MERIDEN
The Meriden Family Programme

Birmingham and Solihull
Mental Health NHS Foundation Trust
NHS

Caring for Carers

Supporting and Informing Carers

Dates: 10th, 11th and 12th October 2017
Venue: The Uffculme Centre, Queensbridge Road, Moseley, Birmingham B13 8QY

The Caring for Carers course is a very important element in our Carers' Strategy that was developed in consultation with carers and which seeks to improve the quality of support available to carers.

This 3 day course gives participants the practical skills and resources to enable them to roll out an information and support programme to the carers and family members of people who access mental health services.

The course enables all staff working in either an in-patient or community setting to develop their skills and knowledge in supporting and working with families and it is particularly useful for those who have a specific involvement with carers such as carer leads. Places can also be made available to voluntary sector organisations that provide services to mental health carers. It is particularly helpful if staff can bring a carer along to participate in the course as well.

The course enables professionals and carers to work together in rolling out a comprehensive information and support programme which many carers have found to be extremely helpful. All participants will receive a detailed work manual and other resources to aid delivery of a roll out programme and on-going support can also be made available.

Themes include:

Presentation skills • Facilitating groups • Experience of caring • Sharing information
Local services & resources • Helpful communication skills
Problem solving skills • Taking care of yourself • Help with implementation

The course is free of charge to appropriate staff and carers in Birmingham and Solihull and is available on a fee paying basis to staff and carers from other localities. In order to apply or discuss this course in more detail please contact:

Miss Maria Albanese, The Meriden Family Programme,
Birmingham & Solihull Mental Health NHS Foundation Trust
Tall Trees, Uffculme Centre, Queensbridge Road
Moseley, Birmingham B13 8QY
Email: maria.albanese@bsmhft.nhs.uk Tel: 0121 301 2896

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BOOKING FORM

Ideally applications should be made by teams but individual application may be considered.

Name of Organisation/Team: _____

Zone/Area: _____

Address:_____

_____

_____

Postcode: _____

Telephone: _____

Email: _____

Do you currently have access to, or run any carers groups? Yes / No
Will you be in a position to run a group following the training? Yes / No

Name	Carer / Worker?	Contact details	Line Management approval
			Yes / No
			Yes / No
			Yes / No
			Yes / No

There is no charge for attendance for teams based in Birmingham but it is a requirement that delegates roll-out the training to carers who are either served by their team or reside in their locality. The Meriden Family Programme will ensure that advice and supervision is available at all stages of the training and at the point of roll-out.

Participants are expected to attend all 3 days training.

Notes: For BSMHFT staff, if you cancel after Monday 2nd October 2017 please refer to the trust policy for daily cancellation charges

For external delegates any cancellation received after Monday 2nd October 2017 will be non-refundable, but we will accept change of delegate

TO SECURE YOUR PLACE ON THE COURSE PLEASE RETURN FORM TO:

Maria Albanese, Team Administrator, The Meriden Family Programme
Tall Trees Uffculme Centre, Moseley Birmingham B13 8QY
Tel: 0121 301 2895 Fax: 0121 301 2891 Email: maria.albanese@bsmhft.nhs.uk