



Living Well North Tyneside

Supporting Health and Wellbeing

- 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 see our current programme of training, events and information sessions.

We also work with other organisations who are happy to share their expertise to support carers to run events and courses e.g. delivering Dementia Care: Staying Connected and Living Well which is a free course developed by Newcastle University; conference highlighting good practice and support services for Autistic people and their carers.

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 enquiries@ntcarers.co.uk.



Training session | carers | information | first aid



**TRAINING AND
INFORMATION
SESSIONS**



0191 2496480



enquiries@ntcarers.co.uk



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<https://www.northtynesidecarers.org.uk/>



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