



North Tyneside
Carers' Centre

Information Sessions January-March 2025

Training and information to help you in your caring role,
improve your wellbeing and learn new skills

Unlocking Potential: Understanding Adult ADHD

Tuesday 4 February 2025 (10.30am - 12.30pm)

Wallsend Library, 1st Floor, 16 The Forum, NE28 8JR

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

Building Healthy Boundaries: Essential Skills for Mental Health Carers

Thursday 20 February 2025 (1.30pm - 3.30pm)

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

Discover why healthy boundaries are important for your wellbeing and practical strategies to set and maintain them for more positive relationships. Caring can have many challenges, this is a great opportunity to meet and share experiences with other carers who understand.

Caring Without Guilt: Managing Negative Emotions

Saturday 22 February 2025 (10.30am - 12.30pm) Online Event

The session is for carers who are supporting someone with a mental health condition. Gain insights into dealing with guilt and negative emotions and learn about strategies that support positive changes for you and those you care for. Meet and share experiences with other carers who understand

To book place:

<https://buytickets.at/ntcc>

Ring: 0191 249 6480

Email: training@ntcarers.co.uk

Registered Charity no: 1051472



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Caring Through Crisis: Self-Harm Response Skills

Monday 24 February 2025 (1.00pm - 3.00pm)

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

Special Guests: Mental Health Charity Mind

For invaluable expert help with understanding self-harm. You will learn about safety plans and the support available to you and the person you care for. As well as practical skills to help you talk about self-harm and the support strategies you can use and how to look after your own wellbeing as a carer.

Caring with Confidence: The Decider Mental Health Skills

Wednesday 26 February 2025 (10.30am - 12.30pm)

Wallsend Library, 1st Floor, 16 The Forum, NE28 8JR

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 communication and emotion control skills.

Arranging & Paying for Care

Tuesday 4 March 2025 (6.00pm - 8.00pm)

Online Event: Microsoft Teams

Join us to learn about the support available to you, and the person you care for, from North Tyneside Council's Adult Social Care Services and NHS Continuing Healthcare Funding. Including how to arrange support and the rules around funding care.

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Late-Stage Dementia

Thursday 6 March 2025 (1.30pm - 3.30pm)

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

Special Guest: The Admiral Nurses

Join us for an invaluable session where you will gain insights into positive and practical approaches to care for your loved one in the late stages of dementia. Led by an Admiral Nurse dementia specialist, this training offers expert knowledge and advice tailored to your needs, in a supportive environment alongside other carers who understand.

Stroke Awareness

Wednesday 12 March 2025 (1.00pm - 3.00pm)

Howden Family Hub, 11a Howdon Lane, Howdon, NE28 0AL

Special Guest: David Burgess (Stroke North Support Group)

We welcome a speaker with lived experience who can offer valuable insights and address any questions you may have. Find out more about the different types of strokes and the impact they can have on an individual, recovery, support and prevention. With practical tips and coping strategies to help in your caring role for stroke survivors.

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Caring with Confidence: Trauma Awareness

Saturday 15 March 2025 (1.00pm – 3.00pm) Online Event: Microsoft Teams

This session will explore different types of trauma, common signs and symptoms, to raise awareness of the impact trauma can have on physical and mental health. We will look at practical skills for better communication, healthy relationships, and self-care.

After Bereavement: Practical Steps for Carers

Thursday 20 March 2025 (10.30am - 12.30pm)

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

When thinking about the loss of a loved one, the practical responsibilities that follow a bereavement can feel stressful and overwhelming. Join us to learn more about the practical steps you can take to provide organisation and structure that can help you cope from day one. Find out about the help, support, and information available to guide you through this challenging time.

Living Well with Dementia: Home-Based Activity Ideas

Wednesday 26 March 2025 (1.00pm – 3.00pm)

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

Join us for this practical and fun session to learn about the many creative activities you can do, from memory boxes to twiddle muffs, to help support a loved one living with dementia. This session is delivered by Barbara Morris, a dedicated dementia carer and experienced trainer. Barbara's passion and expertise as a volunteer make her an invaluable resource for carers seeking creative and effective ways to enhance the well-being of their loved ones.

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Mental Health Support in North Tyneside

Tuesday 27 March 2025 (10.00am – 12.00pm)

Shiremoor Family Hub, 9 Bridge Terrace, Shiremoor, NE27 0TA

Special Guest: North Tyneside Mental Health Team's Carer Champion

To learn about mental health and the services and treatment processes that can help to prevent mental health crises. With a practical look at the types of support available to you and those we care for. You will have a Carer Champion Q&A opportunity, for valuable insights and answers to your questions.

Supporting Adults with Autism

Monday 31 March 2025 (1.00pm – 3.00pm)

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

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.

Carer Feedback

"The people running the session were friendly and welcoming, the group asked some really good questions and shared experiences, I took a lot away from this"

"These courses are led by very knowledgeable, empathic and caring staff. They give tremendous support and helpful tips."

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