



Carer Thrive

A programme of information workshops to support you in your caring role



caringtogether.org

Are you an adult carer? Would you like to feel more confident in your caring role?

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

How the workshops are 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:



Taking care of yourself



First aid



Legal and finance



Carers' rights



Taking care of your back



Understanding health and social care



Moving and assisting someone



What support is available locally

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 information workshops 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 advice line team on 0345 241 0954 to request copies or visit caringtogether.org/resources

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In the beginning I was given so much information it was just overwhelming, this has really helped me to understand which bits I need to deal with now and what there is for the future.

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How can I find out more and book?

To be the first to hear about our information workshop for 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 advice line team on 0345 241 0954 who can advise on what is coming up and book your place.

“

Thank you for today's session, it was very educational, knowing what is available will enable us to ask for the right support if needed.

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