carer

Saturday 26 July 2025 (11.00 am - 12.00 pm)

Online Event: Microsoft Teams

Boost your confidence and learn to express yourself clearly and respectfully. This supportive session will help you speak up while keeping positive relationships.

Caring Without Guilt: Managing Negative Emotions

Wednesday 30 July 2025 (12.30 pm – 2.30 pm)

The Oak Room, Howdon Family Hub, 11A Howdon Lane, NE28 0AL

You are not alone — guilt and negative emotions are a natural part of the caregiving journey. This supportive session will help you manage these feelings, find positive ways forward, and connect with fellow carers who understand.

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Healthy Boundaries for Carers

Monday 4 August 2025 (1.00 pm - 3.00 pm)

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

Healthy boundaries can protect your well-being and strengthen relationships. Join this supportive session to learn practical strategies and connect with fellow carers who understand.

Late Stage Dementia with the Admiral Nurses

Wednesday 13 August 2025 (1.00 pm – 3.00 pm)

Room 1, The Oxford Centre, West Farm Avenue, Longbenton, NE12 8LT

Caring for a loved one in late-stage dementia is tough — you don't have to face it alone. Join this expert-led session for practical guidance, support, and connection with fellow carers.

45 Minute Essentials: Carers Assessments

Thursday 21 August 2025 (6.30 pm - 7.15 pm)

Online Event: Microsoft Teams

Understand your rights and the support available to you as a carer. In just 45 minutes, find out how Carers Assessments can help.

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Safeguarding for Carers

Wednesday 27 August 2025 (10.30 am – 12:30 pm)

The Wren Room, Riverside Family Hub, Minton Lane, North Shields, NE29 6DQ

Stay informed, stay safe. Learn how to spot the signs of abuse and neglect, protect yourself and your loved ones, and know what to do if you have concerns.

60 Minute Essentials: Caring and Employment

Tuesday 2 September 2025 (6.30 pm – 7.30 pm)

Online Event: Microsoft Teams

Join the Working for Carers team for a practical session on balancing work and caring, and how your caring role builds valuable, transferable skills for your CV.

60 Minute Essentials: Practical Bereavement for Carers

Saturday 6 September 2025 (11.00 am – 12.00 pm)

Online Event: Microsoft Teams

Worrying about the practical things you'll be responsible for following the loss of a loved one should not add to your stress. Join us to learn how to get organised and the key steps to navigate following a bereavement.

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Essential Lifesaving Skills with Hadrian Care Training

Wednesday 10 September 2025 (1.00 pm – 2.30 pm)

Room 1, The Oxford Centre, West Farm Avenue, Longbenton, NE12 8LT

Learn vital lifesaving skills with expert guidance. This essential session includes how to respond to heart attacks, strokes, cardiac arrest, and choking.

The Decider Mental Health Skills (Communication & Emotion Control)

Tuesday 23 September 2025 (1.00 pm – 3.00 pm)

St Mary's Room, Whitley Bay Library, York Road, Whitley Bay, NE26 1AB

Join our fun and positive session to learn easy, effective strategies for enhancing your mental well-being. Using CBT and DBT skills, we'll focus on coping with carer stress and mindfulness techniques. This session is all about communication and emotion control skills.

Understanding Fibromyalgia

Tuesday 30 September 2025 (1.00 pm – 3.00 pm)

Ark Royal, 1st Floor, Wallsend Community Hub & Library, NE28 8JR

To help with the challenges of fibromyalgia. Join this supportive session to learn about the condition, treatment options, and living well, whether you experience it or support someone who does.

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