



Action for Carers Support for Former Carers

**Support for carers who are bereaved
and recovering a life outside of caring**

Welcome



Firstly we would like to offer you our condolences on your sad loss. We appreciate this is a very upsetting time for you and your family.

Having supported you in your caring role we would now like to offer you support as you come to terms with change and looking at recovering a life outside of caring.

This booklet outlines the support we offer both individually and via groups to you for the next 12 months after your loss. There is also information about other organisations which might be of help to you at this time.

Rachel Brennan

**Adult Carer Support Manager,
Action for Carers Surrey**

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Carer Information Centre

We are here for when you need us.

If it matters to you, it matters to us. Please call us: 0303 040 1234.

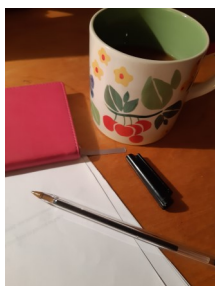
Carer Information Centre Advisors are here during the week to speak to you and provide information, advice, support, or just to listen.

Carer Support Advisors

If you need help with forms or any other issues we can put you in touch with one of our Carer Support Advisor working in your area.

They can help in many ways, including:

- Advice and form filling
- Signposting to further sources of help



Keeping in touch

You are very welcome to continue to receive and use our communications for this 12 month period of support. These include:

- Our quarterly newsletter
- Our events email (sent every two weeks)
- Our website

These will include events, activities and consultations of interest to former carers.



Former Carer Support Group

We have a support group for former carers, to offer friendly support and help with emotional, practical and social needs. The group provides a time and place where you can meet with other people who are experiencing the pain of bereavement and will understand something of what you are feeling.

The group is currently run via Zoom. It takes place on the **second Tuesday of each month**.

It is hoped that carers will be able to self-organise and form their own friendship groups.

Taking part

You will need to sign up to take part. Simply leave a voicemail on **0303 040 1234 option 1** or email CSadmin@actionforcarers.org.uk or go to our website www.actionforcarers.org.uk/events. We will send joining instructions, a guide to Zoom, and a password for the group.

If you need help to get online, please call us, because there are lots of ways to help.



Many organisations have **on-line support groups**.

Carers UK and Sue Ryder have communities offering support to former carers, and many condition-specific charities have communities where former carers can chat, e.g. Macmillan, Parkinson's UK and the Alzheimer's Society.

Links are on our **website** www.actionforcarers.org.uk/how-we-help/wellbeing/carers-forums/

Workshops and Events



You are welcome to join any of our events and workshops, currently taking place via Zoom. Details of upcoming events are listed in our newsletter and on our website.

Our events include wellbeing and creativity, for example, Mindfulness, Yoga, Pilates and crafts.

You are also welcome to attend sessions which focus on issues which are still part of your role as a former carer. Please let us know if you have suggestions for issues you would like us to address.

Workshops that may be of particular interest:

Bereavement Workshop

To explore how it affects people physically, mentally, emotionally and socially. To share ways to cope with bereavement.

Building Emotional Resilience Workshop

This workshop offers a basic understanding of how we can build resilience, and the things that prevent us from doing so. Understanding the difference between pressure and stress, and learning to turn 'surviving into thriving'.

Anxiety and Loss Workshop

This workshop helps carers gain a basic understanding of anxiety, the symptoms of anxiety, factors around anxiety and loss and strategies

Workshops and Events (continued)



Celebrating Life: Remembering our Loved Ones

This will be a time for carers who have lost the person they have cared for, to remember, meet others, share experiences and take part in an activity which will celebrate the life of their loved one.



Life after Caring

This workshop will look at managing change, opportunities to work or volunteer, benefits and finances, confidence building and other issues carers wish to address.

These specific workshops will be held throughout the year via Zoom and face-to-face when possible. Details are in the newsletter and on our website.



Thinking about work

You may now be in a position where you want to retrain or re-enter the workforce, if your caring role limited your working life.

While you were caring you will have developed skills that may be very useful.

Charity Carers UK have a programme that may help, called 'Learning for Living'. It is a tool for carers to help validate their skills gained through caring.

Find out more about this programme on:

www.carersuk.org/help-and-advice/work-and-career/learning-and-education

The free two-hour online course covers five different modules covering techniques for learning and communication and developing assertiveness and confidence. A carer will receive a Digital Badge on completion which employers recognise as part of professional development.



Volunteering

*“Bereaved carers want to help,
we can volunteer to give back”*



There's lots of ways to volunteer.

- help at support groups
- help with basic administration tasks
- support a stall to promote Action for Carers
- take part in fundraising (see page 10)
- Help with the newsletter—carer to carer pages.

We are continuously developing ways to support carers which volunteers would be welcome to work on with us.

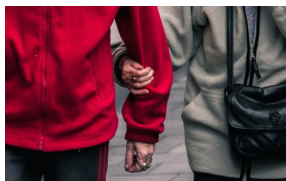
If you feel you have a skill which you are willing to share then please contact Rachel Brennan, Manager of the Adult Carer Support Service.

For more information on volunteering opportunities, Visit our website and please get in touch.

www.actionforcarers.org.uk

Carersupport@actionforcarers.org.uk

‘Carers to be able to help other carers’



Using Your Experience

Your experiences as a carer — both good and bad — are hugely important. Your views and experiences can help to make changes for the better for *all* carers, both in Surrey and nationally. As a former carer, you are likely to have a great deal to contribute.

There are many ways to do this.



Our ‘Giving Carers a Voice’ programme

We run a wide range of consultations for carers and former carers. We also have a ‘Carers’ Parliament’ made of carers and former carers to address key issues. You can find out about these in our newsletter and on the website.

External consultations

We encourage carers to have their voice heard by taking part in external consultations, both in Surrey and nationally. We advertise all those we know about on our [website **www.actionforcarers.org.uk/get-involved/share-your-story/**](http://www.actionforcarers.org.uk/get-involved/share-your-story/)



Sharing your story

Would you consider sharing your story with others? We often share carers’ stories in our communications, as they resonate with other carers, as well as helping others understand carers’ lives better. You can see some of our carers stories on our website www.actionforcarers.org.uk/carers-stories/

The media also ask us for carers who will share their experiences and comments in print, radio and TV. If that’s also of interest, please let us know.

Fundraising

We hope you feel you have benefitted from the support offered by Action for Carers, and the other carers you may have met on your caring journey.

Action for Carers aims to support all Surrey's carers, aged 5-95. As you know we offer a wide range of support and activities. Although we receive much of our income from Surrey County Council, we also fundraise to be able to do more.

When the time is right, you may be interested in fundraising, and if so, we'd be delighted to have your support. There's all sorts of ways.

As an individual

You can support us simply through things like your shopping choices. Or you could consider something bigger like a sponsored activity. More here www.actionforcarers.org.uk/get-involved/fundraising/fundraise-as-an-individual/

As a community group

If you're part of a community group, like the Rotary or a golf club, you may be able to support us that way. More here www.actionforcarers.org.uk/get-involved/fundraising/fundraising-in-your-community/

At an event

We have fundraising events, such as our Classic Car event that took place in 2019. 2020 has meant no events for us, but we have lots planned for 2021. More here. www.actionforcarers.org.uk/get-involved/fundraising/fundraising-events/

Email fundraising@actionforcarers.org.uk for more.





Action for Carers Surrey

We provide information, advice and support for carers of all ages, right across Surrey. Our support includes benefits help, advocacy, guidance on moving and handling, workshops, events, support groups, free resources and more.

We also help carers have their say on caring matters in Surrey and nationally. We have specialist support available for young carers, young adult carers (aged 18-24) and people connected to the armed forces. We also provide training and support for professionals working with carers.

Find out more at www.actionforcarers.org.uk

Action for Carers Surrey

Call us on 0303 040 1234; email
CSAdmin@ActionforCarers.org.uk

www.actionforcarers.org.uk



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