

Are you an **unpaid carer**, over 18-years-old, supporting someone who experiences mental ill-health?



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Learning about recovery: its impact on the caring process

Are you an unpaid carer, over 18-years-old, supporting a family member, friend, or neighbour who experiences mental ill-health? Would you like to attend a free course which focuses on teaching about the recovery concept by combining both virtual face-to-face and independent online learning?

By recovery, we mean that the service user can live a life of purpose despite having a mental health condition. The programme forms part of a research project, undertaken by Dr Joanna Fox at Anglia Ruskin University, to evaluate its effectiveness. Participation in the course may help you to care more effectively and to understand the experiences of the person you care for better.

To be eligible: Priority will be given to those attending this course for the first time. You will need access to an internet connection to enable you to take part in the programme. The person you support should experience a serious mental illness such as psychosis, schizophrenia or bi-polar disorder (but not forms of dementia). The person may/may not have a diagnosis or may/may not be accessing services. **You would be expected to attend all the sessions and complete an online questionnaire before and after participation to evaluate the course.** You will be provided with an information sheet and asked to sign a consent form to give your permission to participate in the research.

All sessions will be delivered online. Sessions 1, 3 and 5 will take place via face-to-face virtual teaching and sessions 2 and 4 will be completed as independent online learning in your own time.

Introductory session and meet your peers and teachers online	Monday 25 April 2022, 6.30pm–7.30pm
Session 1: Introduction to recovery	Wednesday 27 April 2022, 6.30pm–8.30pm
Session 2: Carers assessment and recovery	Completed online.
Session 3: A carer's own journey of recovery	Wednesday 11 May 2022, 6.30pm–8.30pm
Session 4: Mental health services and recovery	Completed online
Session 5: The carer's and service user's journey	Wednesday 25 May 2022, 6.30pm–8.30pm

For further information please contact:
Dr Joanna Fox, Anglia Ruskin University.
E: Joanna.Fox@aru.ac.uk T. 01223 698939