



# Parent Carer Thrive

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



[caringtogether.org](http://caringtogether.org)

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

Then our parent 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 parent 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 parent 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 parent 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](https://caringtogether.org/resources)

“

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 information workshops 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](https://caringtogether.org/keepintouch) to sign up.

We also have our upcoming sessions and links to book via our website [caringtogether.org/events](https://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.

“  
Having specific preparing for adulthood topics has helped me to plan for my daughter'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](mailto:hello@caringtogether.org)  
[caringtogether.org](https://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.

© 2024 Caring Together Charity  
Ver 4.0   Sep 2024   Review Mar 2025

