

USEFUL INFORMATION FOR CARERS

Northamptonshire Carers

Their support line can be reached on 01933 677907.

To find out more or self refer go to www.northamptonshire-carers.org

Carers UK

Carers UK is the voice of carers UK wide. It aims to ensure that the true value of carers contribution to society is recognised and that carers get the practical, financial and emotional support they need. www.carersuk.org

The Princess Royal Trust for Carers

The largest provider of comprehensive carers support services in the UK www.carers.org

YOUR NOTES



Northamptonshire Healthcare
NHS Foundation Trust
Personality Disorder Hub
Campbell House
Campbell Square
Northampton
NN1 3EB
01604 658834

www.nhft.nhs.uk/personality-disorder



If you require this leaflet in other formats or languages please contact PALS: 0800 917 8504

এই লিফ্লেটটি যদি আপনার অন্য কোনো ফরম্যাটে বা ভাষায় প্রয়োজন হয়, তবে অনুগ্রহ করে

0800 917 8504 নম্বরে পালস এর সাথে যোগাযোগ করুন

Jeżeli się Państwo zainteresowali otrzymaniem tych informacji w innym formacie lub języku, prosimy o kontakt z PALS pod numerem telefonu 0800 917 8504.

Dacă aveți nevoie de acest prospect în alte formate sau limbi, vă rugăm să contactați PALS: 0800 917 8504

Если Вы хотели бы получить данную брошюру на другом языке или в другом формате, просим обращаться в PALS (Информационная служба для пациентов) по 0800 917 8504.

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#weareNHFT

NHFT CARERS GROUP

A PROGRAMME, DESIGNED TO SUPPORT CARERS WHO CARE FOR SOMEONE WITH A MENTAL HEALTH DIFFICULTY

 01604 658834

 nhft.nhs.uk/personality-disorder



MAKING A
DIFFERENCE
FOR YOU,
WITH YOU

WHO IS THIS GROUP FOR?

This group is for carers aged over 18 who provide support for people receiving care from the Planned Care and Recovery Team (PCART) or Crisis Services.

We are looking for carers who are able to commit to attending all 11 sessions

We are able to take referrals from more than one family member but will not be able to facilitate a group with more than two family members attending at the same time.

AIMS OF THE GROUP

The aim of the group is to support carers by helping them to reflect on the care they provide and to develop practical strategies.

We recognise that at times of stress, we may be more likely to feel intense emotions or we may respond in ways that can have longer term negative consequences for us and / or the person we care for.

WHO FACILITATES THE GROUP?

This group is facilitated by a carer who is employed by Northamptonshire Healthcare NHS Foundation Trust (NHFT) as an expert by experience and a mental health professional.

GROUP CONTENT

Sessions will include:

Exploring what recovery means and how this fits with the role of the carer

Common dilemmas resulting from stress associated with caring

Communication skills that can help at times of crisis, and support positive relationships.

Strategies to use at times of increased stress, such as problem solving

Confidentiality between carers , services and the person being cared for, including carer involvement and rights in relation to care plans, crisis plans and risk/safety plans.
Strategies to reinforce behaviours that work towards recovery.

WHERE AND WHEN IS THE GROUP?

Venue and times to be confirmed at the pre group meeting.

I WANT TO ATTEND, WHAT DO I DO?

Please fill in a referral form and send to:

NHFT Carers Group
Personality Disorder Hub
Campbell House
Campbell Sq
Northampton
NN1 3EB

We will aim to respond to all referrals within four weeks.

We will then meet to give you more information about the group. Following this appointment we can discuss if it would be helpful for you to attend this group.

The group is limited to 12 people and places will be allocated on a first come first served basis.