

## Training Sessions from the Carers' Centre July to September 2024

The Centre provides free training and information to support unpaid carers in North Tyneside.

### **The Decider Skills: Distress Tolerance and Mindfulness**

**Tuesday 9th July (1.00pm - 3.30pm)**

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

Positive, fun, easy to learn and winning strategies to improve your mental health using Cognitive Behaviour Therapy (CBT) and Dialectical Behaviour Therapy (DBT) skills. This session is about coping with carer stress and mindfulness skills.

### **An introduction to Reiki: Self-Healing Skills Session**

**Thursday 11th July 2024 (1.00pm - 3.00pm)**

**Whitley Bay Library, York Road, Whitley Bay, NE26 1AB**

Join us for a session with Ocean Zen CIC to find out more about Reiki and how it can help to reduce stress, anxiety, emotional tension and relieve pain. You will learn some simple Japanese self-healing techniques for yourself, as well as your friends and family.

### **Healthy Boundaries for Mental Health Carers**

**Tuesday 16th July (1.00pm - 3.00pm)**

**Meadow Well Connected, Waterville Road, North Shields, NE29 6BA**

These sessions are for carers who are supporting someone who has a mental health condition. You will learn how to support behaviour change and have an opportunity to meet and share experiences with other carers who understand.

**To book a place:**

**Ring: 0191 249 6480**

**Email: [training@ntcarers.co.uk](mailto:training@ntcarers.co.uk)**

Registered Charity no: 1051472

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### Arranging and Paying for Care

**Wednesday 24th July (1.00pm - 3.00pm)**

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

Join us to learn about the support available to you, and the person you care for from adult social care, how to arrange support and the rules around funding care.

### Communication Skills for Caring

**Thursday 1st August (1.00pm - 3.00pm)**

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

Caring with confidence can be a real challenge. This supportive and practical session will look at how to communicate with confidence to get the best outcomes for you and the person you care for.

### Practical Power of Attorney

**Thursday 8th August (1.00pm - 3.30pm)**

**The Cedarwood Trust, Avon Avenue, North Shields, NE29 7QT**

Power of Attorney (POA) is a legal document where one person gives another person the right to make financial or medical decisions on their behalf. Are you, or the person you care for, considering POA? We will look at practical steps to make and register a POA and how to get help if you need it.

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### Infection Prevention & Control

**Wednesday 21st August (1.00pm - 2.30pm)**

**The Oxford Centre, West Farm Avenue, Longbenton, NE12 8LT**

We are excited to be joined by specialists from the NHS Infection Prevention Control (IPC) team. They will cover the measures we can take to protect ourselves and those we care for from infection and dehydration. It will also provide an opportunity to discuss any IPC issues you may encounter in your caring role.

### Tax, Care and Estate Planning

**Thursday 5th September (1.30pm - 3.00pm)**

**Wallsend Library, 1st Floor, Wallsend Customer First Centre, NE28 8JR**

A talk by an expert from the Co-op's Legal Services Department, who will answer your questions about Inheritance Tax, Wills and estate planning, care fees and costs.

### Adult Autism and Caring

**Tuesday 10th September (1.00pm - 3.30pm)**

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

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.

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### Understanding Anxiety & Depression

**Wednesday 11th September (1.00pm - 3.00pm)**

**Whitley Bay Library, York Road, Whitley Bay, NE26 1AB**

Carers are nearly three times more likely to be affected by stress, anxiety and depression than the general population. Join us to learn about anxiety and depression as a physical illness, signs and symptoms and the steps we can take to recover from mental ill-health.

### Getting Support In North Tyneside

**Tuesday 17th September (1.00pm - 3.00pm)**

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

Caring doesn't come with a manual and it can be difficult to know where to turn to get the support you need. Join us to look at the key support services for carers and people with support needs in North Tyneside and nationally.

### Menopause Online

**Wednesday 25th September (1.00pm - 4.00pm)**

**Online Event - Microsoft Teams**

The menopause can make caring an even greater challenge. Join us for an exclusive menopause mentor workshop with Barbour Coaching. Learn more about what is happening to bodies and minds, how to manage symptoms, and learn lots of tips to help put you back in control.

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