

Be Empowered - Winchcombe

Be Empowered is a series of awareness and information sessions to provide you, as a Carer the opportunity to develop your skills and confidence to recognise your own strengths and abilities. The following sessions are available to attend face-to-face and you can join the events you wish to come along to, no obligation to attend all of the topics covered.

All sessions are held between 6.30pm - 8.00pm
Winchcombe Medical Centre, Greet Road, Cheltenham, Gloucestershire, GL54 5GZ

Thursday 11th January 2024

Looking after yourself as a Carer, including in a crisis

The session explores how you can look after yourself in your caring role, focusing on Carer wellbeing and practical ways to achieve this. We explore how to look after yourself in a period of stress or crisis, and help you develop a plan as to what you should consider to help you cope in these situations.

Thursday 8th February 2024

Developing Healthy Boundaries and Building Resilience

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. The session looks at ways to improve the clarity of roles establishing and maintaining health boundaries to give everyone a sense of safety and control.

Thursday 14th March 2024

Dealing with Carer Guilt & Compassion Fatigue & Feeling of Loss

The session looks at how compassion fatigue develops and what it looks like as a Carer that you may not be aware of. We explore how you can feel loss and grief for the changes felt due to your caring role. The session will help you develop skills to manage those feelings and ways to reduce the risk of fatigue.

Thursday 11th April 2024

Communication with professionals, building confidence & knowing your rights.

This Session looks at 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. The session covers some of your Rights as a Carer and how this can help develop positive relationships with professionals.

Thursday 9th May 2024

Contingency Planning

Explore what to put in place to help reduce panic and ensure the right information is shared at the right time. Learn what information and support is available to help reassure you in a time of crisis.

Thursday 13th June 2024

Planning hospital care and discharge including technology & services to support at home.

Looks at planning hospital and healthcare to promote you, as a Carer being involved as either a patient or a visitor to the person you support. Provides guidance as to who may be involved in discharge and what you could consider as options to discuss with the hospital team caring for you or the person you care for. We look at what equipment and technology may be able to support you or the person you care for at home.