

Be Empowered - In the Community

Be Empowered is a series of awareness and information sessions to provide you, as a Carer the opportunity to refresh your skills and understanding to recognise your own strengths and abilities.

Cheltenham - 10.00am - 12.00pm

St Pauls Primary Care Network, St Pauls Medical Centre, Cheltenham, GL50 4DP
Free Parking.

Monday 7th November 2022 - Know your rights as a Carer

To provide information to help you access support and advice based on the Laws and Policies that can enable you as a Carer. Session looks at what The Care Act means to you.

Monday 14th November 2022 - Communication with Services / Talking to the professionals Planning Conversations and how to make yourself heard (What is Effective Communication)

Types of communication that you can use and how to successfully put it into practice. We explore your boundaries when talking to professionals and how to overcome them, including hints and tips to communicate confidently with services.

Monday 21st November 2022 - Communication with Services / Talking to the professionals- how to negotiate & compromise

We look at communication barriers and how to talk to professionals to achieve realistic goals. The session also explores how to raise concerns effectively.

Monday 28th November 2022 - Looking after yourself as a Carer

The session explores how you can look after yourself in your caring role, focusing on Carer wellbeing and practical ways to achieve it.

Monday 5th December 2022 - Technology & Services available to support you as a Carer

Explores the different types of services and technology available in the county to enable you to look after yourself and your cared for. This includes how to access these services.

Monday 12th December 2022 - Building Resilience - How to bounce back and keep on caring

We explore different techniques to help you cope under difficult situations. The session shares ideas of how to build your own ability to cope and manage under the pressure's Carers face.

