

## Training Sessions from the Carers' Centre October to December 2024

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

### Wellbeing and Resilience

**Wednesday 23 October (10.00 - 12.00)**

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

This session will focus on your own wellbeing, coping strategies and is an opportunity to meet and share experiences with other carers.

### Disability Living Allowance (DLA)

**Tuesday 29 October (13.00 - 15.00)**

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

This session will cover how best to apply for essential financial support, through the disability benefit DLA, which can be stressful and time consuming. Join us for tips and guidance to help you at every step of a DLA claim.

### Dementia Awareness

**Thursday 31 October (13.00 - 15.00)**

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

Find out about the different types of dementia, changes that happen in the brain and some of the most common symptoms of the condition. We will also focus on the support available to you and the person you care for in North Tyneside.

**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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### **The Decider Mental Health Skills**

**Tuesday 5 November (13.00 - 15.00)**

**Room1, Oxford Centre, West Farm Avenue, Longbenton, NE12 8LT**

This session is about improving our relationships and managing our emotions. Join us for easy to learn, positive, fun and winning strategies to improve your mental health using Cognitive Behaviour Therapy (CBT) and Dialectical Behaviour Therapy (DBT) skills.

### **Mid-Stage Dementia**

**Thursday 7 November (13.30 - 15.30)**

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

This supportive session will provide an opportunity to learn positive and practical approaches to care and support your loved-one at this stage in their dementia diagnosis.

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**Book the date in your diary**

### Carers Rights Day

**Thursday 21 November 2024 (10.00 - 15.00)**

**Scout Headquarters, 31-35 Norfolk Street, North Shields, NE30 1NQ**

This year's Carers Rights Day event will provide practical information sessions to help with the financial impact of caring.

The event will include information stalls and refreshments will be provided.

#### **Home Energy Advice with National Energy Action (NEA)**

**10.15 - 11.15**

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.

#### **Benefits and Caring**

**11.30 - 12.30**

Our Benefits and Financial Wellbeing Advisor will provide an overview of the main benefits available to carers with health conditions and the people we care for.

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### Communication Skills for Caring

**Wednesday 4 December (13.00 - 15.00)**

**1st Floor Library, Wallsend Community Hub and Library, 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.

### Grants, Discounts & Entitlements

**Saturday 7 December (10.30 - 12.00)**

**Online Event - Microsoft Teams**

Caring can come at great cost to carers. For many families, disability and caring has a major financial impact. The Benefits and Financial Wellbeing Advisor will cover the key grants, discounts and entitlements available to carers and how to apply for them.

### Pension Age Benefits and Discounts

**Tuesday 10 December (13.00 - 15.00)**

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

Carers at state pension age are much more likely to face financial hardship. Come along and learn more about the benefits and discounts you are entitled to claim when you reach state pension age.

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### Personal Independence Payment (PIP) Essentials

Thursday 12 December (18.00 - 20.00)

#### Online Event - Microsoft Teams

Applying for essential financial support through the disability benefit PIP can be stressful and time consuming. Our Benefits and Financial Wellbeing Advisor will share tips and guidance to help you at every step of a PIP claim.

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