

NOVEMBER 2020**Training Calendar to Support Carers to Return to Work**

Monday	Tuesday	Wednesday	Thursday	Friday
<p>2nd</p> <p>10:00-11:00 am Transferrable Skills</p> <p>6:30-7:30 pm Virtual Mindfulness (Host: North Tyneside Carers' Centre)</p>	<p>3rd</p> <p>10:00-11:00 am CV Writing Skills</p> <p>6:30-7:30 pm Virtual Mindfulness (Host: North Tyneside Carers' Centre)</p>	<p>4th</p> <p>6:30-7:30 pm Virtual Mindfulness (Host: North Tyneside Carers' Centre)</p>	<p>5th</p>	<p>6th</p>
<p>9th</p>	<p>10th</p>	<p>11th</p> <p>10:30-11:30am Interview Skills</p>	<p>12th</p> <p>11:30am-12:30pm Writing Cover Letters</p>	<p>13th</p>
<p>16th</p>	<p>17th</p> <p>1:30-2:30pm Communicating with Confidence (Host: North Tyneside Carers' Centre)</p>	<p>18th</p> <p>11:30am-12:30pm Making Guilt Manageable (Host: Carers Northumberland)</p>	<p>19th</p> <p>11:00am-12:00pm Application Forms</p>	<p>20th</p>
<p>23rd</p> <p>10:00-11:00am Caring and Me (Host: North Tyneside Carers' Centre)</p> <p>12:00-1:00pm Carer's Rights in Work</p>	<p>24th</p> <p>11:00am-12:00pm Assistive Technology with a guest speaker from Ostara (Newcastle)</p>	<p>25th</p> <p>12:30-1:30pm Writing your Supporting Statement</p>	<p>26th</p>	<p>27th</p>
<p>30th</p> <p>10:00-11:00am Caring and Me (Host: North Tyneside Carers' Centre)</p>				