

Suffolk Family Carers



Living Fuller Lives

Online Groups available from Suffolk Family Carers

Due to the current situation all our face to face groups have been suspended. However, please see the schedule below for **online** programmes, workshops and Carers Coffee Breaks available **FREE** to our registered family carers over eighteen.

If you would like to register with us as a family carer, please complete our registration form on our website: www.suffolkfamilycarers.org/register-with-us-2

Contacts for bookings and enquiries:

Tel: 01473 835477

Email: hello@suffolkfamilycarers.org

Alternatively, book direct via our website:

www.suffolkfamilycarers.org/events/category/programmes-and-workshops/

Full instructions on how to access these **online** groups via **MS Teams** will be sent with confirmation of your place.

Please let us know if you are unable to attend but would like to receive information on future online and face to face groups. Unfortunately, we are currently unable to deliver all of our condition specific programmes and workshops and hope that you will join us at our generic ones.

Please note that places are limited and must be booked in advance.

Carers Coffee Breaks

These informal one-off sessions will provide a safe space to share experiences together and gain support. There will be different themes such as sharing interests, keeping connected during the pandemic and tips for wellbeing. **There is no need to attend all sessions so do come along to the ones you can with a cup of coffee/tea and connect with other carers.**

Session ref	Dates	Times	Booking
CCBOL210421 CCBOL120521 MORE DATES COMING SOON! <i>Keep an eye on our website or contact us for more info...</i>	Wednesday 21 st April 2021 Wednesday 12 th May 2021	10.30am – 11.30am 1.30pm – 2.30pm	Please contact us on the details above

Caring and Coping Workshop

However dedicated we are to caring for our loved ones, being a family carer can sometimes be stressful. This workshop will explore how stress affects us and some tips for coping with it. Bring along your favourite edible treat and find out how eating chocolate can help cope with stress! **Please choose from one of the workshop dates below.**

Workshop ref	Date	Time	Booking
C&COL130421 C&COL150621	Tuesday 13 th April 2021 Tuesday 15 th June 2021	1.30pm – 3pm 1.30pm – 3pm	Please contact us on the details above

Carers Wellbeing Breaks Programme (3 week programme, 1 session each week)

This programme enables you to look at how your caring role can impact your own emotional wellbeing and how you can improve this. Subjects include; the different roles we have in life, assertiveness, dealing with anxiety, overcoming challenges and mindfulness. **We do encourage you to attend all sessions to gain the maximum benefit.**

Programme ref	Dates	Times	Booking
CWBOL150421	Thursday 15 th April 2021 Thursday 22 nd April 2021 Thursday 29 th April 2021	10.30am – 11.30am 10.30am – 11.30am 10.30am – 11.30am	Please contact us on the details above

Caring and Trauma Workshop

The effects of trauma can make family caring feel like we're riding a driverless bus blindfolded! This workshop aims to increase understanding of what trauma is and how it occurs, raise awareness of Post Traumatic Stress disorder and Complex Post Traumatic Stress Disorder, understand how they impact those who experience them and signpost some possible coping strategies.

Workshop ref	Date	Time	Booking
C&TOL200421	Tuesday 20 th April 2021	1.30pm – 3pm	Please contact us on the details above

Caring Day to Day Workshop

Sometimes family caring feels like a juggling act we're just not trained for. This workshop will explore the practical problems and challenges of day to day caring and identify changes to manage these. The workshop will also provide you with an opportunity to step back and consider how you can balance your caring commitments with the other things in life which are important to you. **Please choose from one of the workshop dates below.**

Workshop ref	Date	Time	Booking
CDDOL270421 CDDOL240621	Tuesday 27 th April 2021 Thursday 24 th June 2021	1.30pm – 3pm 1.30pm – 3pm	Please contact us on the details above

Caring and Communicating Workshop

Have you ever tried to ask a doctor/other professional a question and ended up frustrated that you didn't get an answer? Or tried to talk to the person you care for or others about a difficult subject and felt you could have handled it better? This workshop will help you tackle these issues - and it will also help you develop techniques for planning how you ask for what you need and increase your chances of getting it.

Workshop ref	Date	Time	Booking
CCCOL260521	Wednesday 26 th May 2021	10.30am – 12pm	Please contact us on the details above

Caring for Young People with Autism/ADHD Programme (3 week programme, 1 session each week)

Available to parents/carers who live in East and West Suffolk.

This programme is for parents/carers of young people (up to the age of 18) with ASD/ADHD and will reflect on the way in which you care whilst maintaining your own wellbeing. Subjects include; condition traits and sensory issues, communication, limit setting, anxiety and self-care. **We do encourage you to attend all sessions to gain the maximum benefit.**

Programme ref	Dates	Times	Booking
ASDOL050521	Wednesday 5 th May 2021 Wednesday 12 th May 2021 Wednesday 19 th May 2021	10.30am – 11.30am 10.30am – 11.30am 10.30am – 11.30am	Please contact us on the details above