

Caring with Confidence

Caring with Confidence is an information programme designed to offer you information and guidance on topics such as;

- Rights and entitlements
- Effective communication
- Taking care of yourself
- Balancing your commitments
- Coping with daily challenges

"I am very grateful for this course, as it has helped me so much. It is giving me the help I need to improve my life and allowing me to feel that it is alright to think about myself more, whereas before I felt guilty"

"I found the programme excellent. It was good to speak to others with similar problems and situations to me"

"Fantastic course, very empowering and thought provoking. Very well delivered. Nice to meet other parents and bounce ideas and strategies off one another"



Who's in Charge?

The Who's in Charge? programme is for family carers experiencing child to adult violence. The overall aim of the 9 week programme is to reduce parental guilt, build hope, explore realistic consequences for non-cooperative children and provide strategies and tools to realign control in the home.

Wellbeing For Me

We provide a programme for family carers who are themselves feeling anxious, stressed or depressed.

- Topics include;
- How you feel emotionally and physically and the links between them
 - Assertiveness
 - Challenge solving
 - Relaxation

Caring for Young People or Adults with Autism/ADHD (separate programmes)

These programmes are for those family carers who are supporting someone who is diagnosed with Autism and/or ADHD. To reflect on the way in which they care whilst maintaining their Wellbeing.

- Topics include;
- Condition traits
 - Caring styles
 - Communication
 - Limit setting
 - Sensory issues
 - Anxiety

If you would like to find out where any of your local programmes are, or would just like more information, contact:
Mental Health and Wellbeing Service
Telephone: 01473 835438/835407
Email: cwc@suffolkfamilycarers.org
Web: www.suffolkfamilycarers.org

Looking after YOU!

As a family carer, you may feel stressed and worried, spending time thinking about your loved ones condition and the impact this has on your lives. You may spend a lot of time thinking about the things you need to do in your caring role and subsequently, find it hard to switch off or have trouble sleeping. Longer term, this can impact on your own wellbeing.

- Try to prioritise your own needs from time to time. This may benefit your own wellbeing but also enhances your ability to care for others.
- Be kind to yourself; it's ok to get it wrong and feel helpless at times. We cannot change anybody else- we can only change how we respond to them.
- Share your feelings with someone you trust. If this is difficult, attending one of our programmes can provide you with the opportunity to meet others who understand.
- Be realistic about what you can do and accept what you can't change or do alone. This can help you to reduce stress and cope better.
- Remember we are here to help support you. Contact our Information Line (01473 835477) for one to one telephone support, advice and guidance.



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Family Carers
Living Fuller Lives

Looking After YOU!



Suffolk Family Carers are here to help and support you. Look inside for the various programmes we run!