

Workshop Overview

Your Caring Role

Taking Stock of the Role / Assessment
Carer Review: How you are 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

Workshop Dates

Workshop Library	Mon 27 th February
Sutton in Ashfield (Eastbourne House)	Sat 4 th March
Mansfield Library	Mon 6 th March
Stapleford Library	Tue 7 th March
Arnold Library	Mon 13 th March
Ollerton Library	Fri 24 th March
Bingham Library	Tue 28 th March

Courses will run from 10:30 am to 3:30 pm

Refreshments will be provided



Further Information

Travel expenses & respite care

Nottinghamshire County Council
will pay for your travel expenses and
respite care to attend the workshop.
Please enquire at Nottinghamshire
Carers Hub for a claim form.

To Book A Place

Please contact Nottinghamshire Carers Hub:

On: 0115 824 8824

(lines are open Monday to Friday, 9am until 5pm)

Email: hub@carerstrustem.org

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County Council**



Health & Wellbeing Workshops for Carers



Your Caring Role

A carer is anyone who cares, unpaid, for a friend or family member who due to illness, disability, mental health problems or an addiction cannot cope without their support.



The workshop will start by determining what your caring role entails and will highlight some of the key areas of support that you carry out on a regular basis. Many carers are unaware of the range of support they provide including:

- Personal care and physiological/medical
- Financial and economic
- Mental, physical, emotional and social

By identifying the key areas of support you provide, the training can cover knowledge and skills to help you effectively support the cared for.

During this session you will review your health and wellbeing and identify areas for personal growth and development including:

- Personal aspirations/future planning
- Managing stress, anxiety and depression
- Developing skills and knowledge
- Increasing influence on treatment and care
- Determine happiness and wellbeing levels
- Identify agencies for support and advice

Your Healthy Lifestyle

This part of the day will explore the different facets of a healthy lifestyle. It will suggest ways to identify opportunities that can assist in developing a healthier lifestyle for yourself as the Carer and the person you care for.

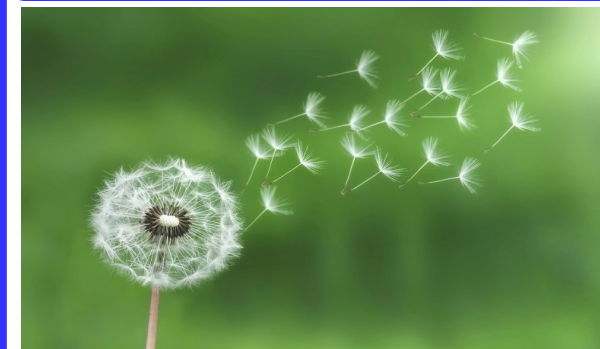


The session will focus on different considerations for improving diet and nutrition and strategies to incorporate exercise and activities in to daily routines. An overview of the many other cogs that make up a healthy lifestyle will be discussed.

The main purpose of this session is to raise awareness and encourage self reflection on ways you and the person you care for can improve their lifestyle in simple stages. The healthy lifestyle will use information from recent research to reflect on our current routines.



Your Wellbeing



The final part of the day will look at how you can meet the challenges of your caring role and also lead a healthy lifestyle. The content of this session will focus on the use of mindfulness as a means to manage the mental health of both the cared for and yourself.

The session will also explore other factors which could impact on you and will suggest ways to manage stress and anxiety. This will take a holistic approach to coping with many mental health issues.

The workshop will conclude with ways to incorporate leisure and pleasure activities into your life. It will look at ways to celebrate small successes and rewards in a simple and effective way.

