

# New to Caring Matters

## Caring for others - your first steps

When we first start to look after someone it can feel like we are moving into new and unknown territory. Perhaps you are starting to support parents who need a bit more help than before, or have a partner, friend, family member or child with an illness or disability. What if you could tap into the wisdom and experience of others who have travelled this journey before? Rather than being bombarded with advice and being told what to do this session will help you choose what will work for you, creating an easier and clearer path forwards for you and those you care for. Even if you have been caring for a while this can be a helpful way to review the basics and share the things you have learnt along the way.

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## Session Outline

- Recognising our caring role
- Who to tell about your caring role
- Knowing about options available to support you
- Keeping hold of you
- Taking care of you
- Your next steps

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## Session Includes

An engaging presentation drawing on the lived experience of caring/ supporting carers

A safe, confidential space. Share with and listen to your peers

The opportunity to draw on your own resources and chose the takeaways that work for you.



### Speaker: Suzanne Bourne

Suzanne is an International Coach Federation certified coach. She has worked for many years in the field of peer support with an expertise in creating a safe online space for peer support. Her work includes supporting people living with long term conditions but it is her passion for seeing carers step into their full potential that is the focus of her current work. She is the co founder and Head of Carer Support for a service that provides 11 coaching, virtual cuppas and an online peer support community for carers. As mum to 2 teenage girls and carer to her husband Matt, diagnosed with Young Onset Parkinson's 18 years ago, she holds a big focus on quality of life. The family motto is do things while you can in a way that works for you!