**Carers Workshops at Wellspring**

Carers often do not see themselves as carers so here is a good definition of who a carer is…

*“A carer is someone of any age who provides unpaid support to family or friends who would not cope without this support”*

**Some types of carers are:**

Parent carers - looking after children who put extra demands on you as a parent.

Older adult carers - looking after elderly parents or a relative who has physical and or psychological problems.

Caring from afar – this is when the cared for lives away or in a care-home.  Often the stresses of caring from afar are psychological and involve lots of guilt and worry.

The cared for could also be an addict or be accessing Secondary Mental Health Care services.

Being a carer can be very difficult and involve juggling lots of responsibilities and emotions.  This can then lead to frustration, stress and worry.

Our carers’ workshops can help you cope better and are aimed at enhancing your resilience.

7th June: Week one – Managing your stress levels

14th June: Week two – Improving how you feel about yourself

21st June: Week three – Managing your frustrations

28th June: Week four – Coping with change

5th July: Week five – Keeping your spirits up

**If you would like to sign up for one or all of these workshops, please email** **reception@wellspringcounselling.org.uk** **with your name and phone number**

There are five stand-alone carers workshops, which run for an hour and a half.  You can attend just one for £5 or indeed attend all five for £20.  Reduced rates are available – please do not let the cost stop you attending.

 The workshops are based on CBT and the format is partly psycho- educational and partly therapeutic.

The therapeutic part will give you the opportunity to share some of your concerns and experiences with other carers who are attending the workshop

 with you.  The workshops will be facilitated by a fully trained and experienced CBT therapist.

All the workshops are on a Tuesday evening from 6.30-8.00 pm and will be held at Nailsea Methodist Church.

Carers can just book on one of the workshops or all of them, whatever suits them in their caring role. You will need to arrange for your ‘cared for’ person to be looked after as they won’t be able to attend.

**To gain the most from the carers’ workshops**

In our carers workshops we will provide handouts and ideas for you to practice at home.  It is important when booking on a set of these workshops that you think about how you will make the time to put ideas into practice.  This will help you to develop skills for good mental health.

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