

Workshop Dates

Newark and Sherwood Community
and Voluntary Service
Thursday 14th September 2017

Retford Library
Thursday 12th October 2017

Mansfield Library
Tuesday 17th October 2017

Beeston Library
Tuesday 24th October 2017

West Bridgford Library
Thursday 23rd November 2017

Workshops will run
10.30am—3.30pm

Lunch and
refreshments
will be
provided



Other Wellbeing Workshops for Carers

A range of additional Health and Wellbeing Workshops are also available just for carers, focusing on specific topics:

Mindfulness Being Here and Now
Monday 9th October 2017, 1pm – 4pm
Ashfield Health and Wellbeing Centre

Introduction to Seated Yoga
Monday 16th October 2017, 1pm – 4pm
Mansfield Library

Food and Nutrition – The Complete Diet
Friday 20th October 2017, 10am – 12.30pm
Newark Library

Managing Stress, Anxiety and Depression
Friday 20th October 2017, 4.30pm – 7pm
Hucknall Library

Mindfulness and Sensory Walks
Saturday 21st October 2017, 1pm – 4pm
Workshop Library

Peace of Mind
Friday 27th October 2017, 10am – 1pm
Stapleford Library

Introduction to Seated Yoga
Friday 27th October 2017, 10am – 1pm
Eastwood Library

Mental Health Awareness
Friday 27th October 2017, 10am – 1pm
Arnold Library

FREE

Health and Wellbeing Workshops for Carers



Workshop overview

Your Caring Role

Taking Stock of the Role
How are you feeling?

Your Healthy Lifestyle

The Importance of Nutrition and Diet
Fitting in Exercise and Activity

Your Wellbeing

Mindfulness Techniques
Managing Stress and Anxiety
Looking after Yourself

Your Caring Role

You are a carer if you look after a family member or friend without being paid. This may be due to illness, disability, mental health problems or an addiction.

The workshop will identify the types of support you provide and help you to develop the knowledge and skills to assist you and the person you look after.

The session will help you to:

- Develop personal aspirations and plan for the future
- Manage stress, anxiety and depression
- Get your voice heard by professionals
- Consider your happiness and wellbeing
- Get advice and support from other agencies

Your Healthy Lifestyle

This session will explore the simple steps you can take towards a healthier lifestyle, such as improving diet and nutrition and incorporating exercise and activities into daily routines.

Your Wellbeing

The final part of the workshop will look at how mindfulness techniques and different ways to manage stress and anxiety can help you to improve your mental health, and the mental health of the person you look after.

The session will also look at ways to enable you to include leisure, pleasure and other activities into your life. It will also look at ways to celebrate small successes and rewards in a simple and effective way.



Further information

The courses are funded by Nottinghamshire County Council and local NHS Clinical Commissioning Groups. This means all workshops on offer are provided **FREE OF CHARGE** to all carers, who provide support to a relative or friend who live in Nottinghamshire (excluding Nottingham City).

Book a place

Please contact:

The Nottinghamshire Carers Hub

On: **0115 824 8824** (lines are open Monday to Friday, 9am until 5pm)

Email: hub@carerstrustem.org

Our Partners

