

How to get involved

Positive Caring is delivered in local venues across Gloucestershire at times and days to suit. The programme is open to all adult carers and there are also specific sessions aimed at particular groups including parents who care for a child with a disability and carers of people with dementia.

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

Name:

Address:

.....
.....

Postcode:

Tel No:

Return to:

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

For enquiries contact:

Chris Cam
Telephone: 01452 500885 / 426254
Email: Christine.cam@gloucestershire.gov.uk

positivecaring
programme

*Learning, development
and support for
Gloucestershire's carers*

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positivecaring
programme

*Learning, development
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*Do you look
after someone?*

*Free local sessions can help
you to help them*

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.

“This has been a productive and fulfilling experience sharing the enormity of being a carer with others in the same situation”



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 life
- Develop the confidence to take more control of their life.

“The facilitators were extremely sensitive and supportive throughout”

