

July 2023

Hello! Welcome to our Summer newsletter.

We've enjoyed many activities over the past few months, here's just some of the highlights;



"Kings Coronation" at Readhead Park



"Carers Week" Coastal Walk



*"Volunteers Week" Celebration
Event at The Hedworth Hall*

Coach Trip to York



Tuesday 12th September

Leaving South Shields 9am

Returning for 6pm

Stroll down the shambles, cruise along the river, explore the Minster or delve into Yorks Scandi past at the Jorvik Viking Centre. There's something for everyone at historical York.

**£15 per person
(non-refundable deposit required)
Please express your interest on
the Reply Slip**



We could not achieve all of these great activities without the support of our local community. South Tyneside Council and Barbour Foundation provided funding to celebrate The Kings Coronation.

Sport England has enabled us to support our members wellbeing with regular fitness sessions. ASDA have been a fantastic help supplying catering and refreshments at our events.

NECA Community Garden have supported us to continue our outreach sessions. We have just celebrated one year since we first started the Garden Project,

The Local Freemasons Benevolence Fund have recently awarded a grant of £1000 to support our Carers Summer Wellbeing programme.

A huge thank you to all of our members, partners and friends who are always willing to help .

Contact us

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

T : 0191 4061531 E: STACS@cgl.org.uk Facebook: South Tyneside Adult Carer Service





Meet Lesley who has recently joined the team as our new Befriender. Lesley is already embracing her new role, visiting families and offering a little respite to our Carers with a weekly Befriending visit as well as complimenting our Dementia Friends Sessions. Welcome aboard Lesley!



We will be making the most of the fine weather with the Garden Project, Friday mornings, weekly at NECA community allotments, Brockley Avenue, South Shields. Contact Rachel for more info.



Fitness sessions with Mark, Tuesday mornings, Readhead Park (weather permitting!) Contact Monica for further details.



Gill continues to offer her time voluntarily for Reiki therapy. Please contact Maria for more info.

Volunteering with STACS

We would like to welcome new volunteer applications for our Befriending Service. This project offers vital respite to our members, offering a little time out of their caring responsibilities through placement of suitable volunteers. It is a very rewarding role with great support. To find out more, please contact Maria, email Maria.Ingram@cgl.org.uk

Caring with Confidence

Caring with Confidence course will commence in September for five weeks. Each session considers the different aspects of caring for a family member or friend and the challenges that caring for someone can present.

For further information, please contact Monica, email Monica.Scott@cgl.org.uk



Parent Carer Forum, Mondays 10am - 12 STACS, Wawn Street South Shields	Evening Forum Mondays 5-7pm STACS, Wawn Street South Shields	Whitburn Forum Thursdays 10am-12 Barnes Institute East Street, Whitburn	Hebburn Forum Wednesdays 10-12 The Glen Surgery Glen Street Hebburn	Tenpin Bowling Wednesdays 10 -12 The Dunes Sea Road South Shields
11th Sept 9th October 13th November	31st July 21st August 25th September	3rd August 7th September 4th October	12th July 9th August 13th September	5th July 6th September 4th October

Substance Misuse Carers Group: Mondays 5-7pm STACS, Wawn Street South Shields	Dementia Friends Sessions Tuesdays 1-3pm Salvation Army Building Wawn Street, South Shields	Dementia Information Sessions Tuesdays 3-4pm Salvation Army Building Wawn Street, South Shields
10th July 14th August 11th September	11th July 25th July 8th Aug 22nd Aug 5th Sept	19th Sept 3rd Oct 17th Oct 31st Oct
		1st August 5th September 3rd October



Better Health
at Work Award

Silver Award

