

Suffolk Family Carers



Living Fuller Lives

Programmes, Workshops, Groups and Support Sessions available from Suffolk Family Carers

Please see the schedule below for forthcoming programmes, workshops, groups and support sessions available FREE to registered family carers.

If you would like to register as a family carer please complete our registration form on our website: www.suffolkfamilycarers.org/register-with-us-2

Contact for enquiries and bookings for programmes, workshops and the Wellbeing Hub:

Tel: 01473 835477

Email: hello@suffolkfamilycarers.org

Please contact us on the details above to discuss possible funding for respite for the person you are caring for while you attend or transport to and from the venue.

Please also contact us if you are unable to attend but would like to receive information on future programmes and workshops.

Please note that places must be booked in advance and that we are unable to deliver programmes and workshops with less than eight attendees.

Caring with Confidence		An opportunity for family carers to gain information and resources on subjects such as managing stress, regaining balance in their caring role and their rights and entitlements.		
Location and Course Ref	Venue	Dates	Time	Booking
Location: Bury St Edmunds (3 session programme) Course Ref: CWCBURY017	Quaker Meeting House St John's Street Bury St Edmunds IP33 1SJ	Friday 31 st January 2020 Friday 7 th February 2020 Friday 14 th February 2020	10.30am-1.30pm 10.30am-1.30pm 10.30am-1.30pm	<div style="background-color: #e91e63; color: white; padding: 10px; text-align: center;"> Please contact us on the details above </div>

Wellbeing for Me		This programme enables family carers to look at how their caring role can impact their own emotional wellbeing and how they can improve this. Subjects include; the different roles we have in life, assertiveness, dealing with anxiety, overcoming challenges and mindfulness. Content is the same in both the 3 session programme and 1 day workshop.		
Location and Course Ref	Venue	Dates	Time	Booking
Location: Lowestoft (3 session programme) Course Ref: WFMLOW003	The Kirkley Centre 154 London Road South Lowestoft NR33 0AZ	Friday 28 th February 2020 Friday 6 th March 2020 Friday 13 th March 2020	10.30am-12.30pm 10.30am-12.30pm 10.30am-12.30pm	Please contact us on the details above
Location: Haverhill (1 day workshop) Course Ref: WFMHAV001	To be confirmed	To be confirmed	To be confirmed	Please contact us on the details above to express your interest

Caring and Coping		This workshop will look at the challenges and stress involved in caring and consider techniques and strategies to enable family carers to cope and keep themselves well. It will also allow them to step back and look at how to get balance in their lives and create opportunities for more time for themselves.		
Location and Course Ref	Venue	Dates	Time	Booking
Location: Woodbridge (4 hour workshop) Course Ref: C&CWOOD001	Framfield Medical Centre Ipswich Road Woodbridge IP12 4FD	Thursday 12 th March 2020	10.30am-2.30pm	Please contact us on the details above

Drumming workshop		This workshop will enable family carers to have an introduction to African Drumming with experts in the field; this will help carers to bring out their creativeness, work together and experience the proven health benefits of drumming which include reducing stress, boosting the immune system and aiding relaxation.		
Location and Course Ref	Venue	Dates	Time	Booking
Location: Bury St Edmunds (2 hour workshop) Course Ref: CWCBURY018	The Hyndman Centre Hospital Road Bury St. Edmunds IP33 3JT	Thursday 30 th January 2020	11am-1pm	Please contact us on the details above

Living Well with Dementia – A workshop for family carers		This workshop is for family carers caring for someone with Dementia. It is designed to help family carers understand and manage the impact of Dementia on the abilities of the person they care for. It will provide information and advice on how to support the person and explore coping strategies to help them in their caring role.		
Location and Course Ref	Venue	Dates	Time	Booking
Location: Ipswich (4 hour workshop) Course Ref: CWCIPS026	Co-op Education Centre 11 Fore Street Ipswich IP4 1JW	Wednesday 11 th March 2020	10.30am-2.30pm	Please contact us on the details above
Location: Sudbury (4 hour workshop) Course Ref: CWCSUD007	Sudbury Community Health Centre (Siam Surgery) Church Field Road Sudbury CO10 2DZ	Friday 13 th March 2020	10.30am-2.30pm	Please contact us on the details above

Youth Mental Health First Aid		This programme teaches parents/carers how to assist young people (up to the age of 18) who are developing a mental health problem or in a mental health crisis. Subjects include; adolescent development, the signs and symptoms of Depression, Anxiety, Psychosis, Self-Harm, Suicide and Eating Disorders, where and how to get help when a young person is developing a mental illness, what sort of help has been shown by research to be effective, how to provide first aid in a crisis situation and the importance of self-care.		
Location and Course Ref	Venue	Dates	Time	Booking
Location: Felixstowe (4 session programme) Course Ref: YMHFAFEL003	Felixstowe Town Council Town Hall Felixstowe IP11 2AG	Monday 3 rd February 2020 Monday 10 th February 2020 Monday 24 th February 2020 Monday 2 nd March 2020	10am-1.30pm 10am-1.30pm 10am-1.30pm 10am-1.30pm	Please contact us on the details above

Caring for Young People with Autism/ADHD		This workshop is for parents/carers of young people (up to the age of 18) with ASD/ADHD and reflects on the way in which they care whilst maintaining their own wellbeing. Subjects include; condition traits and sensory issues, communication, limit setting, anxiety and self-care.		
Location and Course Ref	Venue	Dates	Time	Booking
Location: Kesgrave (1 day workshop) Course Ref: ASDIPS004	Kesgrave Community Centre Twelve Acre Approach Kesgrave IP5 1JF	Thursday 23 rd January 2020	9.30am–2.30pm	Please contact us on the details above

<p>Caring for Young People with Autism/ADHD - Behaviour Management (facilitated by Dr Annie Clements (Hons) from Autism & ADHD)</p>		<p>This workshop is for parents/carers of young people (up to the age of 18) with ASD/ADHD. Autism & ADHD are recognised internationally as providing high quality training that breaks down the complex nature of these diagnosis into a simple format that is easy to understand. Annie Clements, who herself has family members with a diagnosis, will go through the 3 building blocks that explain challenging behaviour, overwhelm, issues with school and going out in the Community, and serious physical responses. This is a relaxed, but very informative session that will give you straight forward strategies that can be used in all situations.</p>		
Location and Course Ref	Venue	Dates	Time	Booking
<p>Location: Bury St Edmunds (2 hour workshop) Course Ref: ASDBURY006</p>	<p>Quaker Meeting House St John's Street Bury St Edmunds IP33 1SJ</p>	<p>Monday 24th February 2020</p>	<p>10am–12noon</p>	<p>Please contact us on the details above</p>

<p>Who's in Charge?</p>		<p>This programme is for parents/carers of young people (up to the age of 18) who experience child to parent/carer violence and/or abuse. Programme aims include; reducing isolation, challenging feelings of guilt, reinforcing belief in the possibility of change, clarifying boundaries and examining strategies for creating meaningful and practical consequences for unacceptable behaviour.</p>		
Location and Course Ref	Venue	Dates	Time	Booking
<p>Location: Claydon (8 session programme) Course Ref: WICIPS002</p>	<p>Claydon Primary School Lancaster Way Ipswich IP6 0DX</p>	<p>Tuesday 4th February 2020 Tuesday 11th February 2020 Tuesday 25th February 2020 Tuesday 3rd March 2020 Tuesday 10th March 2020 Tuesday 17th March 2020 Tuesday 24th March 2020 Tuesday 31st March 2020</p>	<p>12.30pm-3pm 12.30pm-3pm 12.30pm-3pm 12.30pm-3pm 12.30pm-3pm 12.30pm-3pm 12.30pm-3pm 12.30pm-3pm</p>	<p>Please contact us on the details above</p>
<p>Location: Lowestoft (8 session programme) Course Ref: WICLOW002</p>	<p>To be confirmed</p>	<p>To be confirmed</p>	<p>To be confirmed</p>	<p>Please contact us on the details above to express your interest</p>

<p>Family Carers Wellbeing Hub</p>		<p>An opportunity to meet other family cares with a focus on your own wellbeing.</p>		
Venue	Dates	Time	Booking	
<p>Ravenswood Community Children's Centre 103 Henning Avenue Ipswich IP3 9QL</p>	<p>Wednesday 29th January 2020 Wednesday 26th February 2020 Wednesday 25th March 2020 Wednesday 29th April 2020</p>	<p>11am-12.30pm 11am-12.30pm 11am-12.30pm 11am-12.30pm</p>	<p>Please contact us on the details above</p>	

Contact for enquiries for mental health family carer groups:

Tel: 01473 835420

Email: MH@suffolkfamilycarers.org

These groups are for mental health family carers. If you would like the opportunity to receive information, share ideas and experiences and meet other family carers that may be in a similar caring role.

Making Space...Time for Mental Health Family Carers Stowmarket

Venue	Dates	Time	Booking
Red Gables Ipswich Road Stowmarket IP14 1BE	Wednesday 29 th January 2020	2.15pm-4.15pm	Please contact us on the details above
	Wednesday 26 th February 2020		
	Wednesday 25 th March 2020		
	Wednesday 29 th April 2020		
	Wednesday 27 th May 2020		

Making Space...Time for Mental Health Family Carers Bury St Edmunds

Venue	Dates	Time	Booking
The Oaks Barn Community Meeting Room (upstairs) St Andrew Street South Bury St Edmunds IP33 3PH	Friday 10 th January 2020	1.30pm-3.30pm	Please contact us on the details above
	Friday 14 th February 2020	1.30pm-3.30pm	
	Friday 13 th March 2020	1.30pm-3.30pm	
	Friday 17 th April 2020	1.30pm-3.30pm	
	Friday 15 th May 2020	1.30pm-3.30pm	

Making Space...Time for Mental Health Family Carers Ipswich

Venue	Dates	Time	Booking
The Nave Quay Place St Mary at the Quay Key Street Ipswich IP4 1BZ	Tuesday 21 st January 2020	10.30am-12.30pm	Please contact us on the details above
	Tuesday 25 th February 2020	10.30am-12.30pm	
	Tuesday 17 th March 2020	10.30am-12.30pm	
	Tuesday 21 st April 2020	10.30am-12.30pm	
	Tuesday 19 th May 2020	10..30am-12.30pm	
	Tuesday 16 th June 2020	10.30am-12.30pm	

Making Space...Time for Mental Health Family Carers Lowestoft

Venue	Dates	Time	Booking
Coconut Loft 8 Waterloo Road Lowestoft NR33 0AA	Tuesday 14 th January 2020	10.30am-12.30pm	Please contact us on the details above
	Tuesday 11 th February 2020	10.30am-12.30pm	
	Tuesday 10 th March 2020	10.30am-12.30pm	
	Tuesday 14 th April 2020 – to be confirmed	10.30am-12.30pm	
	Tuesday 12 th May 2020	10.30am-12.30pm	
	Tuesday 9 th June 2020	10.30am-12.30pm	

Bury St Edmunds Family Carer Evening Group		This is a warm, friendly and welcoming group. There is no expectation to share details of your caring role if you prefer not to. We meet to chat, share ideas, have a good time and make friends. If you are a family carer and would like to meet others in a similar caring role, then why not come along?	
Venue	Dates	Time	Booking
The Oaks Barn Community Meeting Room (upstairs) St Andrew Street South Bury St Edmunds IP33 3PH	Tuesday 28 th January 2020	6pm-8pm	Please contact us on the details above
	Tuesday 25 th February 2020	6pm-8pm	
	Tuesday 31 st March 2020	6pm-8pm	
	Tuesday 28 th April 2020	6pm-8pm	
	Tuesday 26 th May 2020	6pm-8pm	
	Tuesday 30 th June 2020	6pm-8pm	
	Tuesday 28 th July 2020	6pm-8pm	
	Tuesday 25 th August 2020	6pm-8pm	
	Tuesday 29 th September 2020	6pm-8pm	
	Tuesday 27 th October 2020	6pm-8pm	
	Tuesday 24 th November 2020	6pm-8pm	

Contact for enquiries for substance misuse family support sessions:

Tel: 01473 835411

Email: Subsmisuse@suffolkfamilycarers.org

Regular support sessions at Turning Point, to help guide you with the challenges of having a drug or alcohol user in your family. Come in and talk to Natasha our Family Support Worker for basic information and advice, registration with Suffolk Family Carers, referral onto our Family Support Programme and signposting to other agencies.

Family Drug/Alcohol Support Sessions Bury St Edmunds

Venue	Dates	Time	Booking
Turning Point Hub, 2 Looms Lane, Bury St Edmunds IP33 1HE	Thursday 9th January 2020	10am-2.30pm	Please contact us on the details above
	Thursday 30th January 2020	10am-2.30pm	
	Thursday 20th February 2020	10am-2.30pm	
	Thursday 19th March 2020	10am-2.30pm	

Family Drug/Alcohol Support Sessions Ipswich

Venue	Dates	Time	Booking
Turning Point Hub, Sanderson House, 17-19 Museum Street, Ipswich IP1 1HE	Wednesday 22nd January 2020	10am-3pm	Please contact us on the details above
	Wednesday 12th February 2020	10am-3pm	
	Wednesday 11th March 2020	10am-3pm	

Family Drug/Alcohol Support Sessions Lowestoft

Venue	Dates	Time	Booking
Turning Point Hub, Woodbury House, Mill Road, Lowestoft NR33 0PP	Thursday 16th January 2020	10am-2.30pm	Please contact us on the details above
	Thursday 6th February 2020	10am-2.30pm	
	Thursday 5th March 2020	10am-2.30pm	
	Thursday 26th March 2020	10am-2.30pm	