



Do you provide care and support for an adult with their mental health?

If yes, pop in for a friendly chat with us and find out more about our **Caring for Carers Programme**.

What is it?

We run hubs for family and friends – safe and relaxed places where you can:

- Feel listened to and understood
- Get support for your caring role
- Meet others in similar situations

Each week we run a session to help you with things like:

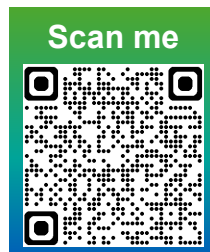
- Building skills to better support the person you care for
- Coping with difficult situations
- Finding out what help and services are available

Where and when is it?

We run groups in Carlisle, Eden and West Cumbria.
You don't need to book – just come along!

To see the latest dates, times and where to find us, visit the website below or scan the QR code:

www.cntw.nhs.uk/services/family-and-friends-hub



Some of the things we talk about in the group:

- Impact of Caring
- Information Sharing
- Communication Skills
- Problem Solving
- Breaking the Carer Anxiety Cycle and Empowerment Dynamic
- Early Warning Signs and Safety Planning
- Crisis and Relapse
- Recovery and Hope
- Looking After Yourself



This list doesn't include everything we do, and we are always looking for ideas or suggestions for other topics.

We will always try to make sure that the topics are useful and relevant for you.

Check our website for all the topics and dates.



What people are saying about the group:

I feel more positive than I previously did about the future.

Don't worry about it not being for you, it will be.

I feel lighter, less stressed, and found the group uplifting.

Feel lighter, less stressed, found the group uplifting.

There is something to learn and help for anyone in a caring role.

The group has given me hope and helped me think about recovery.

The group has been a real lifeline. It's given me hope for the future and the skills to help me communicate with [the person I care for] in a way I couldn't before.

I have found the course very useful and am more able to deal with the situations that arise.

It gave me skills for the future.

Space for you to write down stuff to remember:

Christ Church, South Street, Cockermouth, CA13 9RU
Wednesdays 1pm to 3pm

25 February – Impact of Caring

4 March – Information Sharing

11 March – Communication Skills

18 March – Communication Skills (continued)

25 March – Break – no hub this week

1 April – Break – no hub this week

8 April – Break – no hub this week

15 April – Problem Solving

22 April – Breaking Anxiety Cycles and the Empowerment Dynamic

29 April – Early Warning Signs

6 May – Crisis and Safety Planning

13 May – Recovery and Hope

20 May – Looking After Yourself

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