



Living Well North Tyneside

Supporting Health and Wellbeing

to support their wellbeing. In venues across North Tyneside, we offer face-to-face sessions based on the topics and issues that carers find helpful. The programme includes sessions to:

- Enhance practical caring skills e.g. First Aid, Infection Control
- Improve mental wellbeing and coping skills e.g. Mindfulness,
- Stress Management, Caring with Confidence
- Increase understanding of illnesses and conditions e.g. Understanding Stroke, Dealing with Dementia, Coping with Mental Health issues
- Increase knowledge of issues related to caring e.g. Legal issues such as Lasting Power of Attorney and Mental Capacity, How Telecare and Technology can help

All our sessions are offered free of charge and are designed to give you the skills and knowledge to help you cope confidently in your caring role.

[Please click here](#) to book a place on one of our sessions.

We also work with other organisations who are happy to share their expertise to support carers to run events and courses.

If you see a session or event that you are interested in attending but you are unable to leave the person you care for to attend, please contact the Centre and we will discuss the options available to you. We are always keen to hear carers' views so if you have any suggestions for new training or information sessions then please let us know.

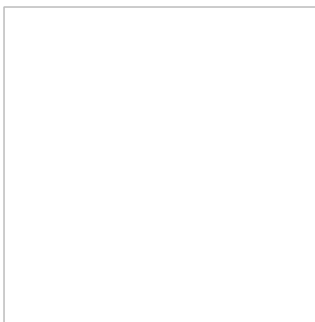
If you would like to discuss a course or information session or would like further information contact the Centre on 0191 2496480 or email us at training@ntcarers.co.uk



[Training
session](#) |

[information for
carers](#) | [carers](#) |

[first aid](#)





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<https://www.norhtynesidecarers.org.uk/adult-carers/training-events-and-information-sessions/>



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