

Suffolk Family Carers



Living Fuller Lives

Programmes and workshops available from Suffolk Family Carers!

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

If you are not already registered with us as a family carer, please complete our registration form on our website: www.suffolkfamilycarers.org/register-with-us-options/

Please book direct via our website:

www.suffolkfamilycarers.org/events/category/programmes-and-workshops/

Or contact us for bookings and enquiries:

Tel: 01473 835477

Email: hello@suffolkfamilycarers.org

Please be assured that your safety will be of the utmost importance at our face to face programmes and workshops. Our online programmes and workshops will be delivered using MS Teams and full instructions will be provided beforehand.

Unfortunately, we are currently unable to deliver all of our condition specific programmes and workshops and hope that you will join us at our generic ones.

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

Please let us know if you are unable to attend and would like to receive invites from us in the future.

Caring and Trauma Workshop ONLINE

Funded by Suffolk Community Foundation through the Maurken Fund.

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&TOL250822	Thursday 25 th August 2022	10.30am-12pm	Please contact us on the details above

Feeling Stronger to Care and Connect 4-Week Programme IPSWICH

Funded by Suffolk Community Foundation through the East of England Co-op Community Cares Fund.

Following the personal and societal effects and changes during the Covid-19 pandemic, this programme has been devised to enable you to feel more confident in your caring role, improve your wellbeing, give you information about local services, inform you of your rights as family carers and provide peer support from other group members. **We do encourage you to attend all sessions to gain the maximum benefit.**

Programme ref	Venue	Dates and times	Booking
FSTCCIPS210922	Wolsey Room The Hub, Ipswich County Library Northgate Street Ipswich IP1 3DE	Wednesday 21 st September 2022, 1pm-3pm Wednesday 28 th September 2022, 1pm-3pm Wednesday 5 th October 2022, 1pm-3pm Wednesday 12 th October 2022, 1pm-3pm	Please contact us on the details above

Carers Coffee Breaks ONLINE

These informal one-off sessions will provide a safe space to share experiences together and gain support. There will be different themes such as sharing interests, keeping connected and tips for wellbeing. **There is no requirement to attend both sessions but you are very welcome to if you wish.**

Session ref	Dates	Times	Booking
CCBOL220922	Thursday 22 nd September 2022	1.30pm-2.30pm	Please contact us on the details above
CCBOL221222	Thursday 22 nd December 2022	10.30am-11.30am	

Caring for Young People with Autism/ADHD Workshop BURY ST EDMUNDS

Unfortunately, this workshop is not available to parents/carers who live in Waveney due to funding restraints.

This workshop is for parents/carers of young people (up to the age of 18) with ASD/ADHD and will reflect on the way in which you care whilst maintaining your own wellbeing. Subjects include; condition traits and sensory issues, communication, limit setting, anxiety and self-care.

Workshop ref	Venue	Date and time	Booking
ASDBURY290922	Conference Room Bury St Edmunds Library Sergeants Walk St Andrews Street North Bury St Edmunds, IP33 1TZ	Thursday 29 th September 2022 10am-2pm <i>Lunch provided</i>	Please contact us on the details above

Caring for Young People with Autism/ADHD Workshop IPSWICH

Unfortunately, this workshop is not available to parents/carers who live in Waveney due to funding restraints. This workshop is for parents/carers of young people (up to the age of 18) with ASD/ADHD and will reflect on the way in which you care whilst maintaining your own wellbeing. Subjects include; condition traits and sensory issues, communication, limit setting, anxiety and self-care.

Workshop ref	Venue	Date and time	Booking
ASDIPS191022	Wolsey Room The Hub, Ipswich County Library Northgate Street Ipswich IP1 3DE	Wednesday 19 th October 2022 10am–2pm <i>Lunch provided</i>	Please contact us on the details above

Caring and Trauma Workshop IPSWICH

Funded by Suffolk Community Foundation through the East of England Co-op Community Cares Fund.

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	Venue	Date and time	Booking
C&TIPS201022	Wolsey Room The Hub, Ipswich County Library Northgate Street Ipswich IP1 3DE	Thursday 20 th October 2022 12.30pm-2.30pm	Please contact us on the details above

Caring Day to Day Workshop ONLINE

Sometimes family caring feels like a juggling act we're just not trained for. This workshop will explore the practical problems and challenges of day to day caring and identify changes to manage these. It will also provide you with an opportunity to step back and consider how you can balance your caring commitments with the other things in life which are important to you.

Workshop ref	Date	Time	Booking
CDDOL261022	Wednesday 26 th October 2022	6.30pm-8pm	Please contact us on the details above

Caring and Coping Workshop BURY ST EDMUNDS

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

Workshop ref	Venue	Date and time	Booking
C&CBURY091122	Conference Room Bury St Edmunds Library Sergeants Walk St Andrews Street North Bury St Edmunds, IP33 1TZ	Wednesday 9 th November 2022 1pm–3pm	Please contact us on the details above

Caring for Adults with Autism 3-Week Programme ONLINE

This programme is for carers of adults (aged 18 and over) with Autism and will reflect on the way in which you care whilst maintaining your own wellbeing. Subjects include; condition traits and sensory issues, communication, anxiety, assertiveness, self-care and increasing wellbeing. **We do encourage you to attend all sessions to gain the maximum benefit.**

Programme ref	Dates	Times	Booking
ASDAOL161122	Wednesday 16 th November 2022 Wednesday 23 rd November 2022 Wednesday 30 th November 2022	1pm-3pm 1pm-3pm 1pm-3pm	Please contact us on the details above

Caring and Coping Workshop ONLINE

However dedicated we are to caring for our loved ones, being a family carer can sometimes be stressful. This workshop will explore how stress affects us and some tips for coping with it. Bring along your favourite edible treat and find out how eating chocolate can help cope with stress! **Please choose from one of the workshop dates below.**

Workshop ref	Date	Time	Booking
C&COL171122 C&COL110123	Thursday 17 th November 2022 Wednesday 11 th January 2023	10.30am-12pm 1pm-2.30pm	Please contact us on the details above

Wellbeing for Me Workshop CLAYDON

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	Venue	Date and time	Booking
WFMCLAY081222	Unit 9 Meeting Room Suffolk Family Carers Hill View Business Park Old Ipswich Road Claydon, IP6 0AJ	Thursday 8 th December 2022 10.30am-12.30pm	Please contact us on the details above

Caring and Communicating Workshop LOWESTOFT

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	Venue	Date and time	Booking
CCLOW071222	Suffolk Suite Kirkley Centre 154 London Road South Lowestoft NR33 0AZ	Wednesday 7 th December 2022 1pm-3pm	Please contact us on the details above

Caring and Communicating Workshop ONLINE

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	Date	Time	Booking
CCCOL151222	Thursday 15 th December 2022	1pm-2.30pm	Please contact us on the details above

Who's in Charge? 8-Week Programme ONLINE (2 sessions each week)

Funded by IBC community fund.

This programme is for parents/carers of young people (up to the age of 18) who experience child to parent/carer violence and/or abuse. Programme aims include; reducing isolation, challenging feelings of guilt, reinforcing belief in the possibility of change, clarifying boundaries and examining strategies for creating meaningful and practical consequences for unacceptable behaviour. **We do encourage you to attend all sessions to gain the maximum benefit.**

Programme ref	Dates	Times	Booking
WICOL170123	Tuesday 17 th and Thursday 19 th January 2023 Tuesday 24 th and Thursday 26 th January 2023 Tuesday 31 st January and Thursday 2 nd February 2023 Tuesday 7 th and Thursday 9 th February 2023 Tuesday 21 st and Thursday 23 rd February 2023 Tuesday 28 th February and Thursday 2 nd March 2023 Tuesday 7 th and Thursday 9 th March 2023 Tuesday 14 th and Thursday 16 th March 2023	10.30am–12pm 10.30am–12pm 10.30am–12pm 10.30am–12pm 10.30am–12pm 10.30am–12pm 10.30am–12pm 10.30am–12pm	Please contact us on the details above

Please click on the following links to access more family carer groups and events!

<https://suffolkfamilycarers.org/events/>

<https://www.wellbeingnands.co.uk/suffolk/community-events/>