

Caring for Carers

Supporting and Informing Carers *The Uffculme Centre, Moseley*

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 11-week 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 you • Help with implementation***



The course is free of charge to appropriate BSMHFT staff and carers and is available on a fee-paying basis for those from other localities.

To apply or discuss this course in more detail please email: bsmhft.meriden@nhs.net