



North Tyneside  
Carers' Centre

## CARING AND ME

In a recent survey, over 80% of carers stated that caring had a negative impact on their own health.

These sessions provide an opportunity for you to take some time out and consider your own needs, so that you feel more able to cope with the demands of your caring role.

**Thursday 6th and 13th May**  
**10am - 11.30am**  
**Online**

Attend this two week programme and we will support you to explore techniques to maintain your own emotional and physical wellbeing and learn ways to help you deal with difficult emotions such as guilt.

Visit [www.northtynesidecarers.org.uk/getting-online](http://www.northtynesidecarers.org.uk/getting-online) for videos and instructions on how to use Microsoft Teams before you join the sessions.

**To sign up:**

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