

**Carers Wellbeing Academy Monthly Peer Support Groups**

**21 Brayford Square, E1 0SG**

**Contact:**

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***The Academy and evidence suggest, there are 5 steps you can take to improve your Emotional and physical health and wellbeing. Joining a Peer Support Group and connecting with others could help you feel more positive and able to get the most out of life.***

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| **CONNECT WITH OTHER PEOPLE** |
| The Friday Social Club – Zoom  Fridays @ 2pm to 3pm  This weekly social and peer support group gets together to provide peer support and ad hoc mentoring and advice. The group is on Zoom and is aimed at carers who need to be home for their carting role but want some outside company. It takes time out of your daily caring role, to relax, talk and get support from your fellow carer.  WeConnectCommunities Hub – at the Carers Centre  Thursdays @ 2pm to 3.30pm  This is a weekly group that brings local E1 residents and carers together to combat loneliness and isolation, get together, have fun, and be engaged. We work in partnership with Jubilee Street practice, Compassionate Neighbours, Social Action for Health, and Public Health. Carers are also welcome with their cared for’s and this gives us a chance to connect with people within Tower Hamlets  Peer support group for carers of someone with Autism, Learning Disability, Physical Disability and/or behaviours that challenge.  2nd Wednesday of every month @ 11am to 1pm – Carers Centre  The group is in partnership with Carers Centre Tower Hamlets, Community Learning Disability Service, Autism Service Tower Hamlets and CREATE Day Centre and each month there will be representatives from the partner organisation on hand to give advice. Most importantly your peers will be on hand to swap tips, give advice and welcome you into their caring presence.  Carers of People with Dementia Peer Support Group  4th Wednesday of every month @ 10.30am to 11.30am –Session via zoom  This monthly peer support group aims to help carers network, support each other, learn caring tips, and share knowledge, it is your group, and you have a say in how is runs.  Renal Carers Support Group  2nd Tuesday of the month @ 11am to 12.30pm – session is via Zoom  A peer support group hosted by our Hospital Worker Ayeda Zuba for carers who care for someone with kidney disease or failure. If this group sounds like it is for you then please do not hesitate in joining, the more the merrier.  Please contact [Ayeda@ccth.org.uk](mailto:Ayeda@ccth.org.uk)  Shared Reading for Carers Group – Carers Centre  Mondays @ 11.15am to 12.15pm  Does your caring role stop you from reading a book or books? When was the last time you had someone read to you?  Our weekly reading group enables carers to sit round a table, have fun with other carers and have a short story read to them by an experienced Reader called Dorothy (she is wonderful by the way). This mindful activity gets you to slow down and look inwardly.  Monday Ramble Club  Mondays @ 12.30 to 1.30pm  A weekly group uses exercise to learn about Tower Hamlets and surrounding areas, your walk as a group of carers and you can chat, have a laugh, and enjoy the outdoors. You meet outside the Carers Centre at 12.30pm and off you go as group. We include topical, educational, and seasonal walks.  ***Talking Therapies - defining the Carers Role/s – Carers Centre***  ***3rd Tuesday of each month @ 2pm to 3pm***  Each month the workshop will look at the many different aspects of a carer’s role. This follows on from an exercise we did on what carers had to undertake as part of their caring role supporting friends and family. For example, Researcher, Role model, Commissioner, Teacher, Influencer, Mentor, Community worker, Provider of high-level care, Expert at learning new skill, Problem solver, Politician, Geneticist.  If you want to explore the emotional side of these various roles and learn mechanisms to cope, then why not join our monthly workshops.  ***ELFT/CCTH Carers Mental Health Hub***  ***4th Tuesday of each month @ 1.30pm to 3pm***  We are very pleased to announce that we are teaming up and hosting a monthly hub for carers of people who care for someone with a mental health issue, carers who need emotional support and encouraging carers to meet up and peer support each other.  ***Studies have shown peer support, particularly with mental health and emotional issues, can lead to an increased sense of hope and a feeling of empowerment, and diminish feelings of isolation.*** |