



North Tyneside
Carers' Centre

MAY / JUNE 2026
NEWSLETTER



**Building
Carer Friendly
Communities**



**CARERS WEEK
SPECIAL EDITION!**



Hello and welcome to our Carers Week Special newsletter for unpaid carers in North Tyneside — packed with uplifting events, practical support and a few well deserved moments just for you. From days out and creative sessions to wellbeing activities and advice that can make a real difference, we're here to help you feel recognised, connected and supported.

Carers Week (8 – 14 June) is a national campaign that celebrates unpaid carers across the UK, highlights the challenges they face, and helps people recognise their caring role and access the support they deserve.

The theme for Carers Week 2026 is Building Carer Friendly Communities. We'll be focusing on the difference a carer-friendly community can make—helping carers feel understood, valued and supported in everyday life. Across the country, thousands of people and organisations will be getting involved to help communities recognise, include and empower carers.



To celebrate Carers Week, the **North Tyneside Can't Sing Choir** has created a heartfelt recording of *Lean on Me*. Visit our website from **5 June 2026** to listen.

Check out what we have planned for Carers Week:

Soar, Stroke And Stroll!

Monday 8 June | 10.00-12.00 | The Rising Sun Countryside Park

Enjoy a live flying bird display with DLS Falconry at 10.00, then head to the farm to meet and pet the horses. Treat yourself to a cuppa and cake from Earth & Fire Bakery and finish with a gentle walk around the park.

Spaces are limited for the flying display – book early!



Writing For Wellbeing Workshop

Tuesday 9 June | 10.00 - 11.30

Linskill Centre, North Shields

Join Helen for a therapeutic writing session where we will focus on prioritising positivity, joy and gratitude. You will be guided gently through a range of writing activities using prompts and poetry. There will be opportunities for self-expression, reflection and discussion but no pressure to share your writing, just a safe space to reconnect with yourself. All writing materials and resources will be provided.

Limited spaces – book your spot today.



Discovery Museum, Newcastle

Tuesday 9 June | 13.00-16.00

Discover, explore & be inspired! Join the team for an afternoon at the Discovery Museum — a vibrant space celebrating the North East's story of science, industry and innovation. Expect hands-on exhibits, fascinating objects and plenty to spark conversation.

Limited spaces – book your spot today.

Get Crafting With Us

Wednesday 10 June | 13.00 – 15.00 | The Meadow Community

Unwind with a gentle, mindful make-and-create session, using recycled materials to craft personalised notebooks and memory books to enjoy at home. Booking required.

Limited spaces – book your spot today.



Parent Carers – This One's For You!

Thursday 11 June | 09.30-11.30 | Howdon Best Start Family Hub

Pop in for a friendly chat with staff from North Tyneside Carers' Centre and the North Tyneside Parent Carer Forum. Take a breather and try some wellbeing craft activities – a relaxed, welcoming space to connect and find out what support is available.

No booking required.

Relax, Rest And Restore With Resonate

Friday 12 June | 12.00 – 13.30 | Fisherman's Mission Church, Cullercoats

Take some much needed 'You' time whilst allowing the various sound waves to wash over and absorb into your whole being. Please be in warm and comfy clothes, bring a mat, blanket, pillow and water to ensure an even comfier experience.

Limited spaces – book your spot today.

Please note: Sound healing isn't advised during first trimester of pregnancy, if you have a pacemaker or any metal in the body.



To book your place:

Please contact us on 0191 249 6480 or email enquiries@ntcarers.co.uk
or visit Ticket Tailor <https://buytickets.at/ntcc>

BENEFITS AND WELFARE SUPPORT

If you'd like a helping hand with money matters, our Benefits and Welfare Advisors (Bernadette and Aaron) are here for you. They can help with:

- Benefit checks and entitlement reviews – making sure you're getting everything you're entitled to
- Increasing your income – support to boost household income, including help with grant applications
- Utility and household bill reviews – help to check gas, electricity and other contracts and find more affordable tariffs
- Energy debt advice and extra support – checks for fuel debt relief schemes, the Priority Services Register, Warm Home Discount and more

- Budgeting and spending support – help to understand what's coming in and going out, and which bills to prioritise

If you'd like to chat things through or book an appointment, please call us on 0191 249 6480 and we'll be happy to help.



WHAT'S ON

TRAINING AND INFORMATION SESSIONS

Scam Awareness

Friday 29 May 2026 13.15 to 14.45

The Illustrious Room, Wallsend Community Hub and Library

Scams are becoming increasingly sophisticated, and carers and those they care for are often targeted due to the pressures and responsibilities they manage. This practical session will help you recognise common scams, understand how they operate, and learn simple steps to protect yourself and the people you support.

By the end, you'll feel more confident spotting red flags, responding safely, and supporting others who may be at risk.

Practical Power of Attorney - with Co-op Legal

Tuesday 16 June 10.00 to 12.00

King Edward's Room, Whitley Bay Community Hub and Library

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.



To book a place, visit:

www.tickettailor.com/events/ntcc

IN THE COMMUNITY

SUPPORT GROUPS

Evening All Carers Group

Tuesday 2 June 17.30 to 19.30

Trip to Cullercoats beach

Dementia Carers Support Group

Friday 5 June 10.00 to 12.00

Meet at Killingworth White Swan Centre before heading to Killingworth Lake for a walk and coffee

All Carers Support Group

Tuesday 9 June 13.00 to 16.00

Visit to the Discovery Museum

Mental Health Carers Support Group

14.00 to 16.00

Thursday 28 May – meet at The Gibraltar Rock, NE30 4EB for a beach walk, coffee and cake

Thursday 18 June – Sash and Shadow the therapy dog will meet the group and the session will include a bring your own picnic on the beach and meditation. Meet at 12pm at Monkseaton Station.

To attend a group for the first time and to check venues, as they are subject to change, please contact us on 0191 249 6480 or enquiries@ntcarers.co.uk