



North Tyneside
Carers Centre

CARERS CONNECTING

Do you have a family member or friend who depends on you?

Do you struggle to find time to care for yourself?

YES - then please join us at our free sessions at

BLUE BUTTON CAFE

Oxford Street, Whitley Bay, NE26 1AD

All sessions will take place from 10:30am to 12:30pm

Session One - Connecting - Friday 5th June 2020

Carers often become isolated because of the demands of their caring role, in this session you will meet with other carers and take that first step towards caring for your own well-being.

Session Two - Be Active - Friday 19th June 2020

There is lots of research about how mental health is improved by physical exercise and our second session will focus on how you can start or develop your own ideas about getting active.

Session Three - Learn a New Skill - Friday 3rd July 2020

The aim of this session is for you to identify a new skill or breathe new life into an old one and begin the journey of exploring avenues to introduce or resurrect your chosen skill.

Session Four - Thoughts and Feelings - Friday 17th July 2020

Being aware of what you are thinking, how you are feeling, what your body is telling you and noticing the world around you is very powerful for your mental health. We will be discovering how you can make a difference in your awareness.

Session Five - Cos you're worth it - Friday 31st July 2020

Acts of kindness and giving create positive feelings, a sense of purpose and self-worth. We will explore what this means for you as it can take many forms.

Telephone: 0191 643 2298

www.northtynesidecarers.org.uk

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