



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**

**HOWDON HUB**

**Denbigh Avenue, Wallsend, NE28 0PP**

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

### **Session One - Connecting - Tuesday 10th March**

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 - Tuesday 24th 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 - Tuesday 14th 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 - Tuesday 28th 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 - Tuesday 12th May 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](http://www.northtynesidecarers.org.uk)**

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