

How to get involved

Positive Caring is delivered in local venues across Gloucestershire. The programme is open to all carers. There are sessions for all carers and sessions for particular groups including parents of disabled children, young carers, carers whose first language is not English, people concerned about alcohol and drug use of a family member or friend and carers of people living with dementia and mental health issues. Replacement care and transport are available on request. Please call to discuss.

If you are interested in the Positive Caring Programme please complete and return this form to the address below.

Name: _____

Address: _____

Postcode: _____

Tel No: _____

If you are a professional referring a carer please complete:

Name: _____

Organisation: _____

Return to:

The Positive Caring Programme
Floor 2, Messenger House,
35 St Michaels Square,
Gloucester GL1 1HX

positive caring
programme
learning, development and support
for Gloucestershire's carers

**Do you look
after someone?**
**Free local sessions can
help you to help them**

Contact:

The Positive Caring Programme,
Carers Gloucestershire,
Floor 2, Messenger House,
35 St Michaels Square,
Gloucester,
GL1 1HX

Telephone: 01452 500885

Email: positivecaring@carersgloucestershire.org.uk

Carers
Gloucestershire
A better life for Carers

carerstrust
centre of excellence



2nd Floor, Messenger House,
35 St. Michaels Square, Gloucester, GL1 1HX

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Gloucestershire
Clinical Commissioning Group



**Positive
Caring Programme**
Free learning and support
sessions for carers



Carers
Gloucestershire
A better life for Carers

Call 01452 500885

About the Positive Caring Programme

The Positive Caring Programme is a series of sessions for people who look after a relative, friend, neighbour or child with a disability. It is an opportunity to meet with others in similar circumstances to gain and share information, knowledge and support to help you in your caring role.

There are 6 generic sessions each of which focuses on a different aspect of the caring role.

Being a Carer enables people to reflect on their caring role and identify some of the issues with which they are faced

Day to Day Caring gives you tips on the practicalities of caring for someone

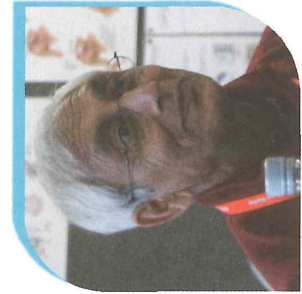
Looking after Yourself enables carers to reflect on their own health needs and ways of coping

Caring and Resources gives expert advice on entitlements, benefits and breaks

Caring in Partnership helps to develop carers as active partners with practitioners in planning and implementing care

Next Steps supports carers to plan ahead and try to gain more balance in their lives.

*"I really did not want to come to **Positive Caring** but I am really glad I did. I have learnt so much from the facilitators and the group".*



The Sessions

The sessions are run by trained facilitators experienced in carers' issues.

Carers who have attended the Positive Caring Programme say that it has helped them to:

- Gain knowledge and skills to help in their caring situation
- Find out about services and sources of support in their local area
- Receive personal and accurate advice on benefits and entitlements
- Share experiences and gain support from others
- Focus on their own health and well-being
- Consider the impact caring has on their lives
- Develop the confidence to take more control of their lives.

The facilitators were extremely sensitive and supportive throughout