

For more information or to book a place on the 'Understanding mental health and related issues' course please contact:

Barbara Quinn, Carer Support Development Worker, Clifton Mount Community Mental Health Team, Telephone 0191 277 2355; or

Gill Foster, Carer Support Nurse Specialist St Nicholas Hospital, Telephone 0191 223 2368

This course is provided by the Northumberland, Tyne and Wear NHS Trust and the Newcastle Primary Care Trust.



August 2007

Carers Centre Newcastle is supported by:



and is part of Newcastle Healthy City Project, Registered Charity No. 1060063.

Understanding mental health and related Issues

A support and information course for carers supporting a family member or friend who is aged between 18 and 65 and experiencing mental health problems.

At Carers Centre Newcastle

6 Saville Place
Newcastle upon Tyne
NE1 8DQ

Telephone 0191 260 3030
Fax 0191 230 1500
Email CarersCentreNewcastle@btconnect.com
www.newcastlecarers.org.uk



The course

Is an opportunity to meet with other carers and share experiences and expertise both with each other and a range of mental health workers.

Take part in informal discussions about:

- Understanding mental health
- Services in Newcastle
- Coping with symptoms and situations
- Drug and alcohol awareness
- Benefits entitlements
- Problem solving
- Carers rights and Mental Health law
- And many other issues!

The course is free to any carer living in Newcastle or supporting someone who lives in Newcastle. **See the back page for details of how to book your place.**

Dates 2007

Two separate courses run every year; each of which lasts for ten consecutive weeks.

Both are held on Tuesday afternoons from 1pm until 4pm at Carers Centre Newcastle. Refreshments are provided.

Course one

April 17th

April 24th

May 1st

May 8th

May 15th

May 22nd

May 29th

June 5th

June 12th

June 19th

Course two

September 4th

September 11th

September 18th

September 25th

October 2nd

October 9th

October 16th

October 23rd

October 30th

November 6th