

Supporting Someone?

Join us for free information sessions
and a warm welcome!

INFORMATION SESSIONS OCT – DEC 2025

OCTOBER 2025

Tax, Care & Toy Boys – with Co-op Legal

Wednesday 7 October (1.00pm – 3.00pm)

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

Join Estate Planning Consultant Paul Hetherington for an engaging and informative session on protecting your home and savings, care fees, wills, inheritance tax, and avoiding 'sideways disinheritance'.

Caring Through the Middle Stages of Dementia

Friday 9 October 2025 (10.30am – 12.00pm)

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

Learn positive, practical ways to support someone in the mid-stage of dementia. Connect with others who understand and gain insights to help you on your journey.

Healthy Boundaries for Carers

Tuesday 14 October 2025 (10.30am – 12.00pm)

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

Protect your well-being and strengthen relationships. Learn practical boundary-setting strategies in a supportive space with fellow carers.

Your Guide to Carer Support in North Tyneside

Monday 20 October 2025 (1.15pm – 2.45pm)

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

Not sure where to turn for help? Find out about the support available locally and nationally for carers and those you care for.



North Tyneside
Carers' Centre

To book a place:

www.buytickets.at/ntcc

T: 0191 249 6480

E: training@ntcarers.co.uk

Registered charity: 1051472



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60-Minute Essentials: Benefits & Money Matters

Thursday 23 October 2025 (6.00pm – 7.00pm)

Online Event: Microsoft Teams

Discover the benefits and financial support available to carers. Learn how to make the most of what's available with the Carers Money Matters team.

The Dementia Journey: Coping with Caring

Tuesday 28 October 2025 (10.30am – 12.30pm)

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

Caring for someone with dementia is challenging — but you're not alone. Discover coping strategies, support options, and ways to stay well alongside other carers who understand.

60-Minute Essentials: Carer Grants & Discounts

Wednesday 29 October 2025 (6.00pm – 7.00pm)

Online Event: Microsoft Teams

Join the Carers Money Matters Team to find out what financial assistance is available to carers — from grants to discounts — and how to access it.

NOVEMBER 2025

Coping with Dementia Behaviour Changes – with Admiral Nurse Sue Gilbertson

Wednesday 5 November (10.30am – 12.00pm)

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

An understanding and supportive session, offering expert advice on recognising and responding to behaviour that challenges. Learn practical strategies and know when and how to seek professional support.



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NOVEMBER 2025

Safe Handling & Falls Prevention – with Hadrian Safety Training

Tuesday 11 November (1.00pm – 2.30pm)

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

Worried about moving and handling safely while caring for a loved one? Join Rob Chambers, a medic with over 40 years' experience, to learn practical falls prevention skills that protect both your health and theirs.

Decider Skills: Distress Tolerance & Mindfulness

Thursday 13 November (10.30am – 12.30pm)

Chestnut Room, Howdon Family Hub, 11A Howdon Lane, NE28 0AL

Boost your mental health with fun, simple strategies based on CBT and DBT. Learn positive ways to manage stress and practise mindfulness.

60-Minute Essentials: Carer Rights

Thursday 20 November (6.00pm – 7.00pm)

Online Event: Microsoft Teams

Caring is challenging — understanding your legal rights shouldn't be. Join us for a practical and empowering session on the support and protections available to you as a carer. Know your rights on Carers Rights Day!

Caring Without Guilt: Managing Negative Emotions

Wednesday 26 November (1.00pm – 3.00pm)

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

You are not alone — guilt and negative emotions are common parts of the caregiving journey. Learn how to manage these difficult emotions and find a positive path forward, alongside fellow carers who understand.



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DECEMBER 2025

Practical Power of Attorney – with Co-op Legal

Wednesday 3 December (6.00pm – 7.30pm)

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

Thinking about Power of Attorney? Join Estate Planning Consultant Paul Hetherington for an engaging and informative session and get your questions answered by an expert.

60 Minute Essentials: Heart and Mind

Thursday 4 December (6.00pm – 7.00pm)

Online Event: Microsoft Teams

Caring through winter can be tough. Take an hour just for you to recharge, reflect, and reconnect. Join us for a warm and welcoming session on self-care strategies for your heart and mind. You deserve this hour.

Supporting Adults with Autism

Wednesday 10 December (Time to be confirmed)

Online Event: Microsoft Teams

Get practical advice on adult autism and the support available in health, social care, and employment. A must-attend event for carers seeking clarity, understanding and connection.



NEW: Bitesize Training Videos

Access our library of short, focused training videos designed specifically for carers. Perfect for learning on-the-go or fitting development into your busy schedule.



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