



STAYING CONNECTED GROUPS TOP TEN TIPS



Operates Birmingham Carers Hub

10 Connect!
Talk to others: start a conversation by asking them how they are for example, listen and get to know people.

8 Be yourself
Talk about your experiences, don't be ashamed. No one will expect you to be anyone else but you.

6 Join in

It may be difficult to join in, but remember that this is your time and to get the best out of that, it would be good to get involved – no one is judging you and there will be others who understand what you are facing on a day to day life.

2 Make a Commitment
It can be very easy to keep putting off attending a group, other important things come up and are prioritised. Make a commitment to do this, tell yourself but not only do you need (and deserve!) to have the time to yourself.

4 Plan Ahead
Arrange in advance how you are getting there and what needs to happen to ensure you can attend, such as asking family and friends to sit with your loved one so you are comfortable to leave them.

1

Research

Do some research to find out about the different groups in your area. Work out which will suit you and fits around your caring role.

3

Set reminders

Write in a diary the dates, times and location of the groups. Once it's in the diary you are saying you are committing to this and that you want to go.



5

Permission

Give yourself permission to take the time to go, remind yourself that it's okay to have some time for you, it's important to stay connected.

7

The right group

If you attend a group and you find it's not right for you, don't give up! Try another local group, it may suit you better. There is little point going to a group if you don't enjoy it.

9

Bring a friend

If you are unsure about attending on your own, invite a friend to go along with you, or call the group organiser and arrange to meet them beforehand. Once you have walked in the door that's the hard bit complete – it will get easier.

Local Support
for Birmingham

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