

Supporting Someone?

Join us for free information sessions
and a warm welcome!

INFORMATION AND WELLBEING PROGRAMME

NOVEMBER 2026

Dementia (Open Session) with Sue Gilbertson, Admiral Nurse

Wednesday 4 November 2026 10.00 to 12.00

Kingfisher Room, Riverside Centre, Riverside Centre, Minton Lane, North Shields, NE29 6DQ

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

Power of Attorney – with Legal Consultant Paul Hetherington from Co-op Legal

Tuesday 17 November 2026 10.00 – 12.00

Room 1, Oxford Centre, West Farm Avenue, Longbenton, Newcastle upon Tyne, NE12 8LT

Join us for an engaging and informative session on protecting your home and savings, care fees, wills, inheritance tax, and avoiding 'sideways disinheritance'.

JANUARY 2027

Mental Capacity Act and DOLS Workshop – with Gurpreet Chohan from NTCC

Tuesday 19 January 2027 – 12.30 – 14.30

Illustrious Room, Wallsend Library, 1st Floor, Wallsend Customer First Centre, 16 The Forum, NE28 8JR

Learn how the Mental Capacity Act and DoLS protect people's rights, guide decision-making and support best-interest care. This practical workshop will help unpaid carers feel more confident contributing to discussions about a loved one's care.

Parkinson's – with Karen Marie Gray from Parkinson's UK

Wednesday 20 January 2027 15.00 – 16.00

Room 1, North Shields Community Hub & Library, Northumberland Square, North Shields, NE30 1QU

Caring for someone with Parkinson's can bring changing and sometimes unexpected challenges. Join us to learn more about the condition, explore practical ways to support the person you care for, and discover information and support available.



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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JANUARY 2027

**Introduction to a new Dementia Friends Initiative – with Local Services
Manager Laura Collier-Phillipson from Alzheimer's UK Northeast and Cumbria**

Tuesday 26 January 2027 10.00 – 12.00

The White Swan Centre, Citadel East, Killingworth, NE12 6SS

Our Dementia Friends programme aims to change attitudes to dementia by raising awareness, fostering empathy and understanding and inspiring informed action. Participants learn the five key things everyone should know about dementia and how to commit to a small change that can help people affected by the condition, by becoming a Dementia Friend. Anyone can become a Dementia Friend, regardless of age. We now have almost 4 million Dementia Friends across England, Wales and Northern Ireland who are making little changes in their everyday lives that make a difference!

FEBRUARY 2027

Minsteracres Retreat Centre – Day out

Wednesday 3 February 2027 9.30 – 15.30

Enjoy a relaxing day at Minsteracres, with therapeutic treatments, gentle walks, a home-cooked lunch, time in the Peace Garden and opportunities to unwind with fellow carers in peaceful surroundings. Transport will be provided, with pick up from the Linskill Centre. Places are limited, and more information to be shared closer to the day.

Wills & Inheritance – with Silvertime Legal

Monday 22 February 2027 14.00 - 16.00

Room 10, The White Swan Centre, Citadel East, Killingworth, NE12 6SS

Planning ahead can bring peace of mind. Join us to learn more about Wills and Inheritance, understand the legal considerations for you or the person you care for, and gain information to help you make informed decisions for the future.



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