

# MECC: Think Carer



## Date & Time

Tuesday 7<sup>th</sup> Nov 2023  
14.00 – 15.30



## Venue

South Shields Business Works  
Henry Robson Way, NE33 1RF

A carer is anyone, including children and adults who looks after a family member, partner or friend who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without their support. The care they provide is unpaid.

The session will provide an awareness of hidden carers, provide you to be confident to 'Think Carer' and provide you with a conversational framework which allows you to support the carer with what matters to them.

The training is free to attend but **booking is essential**. To secure your free place or to find out more information on all of our courses please visit

<https://firstcontactclinical.co.uk/Courses/a-better-u-training>

We can also offer our training **face to face** or **virtually** to your team/organisation/workplace (minimum numbers apply) at a time and place that suits you. For more information contact us on:

Email: [training@firstcontactclinical.co.uk](mailto:training@firstcontactclinical.co.uk) or Tel: **0191 4329838**



**FIRST CONTACT CLINICAL**  
ENABLING HEALTHY CHANGE

