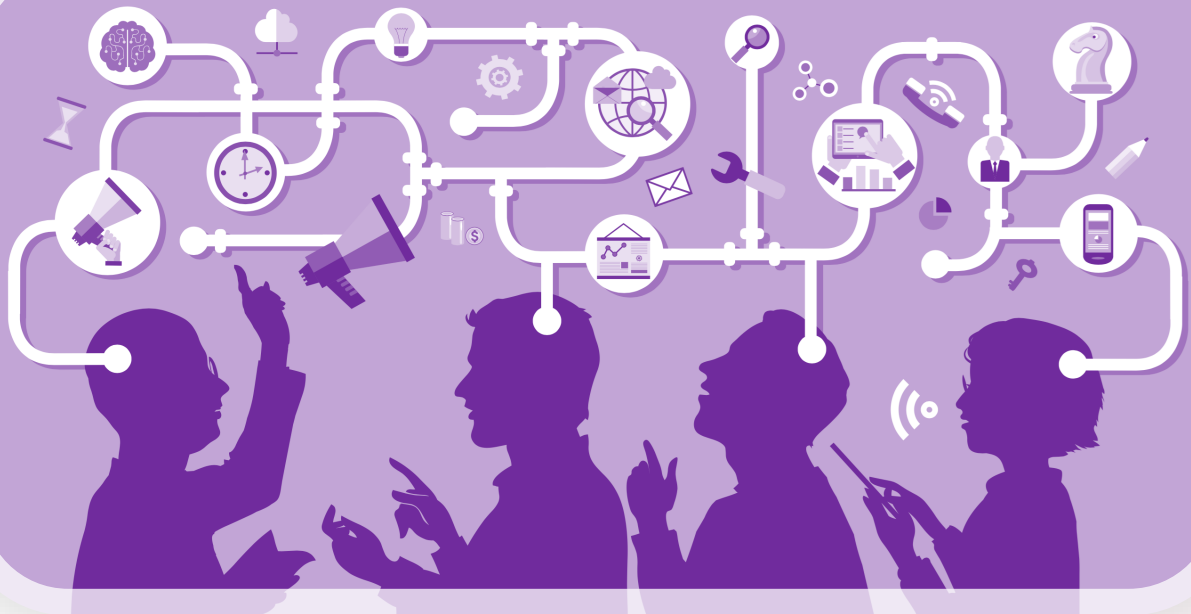


# Workshops for Carers

September- December 2019



Our workshops aim to help carers gain confidence, build on their skills and knowledge, share experiences and learn from each other.



North Tyneside  
Carers' Centre

For information about or to book a place on any of our workshops please contact the Centre on

**0191 643 2298**

## September 2019

Thu 19th **Caring with Confidence** for 5 wks  
1:00-3:30pm

Mon 23rd **Dementia Friends**  
2:00-3:00pm

## October 2019

Wed 2nd **Arranging & Paying for Care**  
1:00-3:00pm

Fri 11th **Thinking about Lasting Power  
of Attorney**  
10:00am-12:00pm

Mon 14th **Understanding Direct Payments**  
1:00pm-3:00pm

\*Thu 24th **Caring with Confidence** for 5 wks  
@ *Wellspring Medical Practice* 9:30am-12:00pm

Fri 25th **Dementia Friends**  
10:30-11:30am

Tue 29th **First Aid for Carers**  
1:00-3:00pm

## November 2019

Wed 6th **Caring with Confidence** for 5 wks  
1:00-3:30pm

Thu 14th **Arranging and Paying for care**  
1:00-3:00pm

Mon 18th **Thinking about Last Power of  
Attorney**  
1:00-3:00pm

Fri 22nd **Understanding Direct Payments**  
10:00am-12:00pm



## WORKSHOPS FOR MENTAL HEALTH CARERS

### September 2019

Thu 5th **Understanding Anxiety &  
Depression** 6:00-8:30pm

Tue 17th **Coping with Caring** for 5 wks  
6:00-8:30pm

### October 2019

#Wed 9th **Understanding Personality  
Disorder** @ *The Vault* 1:00-3:00pm

#Wed 16th **Understanding Psychosis**  
@ *The Vault* 1:00-3:00pm

#Wed 23rd **Understanding Bipolar Disorder**  
@ *The Vault* 1:00-3:00pm

### November 2019

#Tue 5th **Understanding Self Harm**  
@ *The Vault* 1:00-3:00pm

#Tue 19th **Understanding Anxiety &  
Depression** @ *The Vault* 1:00-3:00pm

Thu 7th **Understanding Psychosis**  
6:00-8:30pm

Tue 12th **Understanding Personality  
Disorder** 6:00-8:30pm

### December 2019

Tue 3rd **Understanding Bi-Polar  
Disorder**  
6:00-8:30pm

**All session will take place @  
North Tyneside Carers' Centre  
unless otherwise stated.**

**\*Wellspring Medical Practice,  
Killingworth Health Centre, Citadel East,  
Killingworth, NE12 6HS**

### **# The Vault**

31 Station Road, Wallsend, NE28 6RL

**Please ask for full venue details when  
booking your place.**

**Telephone (0191) 643 2298**

## Caring with Confidence

*5 sessions @ 1 p/w x 5 weeks @ 2.5hrs per session*

*session*

These 5 sessions focus on the effects of being a carer, what it means to you and the effects caring has had on you and your life/relationships. Share information about practical support available to carers, where to get help, and how to save money. We spend some time finding out about the condition of the person you care for. When we understand what is going on for our loved ones it is hopefully easier to be more patient and support them more effectively. Finally, we focus on you and your needs. We look at how you can take time for yourself and why it is important to take care of your own physical and mental health, and find out how to do it.

## Thinking about Last Power of Attorney

*1 session @ 2hrs*

Understanding what Mental Capacity is, looking at all of the available options for helping someone manage their affairs. What being an attorney involves, what you can and can't do. The process of drawing up an LPA.

## Understanding Dementia

*2 sessions @ 1p/w for 2 weeks @ 2.5hrs per session*

*session*

These sessions will help carers have more knowledge about what dementia is, it will look at some of the most common forms of dementia, their causes and symptoms. Carers will discover that dementia is more than just memory loss, and gain a better understanding of why their loved ones may be acting in certain ways that they might be having difficulty coping with. Finally, we will explore some ways that we can deal with those behaviours in a more positive and productive way.

## Understanding Stroke

*2 sessions @ 1 p/w for 2 weeks @ 2.5hrs per session*

*session*

These sessions are based on the Stroke Association 'Understanding Stroke' course. They focus on understanding vascular disease and its causes; and how this can lead to a stroke; different types of stroke and the effects they can have on the person who has one, as well as the people who look after them.

## Dementia Friends

*1 session @ 1hr*

Alzheimer Society Dementia Friends Session. Quick session with the aim of giving a people with little or no experience of dementia a good understanding of what it is and what you can do to help support someone with the condition.

## First Aid for Carers

*1 session @ 2.5hrs*

Session especially designed to give carers the confidence to be able to cope in an emergency at home. Covers CPR dealing with chokes, burns prevention and treatment, slips, trips and falls, stroke, dealing with pre-existing conditions.

## Tech Days

*1 session length and times to suit carer*

1-2-1 session with the training officer who can show carers how to use their electronic gadgets. Learn how to send texts, photos, emails. Keep in touch with friends and family with WhatsApp and Messenger or stay in touch via social media, or learn how to make life easier with online banking, payments etc.

## Arranging & Paying for Care

*1 session @ 2 hours*

Session that helps carers to get a better understanding of how social care is paid for. Understand the care options available and what they might cost and how you could go about procuring them.

## Understanding Direct Payments

*1 session @ 2 hours*

This session will help people understand how to get direct payments, how they amount they receive is worked out, the responsibilities you have with direct payments and how they are administered.

### WORKSHOPS FOR MENTAL HEALTH CARERS

## Understanding Psychosis

*1 session @ 2.5hrs*

## Understanding Bipolar

*1 session @ 2.5 hrs*

## Understanding Personality Disorder

*1 session @ 2.5 hrs*

## Understanding Depression and Anxiety

*1 session @ 2.5 hrs*

## Understanding Suicide

*1 session @ 2.5 hrs*

## Understanding Self Harm

*1 session @ 2.5 hrs*

These sessions will help carers better understand the condition of the person that they are caring for. Giving them a better insight into some of the challenges faced and practical skill so help them manage better in their caring role.

## Coping and Caring

*1 session p/w x 5 weeks @ 2.5hrs per session*

Flexible course that can change to meet the needs of the group. Typically looking at; dealing with guilt, setting boundaries, dealing with difficult behaviours, enabling behaviours, effective communication, unhelpful thinking, being more assertive, planning for emergencies, how to take time out for yourself, looking after your own physical and mental health needs.

**North Tyneside Carers' Centre, 3rd Floor YMCA Building, Church Way,**

**North Shields, NE29 0AB**

**[www.northtynesidecarers.org.uk](http://www.northtynesidecarers.org.uk)**

**Telephone 0191 643 2298**