


▶ Carers Wellbeing Course

Information leaflet

This course aims to provide support to family and friends who are adult carers and want to learn ways of managing their mental and physical wellbeing.





Whether you care for a child, a family member, a friend or neighbour, the demands on you as a carer can be rewarding and challenging. We know how important it is to care for a loved one, but it is also important that you look after yourself.

Our Carers Wellbeing Course is an online psycho-educational course which aims to provide support to unpaid adult carers.

Running over five weeks, the course is an opportunity to meet people who share similar experiences. Together we will develop and learn new skills that may help in coping with the demands of a caring role.

How do I know if it is for me?

If you would like to attend one of our courses you need to be:

- willing to learn new ways of managing your mental

and physical wellbeing

- interested in trying new skills both in the session and at home
- able to manage being in a group for up to one and a half hours.


If you're not sure if the course is for you, you can speak with one of our team and ask any questions you may have before you agree to be referred.

Just give us a call on [0114 226 2660](tel:01142262660) and ask to speak to a course facilitator.

What should I do if I'm interested in attending?

To attend the course you need to speak with your GP or mental health worker. They need to make a referral.

When we receive your referral we will offer you an enrolment appointment. This is an opportunity to meet us and ask any questions you may have.



The Carers Wellbeing Course

The course runs once a week over five weeks. Each session will last no more than 90 minutes.

We have carefully designed the course to reflect the realities and experiences of being a carer. We will focus on the mental and physical impact that this role can have and how you can look after yourself.

Week one

We will explore different experiences of caring, understanding the effects of stress and ways to cope with this.

Week two

We will consider the theme of self-care, what it means to us, what might stop us from addressing this, and identify ways we can take care of our minds and bodies.

Week three

We will identify and explore the common thoughts we may have when worried or

anxious. We will discuss ways that we can take care of our minds and bodies.

Week four

We will look at how caring can affect how we feel and explore ways that we can manage these feelings in a more helpful way.

Week five

In our final session we will look at how assertiveness can improve our communication with others. The course will conclude with a look at networks and resources to help maintain our wellbeing.

Each week we will also explore different relaxation activities.

Short Term Educational Programme

The Short Term Educational Programme, also known as STEP, offers courses for a range of mental health problems.

All of our courses are carefully designed and facilitated by experienced staff, alongside volunteers and experts by experience.

Get in touch

Our courses run at various times throughout the year.

If you would like to find out more about one of our courses you can get in touch with us using the below contact details:

Address

Short Term Educational Programme
Fourth Floor
The Circle
33 Rockingham Lane
Sheffield
S1 4FW

Telephone

0114 226 2660

Website

To find out more visit www.shsc.nhs.uk/step