

# Suffolk Family Carers



## Living Fuller Lives

## Workshops available from Suffolk Family Carers!

Please see the schedule below for forthcoming **in-person** and **online** workshops available **FREE** to our registered family carers over eighteen.

If you are not already registered with us as a family carer, please register via our website - <https://suffolkfamilycarers.org/register-with-us-options/> - or contact us on the details below.

Please book direct via our website:

<https://suffolkfamilycarers.org/upcoming-workshops/>

Or contact us on:

Tel: 01473 835477

Email: [hello@suffolkfamilycarers.org](mailto:hello@suffolkfamilycarers.org)

If you have any barriers or challenges that make it difficult for you to attend, please contact us on the details above to discuss these further.

**Please note that places are limited and must be booked in advance.**

For more information on our workshops and to receive invites in the future, please subscribe to our workshop mailing lists via our website - <https://suffolkfamilycarers.org/workshops> - or contact us on the details above.

### Caring and Coping ONLINE VIA MS TEAMS

However dedicated we are to our caring role, being a family carer can sometimes be stressful. This workshop will explore how stress affects us and some tips for coping with it. Find out how eating chocolate (or your favourite edible treat) can help cope with stress!

Workshop ref	Date	Time	Booking
C&COL070224	Wednesday 7 <sup>th</sup> February 2024	1pm-3pm	Please contact us on the details above

### Caring and Boundaries SUDBURY

Caring relationships can become very complicated, especially when the person being cared-for is experiencing mental health or substance misuse issues. It can be hard to keep track of where responsibilities begin and end, lives and identities can become entangled and any sense of personal identity, space and resources can be lost. If you'd like to explore ways to find some clarity about your own parameters, this workshop may be of help.

Workshop ref	Venue	Date and time	Booking
C&BSUD080224	The Christopher Centre Commonlands Room 10 Gainsborough Street Sudbury CO10 2EU	Thursday 8 <sup>th</sup> February 2024 1pm-4pm	Please contact us on the details above

### Caring and Resilience IPSWICH

Juggling the complex challenges that accompany a family caring role can make it hard to recover your own wellbeing after a relapse or set-back, especially if you are a family carer supporting someone with mental health or substance misuse issues. People with strong resilience can pick themselves up after a set-back, brush themselves down and move forward positively. They 'bounce-back'. If you'd like to learn how you can improve your 'bounce-ability' in your caring role - this workshop is for you.

Workshop ref	Venue	Date and time	Booking
C&RIPS150224	Castle Hill Community Centre Community Hall Highfield Rd Ipswich IP1 6DG	Thursday 15 <sup>th</sup> February 2024 1.45pm-4.15pm	Please contact us on the details above

### Wellbeing for Me ONLINE VIA MS TEAMS

This workshop enables you to look at how your caring role can impact your own emotional wellbeing and how you can improve this. Subjects include; the different roles we have in life, assertiveness, dealing with anxiety, overcoming challenges and mindfulness.

Workshop ref	Date	Time	Booking
WFMOL270224	Tuesday 27 <sup>th</sup> February 2024	10.30am-12.30pm	Please contact us on the details above

## Caring and Coping BURY ST EDMUNDS

However dedicated we are to our caring role, being a family carer can sometimes be stressful. This workshop will explore how stress affects us and some tips for coping with it. Find out how eating chocolate (or your favourite edible treat) can help cope with stress!

Workshop ref	Venue	Date and time	Booking
C&CBURY070324	The Thomas Clarkson Centre School Hall Hospital Road Bury St. Edmunds IP33 3JT	Thursday 7 <sup>th</sup> March 2024 1pm-3pm	Please contact us on the details above

## Caring for Children and Young People on the Autism Spectrum - Wellbeing for Family Carers ONLINE VIA MS TEAMS

Unfortunately, this workshop is not available to parents/carers who live in Waveney due to funding restraints. This workshop runs within school hours and is for parents/carers of children and young people (up to the age of 18) on the Autism spectrum. It reflects on the way in which you care, exploring ways to support neuro-diverse children, whilst maintaining your own wellbeing. Subjects include; condition traits and sensory issues, communication, limit setting, anxiety and how to manage it for yourself as a family carer and for the person you care for and self-care.

Workshop ref	Date	Time	Booking
ASDOL120324	Tuesday 12 <sup>th</sup> March 2024	1pm-3pm	Please contact us on the details above

## Caring and Trauma ONLINE VIA MS TEAMS

The effects of trauma can make family caring feel like we're riding a driverless bus blindfolded! This workshop aims to increase understanding of what trauma is and how it occurs, raise awareness of Post Traumatic Stress Disorder and Complex Post Traumatic Stress Disorder, understand how they impact those who experience them and signpost some possible coping strategies.

Workshop ref	Date	Time	Booking
C&TOL280324	Thursday 28 <sup>th</sup> March 2024	1pm-3pm	Please contact us on the details above

## Caring Rights and Carers Safety CLAYDON

This information session aims to raise awareness of Carers Rights, give an overview of your entitlements. The session also aims to raise awareness of personal safety and wellbeing issues which may affect the way you look after yourself and the person you care for. NB: This session will not provide financial or welfare rights advice to individuals.

Workshop ref	Venue	Date and time	Booking
CR&CSCLAY100424	Suffolk Family Carers Unit 9 Meeting Room Hill View Business Park Old Ipswich Road Claydon IP6 0AJ	Wednesday 10 <sup>th</sup> April 2024 1pm-4pm	Please contact us on the details above

## Caring for Children and Young People on the Autism Spectrum - Wellbeing for Family Carers IPSWICH

Unfortunately, this workshop is not available to parents/carers who live in Waveney due to funding restraints. This workshop runs within school hours and is for parents/carers of children and young people (up to the age of 18) on the Autism spectrum. It reflects on the way in which you care, exploring ways to support neuro-diverse children, whilst maintaining your own wellbeing. Subjects include; condition traits and sensory issues, communication, limit setting, anxiety and how to manage it for yourself as a family carer and for the person you care for and self-care.

Workshop ref	Venue	Date and time	Booking
ASDIPS170424	Gainsborough Community Library Community Room Clapgate Lane Ipswich IP3 0RL	Wednesday 17 <sup>th</sup> April 2024 10am–2pm <i>Lunch provided</i>	Please contact us on the details above

## Carers Rights and Carers Safety ONLINE VIA MS TEAMS

This information session aims to raise awareness of Carers Rights, give an overview of your entitlements. The session also aims to raise awareness of personal safety and wellbeing issues which may affect the way you look after yourself and the person you care for. NB: This session will not provide financial or welfare rights advice to individuals.

Workshop ref	Date	Time	Booking
CR&CSOL090524	Thursday 9 <sup>th</sup> May 2024	10am-12pm	Please contact us on the details above

## Caring for Adults on the Autism Spectrum - Wellbeing for Family Carers FELIXSTOWE

Unfortunately, this workshop is not available to family carers who live in Waveney due to funding restraints. This workshop is for carers of adults (aged 18 and over) on the Autism spectrum and reflects on the way in which you care, exploring ways to support neuro-diverse adults, whilst maintaining your own wellbeing. Subjects include; condition traits and sensory issues, communication, anxiety and how to manage it for yourself as a family carer and for the person you care for, assertiveness, self-care and increasing wellbeing.

Workshop ref	Venue	Date and time	Booking
ASDAFELIX150524	Felixstowe Town Hall Council Chamber Felixstowe IP11 2AG	Wednesday 15 <sup>th</sup> May 2024 10.30am-12.30pm	Please contact us on the details above

## Caring and Communicating ONLINE VIA MS TEAMS

Have you ever tried to ask a doctor/other professional a question and ended up frustrated that you didn't get an answer? Or tried to talk to the person you care for or others about a difficult subject and felt you could have handled it better? This workshop will help you tackle these issues - and it will also help you develop techniques for planning how you ask for what you need and increase your chances of getting it.

Workshop ref	Dates	Times	Booking
CCCOL220524	Wednesday 22 <sup>nd</sup> May 2024	1pm-3pm	Please contact us on the details above