

May 2018



Carers Week 11th-17th June 2018

This Carers Week we are looking at all the ways we can support carers to stay Healthy and Connected. Building communities which support carers to look after their loved ones well, while recognising that they are individuals with health and wellbeing needs of their own.

We have a programme of events throughout the week where we hope there will be something for everyone!

Monday 11th June: Self Care Session. 10am - 12noon. STACS Salvation Army Building. Self Care looks at how we can take better care of our own body and mind.

Tuesday 12th June: York Trip Leaving South Shields at 9.30am and returning for 6pm. Pick up point Hedworth Hall, Dean Road, South Shields Cost £12

Wednesday 13th June: Coffee and Cakes at STACS Salvation Army Building with tombola/raffle. 10am—12noon

Mindfulness Session at 11.30am

Thursday 14th June: Hair and Beauty treatments at South Tyneside College. Morning and afternoon sessions available. Beauty treatment includes facial and nail file and polish, or a blow-dry in the hair salon. Cost £5

To book a place please complete and return your reply slip with required payment by Friday 1st June

Friday 15th June: Carer Celebration Event 10am-3pm at Clover and Wolf (Formerly The Mile) Brigham Place, South Shields Information stalls, therapies, healthy food demonstrations, tasters, and entertainment. No booking required.

More Carers Week Activities

Age Concern

Gym Induction Sessions

Benefit Checks

IT Drop-in

For more information

Tel 0191 4566903

Mental Health Concern

Coffee & Cakes

Gretna Green Trip

Men's Group

For more information

Tel 0191 4270011

Groundworks

Green Gym

Local Walks

For more information

Tel (0191) 4281144

PRS Inclusion Café

(Now at Age Concern)

Come along between 9am-3pm. Special offers for Carers, Cuppa and a cake £1.95

Contact us

Salvation Army Building, Wawn Street, South Shields. NE33 4EB

T : 0191 4061531 E: STACS@cgl.org.uk

STACS Befriending Service

For many Carers, having a little time out just isn't possible due to the demands of caring and not being able to leave the person they care for unattended. The Befriending Service is a non-chargeable provision offering two to three hours a week where a Befriender/Volunteer will visit the Carers home to provide company and reassurance enabling that much needed time. For more information about accessing the service or becoming a Befriender Volunteer, please contact Maria Ingram, Tel 0191 4061531 E: Maria.Ingram@cgl.org.uk

Helping Carers to deal with different aspects of their caring role.

Caring with Confidence offers six weekly sessions, each focusing on different aspects of the caring role. Topics include learning available resources, coping with caring, looking after own health and wellbeing, and making the best of communication methods. Sessions are informal and relaxed, previous carers have expressed that they found the sessions to be very enjoyable and a good opportunity to share ideas. To book a place please contact Monica Scott, Tel 0191 4061531, email Monica.Scott@cgl.org.uk

“ Hello, my name is Dorothy and I have had the help of the befriending service for the past few months. I can honestly say that I find everyone belonging to the service very helpful and friendly. I can rely on them each week for my two hour break, it allows me time to do the jobs which otherwise I could not easily do. Whether that is a hairdressing appointment or just a visit to the shops, I know that my husband Sam is well taken care of and I do not have the worry of leaving him alone in the house. If you get the chance of using the befriender service I am sure you will not be disappointed. **”**

Carer



Would you like to find out more about local services in South Tyneside? Change 4 Life hold a regular drop in at Cleadon Park Primary Care Centre, Prince Edward Road, South Shields where a range of service providers are available to talk to and give information. Free refreshments and soup are provided in a relaxed and sociable setting.

The events run from 10am-1pm on the following dates:

- 14th May**
- 2nd July**
- 17th September**
- 12th November**
- 17th December**



Hebburn Forum, Seminar Room The Glen Medical Group, Glen Street, Hebburn Wednesdays, 10am-12noon	Whitburn Forum The Barnes Institute, East Street, Whitburn, Thursdays, 10am-12noon	Evening Forum STACS Wawn Street South Shields, Mondays, 5-7pm	Parent Forum STACS Wawn Street South Shields, Mondays, 10am-12 noon	Tenpin Bowling The Dunes, South Shields Wednesdays, 10am-12noon
6 th June 1 st August 3 rd October	3 rd May 5 th July 6 th September 1 st November Forums are often attended by a guest speaker, refreshments provided	21 st May 25 th June 30 th July 20 th August 24 th September 29 th October 26 th November	14 th May 11 th June (Carers Wk) 9 th July (No August meet) 10 th September 8 th October 12 th November	16 th May 20 th June 18 th July 19 th September 17 th October 21 st November

