South Tyneside Adult Carers Service

The Newsletter for Carers in South Tyneside



July 2023

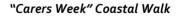
Hello! Welcome to our Summer newsletter.

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



"Kings Coronation" at Readhead Park







"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.

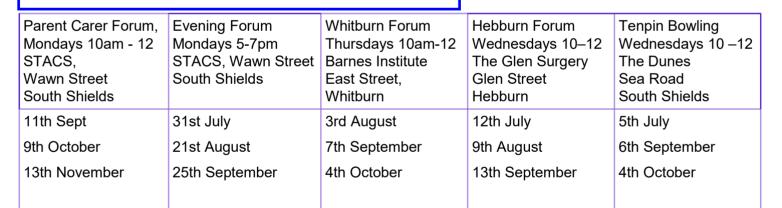
Volunteering with STACS

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



Substance Misuse Carers	Dementia Friends Sessions		Dementia Information Sessions
Group: Mondays 5-7pm	Tuesdays 1-3pm		Tuesdays 3-4pm
STACS, Wawn Street	Salvation Army Building		Salvation Army Building
South Shields	Wawn Street, South Shields		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





confidence