



North Tyneside  
Carers' Centre

## Supporting someone with dementia programme

### Dementia Awareness

**Monday 30 May (10am - 1pm)**

**Face to face session at North Tyneside Carers' Centre**

This session will explore different types of dementia and symptoms, the difference between dementia and delirium, how to have a conversation with someone you may have concerns about having dementia and what happens when a diagnosis is received.

We will also explore how dementia can change relationships and ways to preserve them and focus on support available for the carer and the person they care for.

### Creating resources to support people living with dementia

**Tuesday 7th June (10am - 12pm)**

**Face to face peer support session at Scout HQ, North Shields**

Join us to learn how to create resources to support a loved one living with dementia and share experiences with other carers who understand.

### Self-care and building resilience for the dementia journey

**Wednesday 8th June (10am - 1pm)**

**Face to face session at Wallsend Customer First Centre**

This session is specifically for carers supporting someone with dementia. The session will enable carers to put in place practical techniques for self care and to build resilience skills.

**To sign up:**

0191 643 2298

[training@ntcarers.co.uk](mailto:training@ntcarers.co.uk)

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### **Supporting someone with middle stage dementia**

**Monday 20th June (10am-1pm)**

**Face to face session at Tynemouth Scout HQ, North Shields.**

The session will give carers an opportunity to think about the challenges they are facing and learn techniques that you can use to support your loved one who are at this stage in their dementia diagnosis.

### **Supporting someone with early stage dementia**

**Wednesday 22nd June (10am-1pm)**

**Face to face session at Wallsend Customer First Centre**

The session will give carers an opportunity to think about the challenges they are facing and learn techniques that you can use to support your loved one who are at this stage in their dementia diagnosis.

### **Supporting someone with late stage dementia**

**Monday 18th July (10am-1pm)**

**Face to face session at North Tyneside Carers' Centre**

The session will give carers an opportunity to think about the challenges they are facing and learn techniques that you can use to support your loved one who are at this stage in their dementia diagnosis.

### **Normal Ageing vs Not Normal Ageing**

**Monday 25 July (10am - 1pm)**

**Face to face session at North Tyneside Carers' Centre**

Join us for this session to find out about normal ageing versus not normal ageing and the early stages of dementia. We will explore the impact of changing sensory awareness and processing as dementia progresses

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## Other training and information sessions you may find helpful:

- Understanding capacity and managing someone's affairs
- Carers' benefits and entitlements
- Arranging and paying for care
- Caring at end of life

To find out more about these sessions, please contact us via email or call us - details below.

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