

# **Carers Mental Wellbeing And Resilience Course**

## Course Overview and Application Form



### **Overview**

Learning how to manage your own mental health and wellbeing while caring for someone else, can sometimes be a balancing act. This course has been designed to give you information and tips to help.

### **Course aims**

The course is designed to help individuals understand common challenges that many unpaid carers encounter, as this might make you feel less alone.

Reflecting on the caring situation you are in currently, is the starting point to know what small changes you may be able to make, that might help you feel more able to cope, and improve your own mental wellbeing and resilience

### **Objectives are to:**

- Bring together people with shared experiences of the caring role,
- Take 'time out' and reflect on what you need
- Provide a space where individuals feel accepted and understood
- Keep yourself well so you will be in a position to care for others.
- Be kind to yourself, self-compassion and acceptance

### **Outcomes**

Improved resilience and skills for self-management

Improved mental health and emotional well-being

For individuals to feel there is hope, control and opportunity within their life

Session duration: up to 2 hours

Frequency: weekly

No. of sessions: 6

Location: Kettering Mind

Please complete all parts of the application form including the questionnaires, and submit to:

**Kettering Mind 49-51 Russell Street, Kettering, Northants, NN16 0EN**

**Or by email to: [info@ketteringmind.org.uk](mailto:info@ketteringmind.org.uk)**

A course facilitator will be in contact with you, to let you know when the group you have applied for, will be running the next session.

This overview sheet and the useful information/contact numbers on the reverse are for you to keep.

Form reviewed Jun 2022

Registered Charity number 1069373 Registered Company number 03530898

## Useful Information / Contact Numbers

**Kettering Mind Telephone: 01536 523216** (Office hours 9am – 4.30pm Mon – Fri)

**Crisis cafes** - available for anyone 18 years old or over who are finding themselves in a crisis or need support with their mental health. Ran by an NHFT mental health professional and a Mind peer support worker, they provide support and safety to anyone in need by offering coping mechanisms and management techniques to help reduce the risk of crisis.

As well as offering support, professionals can also refer and direct you to further services if required. They run across the county at various locations, please phone for further information

**Corby 01536 267280**

**Daventry 01327 879416**

**Kettering 01536 523216**

**Northampton 01604  
634310 / 624951**

**Rushden 01933 312800**

**Wellingborough 01933  
223591**

**NHS Choices (non-emergency) Telephone: 111**

**Mind info line – Telephone: 0300 123 3393** for information on topics including:

- types of mental health problems
- where to get help
- medication and alternative treatments
- advocacy

**Mind Legal line – Telephone: 0300 466 6463** for information and general advice on mental health related law covering:

- mental health
- mental capacity
- community care
- human rights and discrimination/equality related to mental health issues

### **Blue Light information**

Working in the emergency services has always been a challenging job, but since the pandemic it has been even harder. You might be dealing with more work on top of your normal duties, and supporting people in more difficult situations.

Go to: [www.mind.org.uk/news-campaigns/campaigns/blue-light-programme/blue-light-information/](http://www.mind.org.uk/news-campaigns/campaigns/blue-light-programme/blue-light-information/) for resources to support you with your mental health.

The blue light information is for emergency workers who work in:

- ambulance service
- fire and rescue
- police service
- search and rescue

**Samaritans – Telephone: 116 123** They offer a safe place for you to talk any time you like, in your own way – about whatever’s getting to you. You don’t have to be suicidal.

**Mental Health Intergrated Response Hub: 0800 448 0828** a 24-hour a day telephone support service for people receiving support in Northamptonshire for mental health problems, their carers, families and friends. Our service helps when you feel unsafe, at risk, or unable to cope without support.

We are Kettering Mind. We’re a passionate group of people here to fight for mental health. For support. For respect. For you.

# **Carers Mental Wellbeing And Resilience Course** Application Form

Part 1

<b>Personal Details</b>																			
Name		Date of Birth:																	
Gender		Ethnicity:																	
Daytime Tel No:		Mobile number:																	
Address																			
Do you give consent for us to leave messages relating to this course?			Yes / No																
Do you have any access requirements?			Yes / No																
Please confirm you have read the course overview and this is the course you are applying to attend			Yes / No																
Do you give consent for us to send emails relating to this course?			Yes / No																
If yes, please print your email address:																			
How did you hear about this course?																			
Please sign below to acknowledge and give consent to notes being recorded on Kettering Mind systems;																			
Signature;		Date																	
<b>About you</b>																			
<p><b>A)</b> When caring for someone else, you might experience challenges and difficult feelings. Please tick all that apply to you</p> <table style="width: 100%; border-collapse: collapse;"> <tr> <td style="width: 25%;"><input type="checkbox"/> Stress and worry</td> <td style="width: 25%;"><input type="checkbox"/> Finances</td> <td style="width: 25%;"><input type="checkbox"/> Anxiety</td> <td style="width: 25%;"><input type="checkbox"/> Frustration</td> </tr> <tr> <td><input type="checkbox"/> Lack of sleep</td> <td><input type="checkbox"/> Isolation &amp; loneliness</td> <td><input type="checkbox"/> Depression</td> <td><input type="checkbox"/> Anger</td> </tr> <tr> <td><input type="checkbox"/> Less time for yourself</td> <td><input type="checkbox"/> Low self-esteem</td> <td><input type="checkbox"/> Guilt</td> <td></td> </tr> <tr> <td colspan="4"><input type="checkbox"/> Other (please describe)</td> </tr> </table>				<input type="checkbox"/> Stress and worry	<input type="checkbox"/> Finances	<input type="checkbox"/> Anxiety	<input type="checkbox"/> Frustration	<input type="checkbox"/> Lack of sleep	<input type="checkbox"/> Isolation & loneliness	<input type="checkbox"/> Depression	<input type="checkbox"/> Anger	<input type="checkbox"/> Less time for yourself	<input type="checkbox"/> Low self-esteem	<input type="checkbox"/> Guilt		<input type="checkbox"/> Other (please describe)			
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**A)** What is important to you? (What aspirations do you have? what do you hope for? What benefits would you like to see in your life?)

**B)** Do you have any ethnic, gender, culture & diversity needs we can support you with whilst attending the course?

Part 2

Please fill in all the questionnaires, as it will help us tailor the sessions to the participants. We will ask participants to fill in identical questionnaires at the end of the service, for comparison.

**Mental Wellbeing Questionnaire  
The Short Warwick-Edinburgh Mental Well-being Scale (SWEMWBS)**

<b>Over the <u>last 2 weeks</u>, how often have you experienced any of the following:</b>	None of the time	Rarely	Some of the time	Often	All of the time
I've been feeling optimistic about the future	1	2	3	4	5
I've been feeling useful	1	2	3	4	5
I've been feeling relaxed	1	2	3	4	5
I've been dealing with problems well	1	2	3	4	5
I've been thinking clearly	1	2	3	4	5
I've been feeling close to other people	1	2	3	4	5
I've been able to make up my own mind about things	1	2	3	4	5
<b>SWEMWBS total score</b>					

**GAD7****Anxiety and Depression Questionnaires**

<b>Over the <u>last 2 weeks</u>, how often have you been bothered by any of the following problems?</b>		Not at all	Several days	More than half the days	Nearly every day
1	Feeling nervous, anxious or on edge	0	1	2	3
2	Not being able to stop or control worrying	0	1	2	3
3	Worrying too much about different things	0	1	2	3
4	Trouble relaxing	0	1	2	3
5	Being so restless that it is hard to sit still	0	1	2	3
6	Becoming easily annoyed or irritable	0	1	2	3
7	Feeling afraid as if something awful might happen	0	1	2	3
<b>GAD7 total score</b>					

**PHQ-9**

<b>Over the <u>last 2 weeks</u>, how often have you been bothered by any of the following problems?</b>		Not at all	Several days	More than half the days	Nearly every day
1	Little interest or pleasure in doing things	0	1	2	3
2	Feeling down, depressed, or hopeless	0	1	2	3
3	Trouble falling or staying asleep, or sleeping too much	0	1	2	3
4	Feeling tired or having little energy	0	1	2	3
5	Poor appetite or overeating	0	1	2	3
6	Feeling bad about yourself — or that you are a failure or have let yourself or your family down	0	1	2	3
7	Trouble concentrating on things, such as reading the newspaper or watching television	0	1	2	3
8	Moving or speaking so slowly that other people could have noticed? Or the opposite — being so fidgety or restless that you have been moving around a lot more than usual	0	1	2	3
9	Thoughts that you would be better off dead or of hurting yourself in some way	0	1	2	3
<b>PHQ9 total score</b>					

Q6 CORE10	I made plans to end my life in the last 2 weeks	NO	YES
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