
Caring for Carers

If you are a carer looking after a family member or friend who might be older, ill or have a disability then you know how tough it can sometimes be.

Do you find that you are:

Struggling to find
time for yourself

Finding it hard to cope with
all the different demands

Feeling exhausted
juggling everything

Feeling stressed, tired and
worried all the time

**The Wellbeing team are now offering a
free 1 hour workshop to introduce you to
techniques to help you cope better**



We will use Cognitive Behavioural Therapy (CBT) techniques to provide you with tools to help manage these difficulties and improve how you feel. Many people have found that when they have used CBT to improve how they feel they are much better able to deal with the challenges life brings.

If you're looking after yourself and feeling happier and more confident, this enables you to feel more resilient when looking after others.

As part of the workshop, all attendees would be asked to fill in a short form on mood and asked to provide basic contact details (this will be kept confidential)

All workshop attendees must be 16 or over and be registered with a GP practice in Hertfordshire.

The next Caring for Carers Workshop will take place at the following time and location:

Date:

Time:

Location:

If you are interested in attending a carers workshop or receiving support please contact a member of staff at the carers service you are attending. (e.g.Hertswise Hub/HertsHelp/Carers for Herts).

Alternatively please contact the NHS Wellbeing Team directly by visiting: www.talkwellbeing.co.uk or emailing hpft.wellbeing@nhs.net and please specify "carers workshop" in the subject of the email
