

Supporting Someone?

Join us for free information sessions
and a warm welcome!

INFORMATION SESSIONS JAN – MAR 2026

JANUARY 2026

Heart and Mind

Thursday 15 January 2026 – 18.00 to 19.00 - *Online Session*

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

Home Energy Advice with National Energy Action (NEA)

Tuesday 20 January 2026 – 10.00 to 12.00 - *John Willie Sams Centre, Cramlington, NE23 7HS*

Find out about the support available to carers from the national charity NEA and important information about priority services, warm home discount, fuel debt and water support.

Carers Grants and Discounts

Monday 19 January 2026 – 18.00 to 19.00 - *Online Session*

Join us online to explore the grants and discounts available to carers and how you can make the most of them.

FEBRUARY 2026

Talking Therapies Carer Wellbeing Programme

Commences 18 February 2026 for 5 weeks – 17.15 to 19.00

Wallsend Library and Community Hub, Wallsend, NE28 8JR

This new programme delivered by Talking Therapies provides access to the mental health and emotional well being support you deserve. Through a calm and practical psycho education approach, you'll be offered simple tools, helpful strategies, and reassurance to feel more confident in looking after your own mental health. You'll also gain a clearer understanding of how mental health difficulties can affect the person you support, helping you feel more informed, prepared, and supported in your caring role. **To apply for this programme please contact us 0191 249 6480 or email enquiries@ntcarers.co.uk**



North Tyneside
Carers' Centre

To book a place:

www.buylickets.at/ntcc

T: 0191 249 6480

E: training@ntcarers.co.uk

Registered charity: 1051472



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Supporting Adults with ADHD

Thursday 12 February 2026 13.30 to 15.30

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

Discover the strengths, challenges and impact of living with adult ADHD. This session will explore effective strategies and resources for carers, individuals and families. Empower yourself with knowledge and tools to better support those living with ADHD.

Protecting Lives: Fire Safety Advice for Carers

Wednesday 18 February 2026 – 10.30 to 12.30 - *Whitley Bay Library, NE25 0BW*

Learn practical advice to prevent fires at home and ensure the safety of your loved ones.

Discover how to take extra precautions if you or those you care for have sensory impairments or disabilities. Find out about the Safe and Well check service, including free equipment and precautions available to keep your home safe. Get your questions answered by fire safety experts, tailored to your specific caregiving needs.

Caring Without Guilt: Managing Negative Emotions

Tuesday 24 February 2026 – 13.00 to 15.00 - *John Willie Sams Centre, 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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MARCH 2026

Dementia – coping with caring

Thursday 12 March 2026 – 10.30 to 12.00 - *Venue to be confirmed*

Caring for someone with dementia is challenging – but you are not alone. Join Sue Gilbertson, Admiral Nurse and discover coping strategies and support options.

Caring Through Change: Menopause Event for Carers

Wednesday 25 March 2026 - 10.00 to 12.00 - *John Willie Sams Centre, Cramlington, NE23 7HS*

Gain insights into what happens to bodies and minds from perimenopause to postmenopause. Learn effective strategies to manage symptoms and improve your wellbeing. Discover ways to take control of your health and caregiving responsibilities. Get your questions answered and share experiences with fellow carers.



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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