

**Carers Week Events**

**Monday 7 June 2021**

**Pilates with Nicci (female carers only)**

**10.15 to 11.15**

A pilates session for female carers by Nicci@PilatEASE in partnership with This Girl Can Newcastle @ Active Newcastle on Zoom

Pilates aims to strengthen the body in an even way, with particular emphasis on core strength to improve general fitness and wellbeing

All female carers over the age of 18 welcome.

To book a place go to <https://www.eventbrite.co.uk/e/pilates-with-nicci-tickets-157014425373> Joining instructions will be sent once your place is confirmed

**Everything in Place (Professionals/workers)**

12.30pm until 1.15pm

In partnership with Marie Curie, Newcastle we are pleased to be able to offer this to programme to carers in Newcastle.

This free to access programme, delivered over ten weeks includes information and advice across a wide range of areas including wills, powers of attorney, mental capacity, advanced care planning, funeral planning, organ donation, digital legacy and difficult conversations.

This informative workshop will support anyone working with carers to understand the full content of the programme and how they can support and refer carers onto it.

To book your place go to <https://www.eventbrite.co.uk/e/everything-in-place-tickets-157008260935> Joining instructions will be sent once your place is confirmed

**Tuesday 8 June 2021**

**Ostara (Anyone)**

**11am - 12**

This workshop offers an overview of the Ostara 24 hour response service , what equipment is available from simple alarm buttons to seizure monitors to create a safe home environment and give peace of mind to family and carers.

To book a place go to <https://www.eventbrite.co.uk/e/ostara-telecare-technology-and-a-24-hour-response-service-tickets-156945531309> Joining instructions will be sent once your place is confirmed

**Tyne and Wear Fire and Rescue Service: Fire Safety (Carers)**

**1pm – 2pm**

A short session run by Rosey from Tyne and Wear Fire and Rescue Service during which she will be providing lots of hints and tips to help to keep carers and the people they care for safe in their homes. An informative but fun event for all carers

To book a place go to <https://www.eventbrite.co.uk/e/fire-safety-in-the-home-tickets-157013498601>

Joining instructions will be sent once your place is confirmed

**Being Well Health and Social Care Academy (Carers)**

**2.30pm – 3.15pm**

A short session run by Sarah Drummond from the Being Well Health and Social Care Academy during which she will share information about their offer and how this can support and enable carers in their caring role as well as supporting carers who may be seeking work in the home care sector.

To book a place go to <https://www.eventbrite.co.uk/e/being-well-health-and-social-care-academy-tickets-157065899333>

Joining instructions will be sent once your place is confirmed

**Barre (Female carers only)**

**6.30pm – 7.30pm**

A barre session for female carers by Nicci@PilatEASE in partnership with This Girl Can Newcastle @ Active Newcastle on Zoom

Barre is simplified ballet-inspired moves combined with Pilates

You/carers can use a chair for balance and weights or household items e.g. cans of tinned foods/ water bottle) to give you a full body workout without any high impact that's lots of fun.

All female carers over the age of 18 welcome.

To book a place go to <https://www.eventbrite.co.uk/e/barre-with-nicci-tickets-157010401337> Joining instructions will be sent once your place is confirmed

**Wednesday 9 June**

**Carer Awareness (Anyone)**

**2.30pm to 4pm**

An online workshop supporting and enabling people living or working in Newcastle to be carer aware. Delivered by Fiona Richardson, the Carers Lead Officer at Newcastle City Council, this workshop will help you to identify carers, understand the impact that caring for someone can have on an individual, the impact of Coronavirus on carers and the support available for carers locally and nationally . There will also be a chance to ask questions.

To book a place go to <https://www.eventbrite.co.uk/e/are-you-carer-aware-tickets-157022684075> Joining instructions will be sent once your place is confirmed

**Thursday 10 June**

**Safeguarding for Carers (Carers only)**

**11.30 -12.30**

A short online workshop for carers delivered by the Newcastle Safeguarding Adults Board covering what happens when there is a concern about an adult being at risk of abuse or neglect. You will find out how to raise a concern yourself, as well as what happens after a concern has been raised. There will be a specific focus on safeguarding adults and carers. There will also be a chance to ask questions. If you would like to find out more about safeguarding adults in Newcastle, you can visit: <https://www.newcastle.gov.uk/services/care-and-support/adults/report-suspected-adult-abuse-and-neglect>

To book a place go to <https://www.eventbrite.co.uk/e/156943882377> Joining instructions will be sent once your booking is confirmed.

**Friday 10 June**

**Emergency Contact Scheme for carers (Anyone)**

**10.30 – 11.15**

A short online session for carers and service providers. Hosted by Sarah, the coordinator of the British Red Cross Emergency Contact Scheme in Newcastle, this session will provide information on the scheme, how it supports carers to plan for an emergency and how carers can access additional planned support through other Red Cross services

To book a place go to <https://www.eventbrite.co.uk/e/emergency-contact-scheme-for-carers-tickets-157023913753> Joining instructions will be sent once your booking is confirmed

**Throughout the week**

**Activity Packs (all carers)**

Do you provide unpaid care and support to partner, relative, neighbour or friend who couldn’t manage without your help because of illness, disability, mental health issues, frailty, or drug/alcohol problems, you are a Carer.

Are you able to take some time out of your caring role to be a little creative?

During Carers Week 2021, Newcastle City Council is working in partnership with local artists to deliver activity/craft packs to carers that will support your wellbeing. The packs contain instructions and all the materials you need to create something beautiful to display in your home.

If you are a carer and would like an activity pack to be sent out to you, please email Fiona Richardson, Carers Lead Officer at [fiona.s.richardson@newcastle.gov.uk](mailto:fiona.s.richardson@newcastle.gov.uk) or call/text her on 07970626326 leaving a message with your full name, address and postcode and quoting ‘Activity Pack’

**Tower of Strength (Carers, supporters, services)**

If you provide unpaid care and support to partner, relative, neighbour or friend who couldn’t manage without your help because of illness, disability, mental health issues, frailty or drug/alcohol problems, you are a Carer.

Are you able to take some time out of your caring role to be a little creative?

This Carers Week, Newcastle City Council is working in partnership with local artist Louise Underwood to develop a piece of art that reflects what caring for someone has been like during the pandemic and how carers, support workers, services and the community have worked to become stronger, provide support and overcome problems together.

If you are a carer or work in services that support carers and would like to be part of this exciting project, come along to one of the online workshops that Louise is running.

All the materials you need to take part in this will be sent to you.

Workshops will take place on:

**Tuesday 8th June at 2.30pm – 3.30pm**

<https://www.eventbrite.co.uk/e/tower-of-strength-tickets-157025568703>

**Wednesday 9th June at 1pm – 2pm**

<https://www.eventbrite.co.uk/e/tower-of-strength-tickets-157028200575>

**Thursday 10th June at 3.30pm – 4.30pm**

<https://www.eventbrite.co.uk/e/tower-of-strength-tickets-157030026035>

**Places are limited and need to be booked using the Eventbrite links by 3pm on Monday 7th June.**

Joining instructions will be sent once your place is confirmed

If you not able to come along to one of the virtual sessions but want to be part of the project we can send you information on how to do this. Please email Fiona Richardson, Carers Lead Officer at [fiona.s.richardson@newcastle.gov.uk](mailto:fiona.s.richardson@newcastle.gov.uk) or call/text her on 07970626326 leaving a message with your full name, address and postcode and quoting ‘Tower of Strength’.

**Exercise Passes**

We have been able to secure a limited number of FREE exercise passes for female carers from FitMixx in partnership with This Girl Can Newcastle @ Active Newcastle. The pass is valid from 7 June 2021 until 20 June 2021 and includes unlimited and exclusive access to 5 types of on-demand (pre-recorded) online classes with Katie @ FitMixx.

Carers can access the classes at any time and as many times as they like during the 2 weeks.

There are 5 types of classes available:

1. TGC Zumba - Zumba is a hot, hot, hot full-body workout, incorporating cardio and toning, to infectious Latin and World rhythms. You will feeling amazing after!

2. TGC Zumba Gold - A low impact version of Zumba. There is no jumping and the class is slower paced but Zumba Gold is still a good workout and LOTS of fun! Ideal for active older adults / beginners.

3. TGC Strictly Dance - A solo dance-fitness class inspired from Strictly Come Dancing TV show. The routines incorporate real Ballroom and Latin moves. You don't need dance experience, a partner or high heels. Get ready to cha-cha your way to fitness!

4. TGC Body Tone - An extremely popular and unique class which is delivered only by FitMixx! Build core strength, tone and trim your abs, butt, thighs and arms to current funky beats. Includes standing and mat work.

5. TGC Pulse - Get your pulse pumping with this hot workout, exclusive to FitMixx. Combining CARDIO, TONING, COMBAT and STRETCH elements to give you one dynamic total body blast!

To access a pass go to <https://www.eventbrite.co.uk/e/fitmixx-classes-tickets-157015271905>

Once booked, we will send you instructions and a passcode.

**Mindful Therapies**

Mindful Therapies are running Facebook Live Mindfulness sessions that anyone can access for free. For more information and to look at any of their previous videos to see if it would suit you, go to <https://www.facebook.com/MindfulnessBasedTherapies>

**Home Activity Booklet**

This Girl Can@Active Newcastle has produced a Home Activity Booklet in a number of languages that offer guidance to women on how to stay well and active. These can be downloaded here

* English- <https://bit.ly/English-home-activity-booklet>
* Urdu- <https://bit.ly/Urdu-home-activity-booklet>
* Bengali- <http://bit.ly/Bengali-home-activity-booklet>
* Arabic- <http://bit.ly/Arabic-home-activity-booklet>
* Czech- <http://bit.ly/Czech-home-activity-booklet>
* Slovak- <http://bit.ly/Slovak-home-activity-booklet>
* Mandarin- <http://bit.ly/Mandarin-home-activity-booklet>