



Parent carer thrive

A programme of learning opportunities to support you in your caring role



caringtogether.org

Are you a parent carer to a young person who is approaching adulthood?

Then our parent carer learning opportunities are for you. We have developed a comprehensive programme of learning opportunities, on a wide range of topics, that are designed to give you information and practical skills to help in your caring role.

How the learning is delivered

Sessions will be a mixture of in-person, face-to-face and online.

There are a range of session lengths from short, bite-sized topics to longer part-day sessions, so there should be something to suit all.

What is on offer?

Developed in partnership with carers, we aim to cover all of those "I wish I had known about that sooner" areas and have a breadth of topics including:



Benefits



Relationships



Legal and finance



Carers' rights



Personal budgets



Understanding health and social care

What if I can't see anything for me?

We want to work with carers to make sure what we are offering is as relevant and useful as possible. If you do not see anything for you, or if you have suggestions for other topics that you would like covered, we would love to hear from you, as we are keen to continually expand our programme.

Fact sheets

If the learning opportunities aren't for you but you would like more information about topics relevant to carers, we have a range of fact sheets available including carers' rights and emergency planning.

Contact our helpline team on 0345 241 0954 to request copies.

“

There's so much to think about and so many things we have never needed to consider before! Thank you for helping me to focus on what I need to think about as my son turns 18.

”



How can I find out more and book?

To be the first to hear about our learning opportunities for parent carers, sign up to get our regular email newsletters, which give you up to date information, straight to your inbox. Visit caringtogether.org/keepintouch to sign up.

We also have our upcoming sessions and links to book via our website caringtogether.org/events

If you are not online, or would like to discuss this with someone, please call our helpline team on 0345 241 0954 who can advise on what is coming up and book your place.

“
Having specific preparing for adulthood topics has helped me to plan for my son's future and helped me to think about myself and my own needs too.
”

Caring Together Charity
L D H House
Parsons Green
St Ives
Cambridgeshire
PE27 4AA

0345 241 0954
hello@caringtogether.org
caringtogether.org

Registered charity number 1091522.

Caring Together Charity is a company limited by guarantee.

Registered in England and Wales number 4379948.

All information correct at time of printing but subject to change at any time.

© 2023 Caring Together Charity

Ver 3.0 Sep 2023 Review Mar 2024

