



# Newham Carers Community: Monthly Training Schedule 2024

The training will be delivered as a hybrid: in-person and Online

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| <p><b>JANUARY</b></p> <p><b>BUILDING RESILIENCE AS A CARER</b></p> <p>DATE: <b>MONDAY 29TH JANUARY</b><br/>TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>                              | <p><b>JULY</b></p> <p><b>THINKING AHEAD FOR CARERS OF CHILDREN/YOUNG PEOPLE/ADULTS</b></p> <p>DATE: <b>TUESDAY 16TH JULY</b><br/>TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>              |
| <p><b>FEBRUARY</b></p> <p><b>CARERS AND ADVOCACY</b></p> <p>DATE: <b>MONDAY 26TH FEBRUARY</b><br/>TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>                                       | <p><b>AUGUST</b></p> <p><b>STRESS/ANXIETY MANAGEMENT</b></p> <p>DATE: <b>TUESDAY 20TH AUGUST</b><br/>TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>  |
| <p><b>MARCH</b></p> <p><b>MINDFULNESS MEDITATION FOR DAILY LIVING</b></p> <p>DATE: <b>MONDAY 18TH MARCH</b><br/>TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>EAST HAM LIBRARY, 328 BARKING RD, LONDON E6 2RT</b></p> | <p><b>SEPTEMBER</b></p> <p><b>SKILLS FOR EFFECTIVE DISPUTE RESOLUTION</b></p> <p>DATE: <b>TUESDAY 17TH SEPTEMBER</b><br/>TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>                      |
| <p><b>APRIL</b></p> <p><b>THE RIGHTS OF CARERS: THE CARE ACT 2014</b></p> <p>DATE: <b>TUESDAY 16TH APRIL</b><br/>TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>                        | <p><b>OCTOBER</b></p> <p><b>MAKING SUCCESSFUL DLA/PIP APPLICATIONS AND CHALLENGING DECISIONS</b></p> <p>DATE: <b>TUESDAY 22ND OCTOBER</b><br/>TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p> |
| <p><b>MAY</b></p> <p><b>POSITIVE THINKING</b></p> <p>DATE: <b>TUESDAY 21ST MAY</b><br/>TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>  | <p><b>NOVEMBER</b></p> <p><b>DEMENCIA AWARENESS FOR FAMILY CARERS</b></p> <p>DATE: <b>TUESDAY 19TH NOVEMBER</b><br/>TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>                           |
| <p><b>JUNE</b></p> <p><b>THE RIGHTS OF CHILDREN AND YOUNG PEOPLE WITH SEND AGED 0-16</b></p> <p>DATE: <b>TUESDAY 18TH JUNE</b><br/>TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>      | <p><b>DECEMBER</b></p> <p><b>ASSERTIVENESS SKILLS</b></p> <p>DATE: <b>TUESDAY 17TH DECEMBER</b><br/>TIME: <b>11AM - 12.30PM</b></p> <p>LOCATION: <b>655 BARKING RD, E13 9EX</b></p>   |

For more information, please contact us on: **02039 543 143**  
or email to: **info@newhamcarerscommunity.org.uk**