



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

SPRINGFIELD COMMUNITY CENTRE

Forest Hall, NE12 9AG

All sessions will take place from 3:30pm to 5:30pm

Session One - Connecting - 5th March 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 - 19th March 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 - 9th April 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 - 23rd April 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 - 23rd April 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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