

Online Carer Support Programme January - March 2021



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Carer Support

We are happy to share with you our online carer support programme that will run from January to March 2021. By the end of this programme we will have been running our classes online for one whole year. This time last year we would never have thought it possible to offer you a wide variety of support online. We would like to take this opportunity to thank each of you who have joined any of our online classes. We appreciate and value the support and kindness you have shown us during what can only be described as challenging and uncertain time.

The Northern Trust covers a large geographical and rural area therefore this opportunity to have online workshops has meant that we can reach many carers across many locations and we have been really pleased with numbers at each class.

We have been working hard behind the scenes to bring you

a selection of workshops that will support your wellbeing, encourage you to try new skills and be mindful that you take time to look after yourself while caring for others.

It is important to us that what we offer is carer led, therefore if there is anything that you would like to see in our programme moving forward please do let us know by emailing **carers.coordinator@northerntrust.hscni.net** or calling **028 276 61210**

Booking Process

If you would like to book onto anything included in this programme simply email **carers.coordinator@northerntrust.hscni.net** or telephone **028 276 61210**

When booking please provide the following information:
Name of course/courses you would like to attend:
Your name:
Your address:
Your email address:
Your mobile/landline number:
Relationship to the person you care for:

Your details and information will be kept confidentially and in compliance with legislation.



www.makinglifebettertogether.com



Take Notice

Stop, pause, or take a moment to look around you. What can you see, feel, smell or even taste? Look for beautiful, new, unusual or extraordinary things in your everyday life and think about how that makes you feel.



Journaling for self-expression and wellbeing

Journals can be places for recording our experiences, for reflection, for finding out more about ourselves, for gathering ideas, for expressing ourselves, for collecting good memories and inspiring words, for identifying our dreams and visions and for making plans to achieve these.

This four-week course explores all of the ways in which journals can be used.

You will identify your goals for your own journaling, experience a range of creative activities which will give you ideas for writing, and find out how to use journaling for self-care and wellbeing. You will receive a set of quotations, stories, poems and other prompts to support your journaling.

The sessions will offer a safe space for exploring ideas and writing. They will be fun and interactive, at the same time respecting the privacy involved in journal writing.



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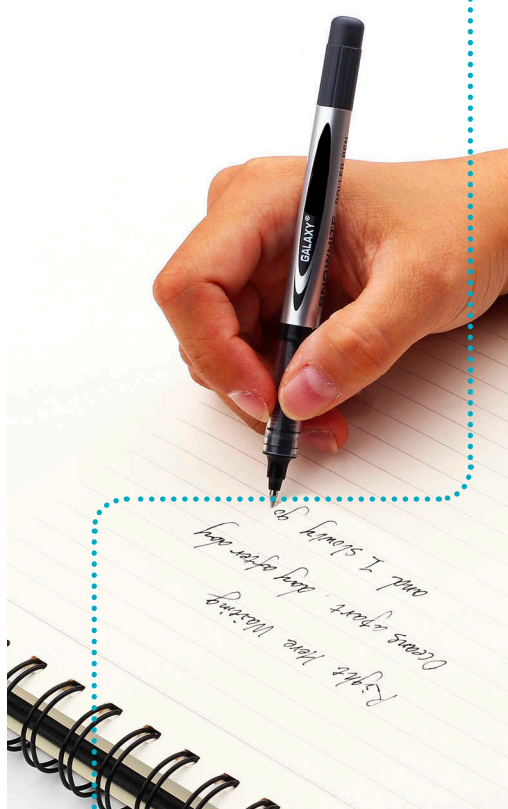
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You do not need any creative writing experience to take part in this course. At the same time, if you are a keen writer, this course will provide opportunities for you to develop your writing, including poems, stories, and memoirs

A notebook and a pen are required for this course and will be provided by the Northern Trust Carer Hub.

There are 15 spaces available on this 4 week workshop.

Dates:
Thursday 7th, 14th, 21st & 28th January
from 10:30am - 12pm
via ZOOM



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Springtime in the Garden

Spring 2021 - easy and practical ways to connect with nature and get growing!

Join us for 2 online workshops... we will show you how to sow a range of organic lettuce for summer salads, discuss our favourite potted herbs to cook with and more! Materials for this workshop will be provided.

There are 20 spaces available on this 2 week workshop.

Dates:
Tuesday 16th & 30th
March 2021
from 11am – 12pm
via ZOOM

Booking for this workshop will close on Friday 19th February 2021



Keep Learning

Don't be afraid to try something new, rediscover an old hobby or sign up for a course. Take on a different responsibility, fix a bike, learn to play an instrument or how to cook your favourite food. Set a challenge you will enjoy. Learning new things will make you more confident, as well as being fun to do.



Coaching for carers

This empowering programme will help support you to achieve your life goals. Sometimes the goals we set are unrealistic or perhaps are goals we think we ought to do, rather than what we actually want to do.



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This interactive programme will give you clarity and focus. Together we will create a framework of tools with a step-by-step plan, which is workable and dynamic, enabling you to achieve your life purpose and gain a more meaningful life.

Please note this programme is interactive and will include self-reflection, group shares and weekly coaching exercises.

There are 15 spaces available on this 4 week programme.

Kindness Rocks

Crafting can be an incredible way to improve your mental health. Many people find creative activities therapeutic because they help you switch off from day-to-day pressures and turn negative thoughts or feelings into something positive. This workshop will provide you with all you need to begin the craft of Pebble Painting. No previous drawing experience necessary, just the willingness to give it a go.

Dates:
Wednesday 3rd, 10th, 24th & 31st March 2021
from 11:00am - 12:30pm
via ZOOM

Booking for this workshop will close on Friday 12th February 2021

Carers Rights and Entitlements

Carers NI will deliver this session where you will find out more about your rights and entitlements as a carer.

The session will be held via Zoom on Thursday 4 February at 10am.

Booking for this session will close on Friday 29th January 2021

Research evidence suggests that craft activities, when done on a regular basis, can improve mood and increase feelings of relaxation.

There are 30 spaces available on this workshop.

Date:
Thursday 25th February 2021
from 11am – 12:30pm
via ZOOM

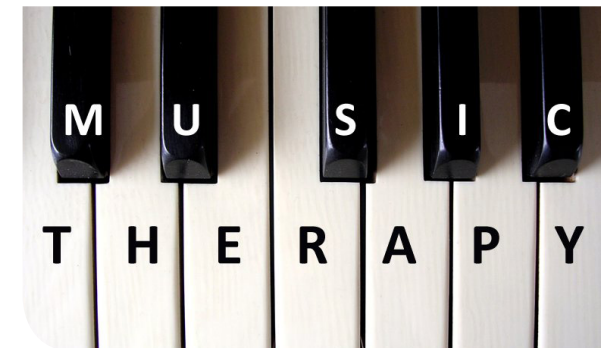
Booking for this workshop will close on Thursday 11th February 2021



Every Day Harmony Music Therapy

Condition specific class for carers linked to ASD services

Music therapy is a valuable clinical intervention. It can work where other therapies cannot, making connections and providing vital support. We all relate to music because it connects with what it means to be human. Our bodies work to rhythms, songs can evoke powerful memories. Even the way we speak has the tones, rhythm and structure of music. You don't need to have any musical skills to benefit from music therapy. It's not about being able to play an instrument or learning new musical skills. It's about making a connection and enabling people to communicate and be supported.



A registered music therapist will be facilitating three sessions centered around music therapy interventions which can be used by parents and carers to improve mental health and emotional well-being through music making.

Dates:
Wednesday 3rd, 10th & 24th February
from 10:30am – 11:30am
Booking for this workshop will close on Friday 29th January 2021.



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As these classes are pre-recorded you can complete them at time that suits you.

Be Active

Go for a walk or run, cycle, play a game, garden or dance. Exercising makes you feel good. Most importantly, discover a physical activity that you enjoy; one that suits your level of mobility and fitness.

Pilates

Would you be interested in getting Pilates classes sent directly to your inbox? These classes can be offered at beginner/mixed/advanced levels and will come in a 4 week block. Each class will last for one hour and you can do it as many times as you like from the comfort of your own home.

Please note the instructor will provide a medical form that you will be required to complete and return before starting these classes.

We plan to commence our next 4 week block in February 2021

Booking for this workshop will close on Friday 22nd January 2021.



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Connect

Connect with the people around you: family, friends, colleagues and neighbours at home, work, school or in your local community. Think of these relationships as the cornerstones of your life and spend time developing them. Building these connections will support and enrich you every day.

Breathe, Laugh, Relax

These sessions will include:

- Yogic Breathing
- Movement
- Laughter Yoga
- Yoga Nidra (deep form of relaxation)

****Warning** – these sessions are guaranteed to leave you feeling joyful, light, peaceful, calm and happy.



Dates:
Friday 11th January 2021
from 11am – 12pm
via ZOOM

Monday 8th February 2021
from 11am – 12pm
via ZOOM

Friday 26th March 2021
from 11am – 12pm
via ZOOM



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Give

Do something nice for a friend or stranger, thank someone, smile, volunteer your time or consider joining a community group. Look out as well as in. Seeing yourself and your happiness linked to the wider community can be incredibly rewarding and will create connections with the people around you.

We are aware that many carers will be giving more of their time to look after their loved ones



at the moment. However, we would like to encourage you to take some time for you to relax, unwind and support your own wellbeing. Perhaps now is a time to reassess and lay down some foundations that will support you in your caring role right now and in the future.

With this in mind why not commit to giving one thing to yourself each week that will support your wellbeing.

Peer Support

Many times you may find yourself supporting other carers, if you would like guidance and direction to help you whilst doing this please let us know by emailing carers.coordinator@northerntrust.hscni.net or telephone **028 276 61210** as we are working on developing a peer support programme.



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Zoom

How to download Zoom on your device

1. Open your device's internet browser and navigate to the Zoom website at Zoom.us.
2. Scroll down to the bottom of the page and click «Download» in the web page's footer.
3. On the Download Center page, click “Download” under the «Zoom Client for Meetings» section.
4. The Zoom app will then begin downloading.

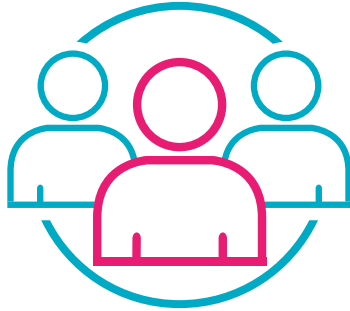
Alternatively you can wait until you have received the email link to join the ZOOM class.

Once you click into link you will be automatically prompted to download the app to the device you are using.

A zoom link will be emailed upon registration for each session. You can log into a virtual waiting area 15 minutes in advance of each session which will allow you the opportunity to short out any teething problems you may encounter and to relax before the session begins.



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