

CARER (FAMILIES) FORUM

Stepping Stones: Towards Recovery

“I am more than my loved one’s illness” – the stepping off point for carers recovering “self” with a special focus on caring and natural disasters. Carers will explore many stepping stones across the river towards recovery through 4 interactive and inspiring sessions:

Creativity and Social Inclusion: a Performance – Carers from the Far North present short theatrical pieces about their experiences of caring and natural disasters.

Carer Education: a Q & A panel session about the importance of learning about and understanding trauma, coping and resilience.

Self-Advocacy: Guest Speaker (TBC) goes beyond advocating for your loved one to explore the need to advocate for yourself.

Sharing the Journey: “World Café”-style, guided but free-flowing conversations. Exchanging your stories to navigate the beneficial flood

Rufus May will also present for the Carers.

Stepping Stones: Towards Recovery

The Carer Forum will explore many stepping stones across the river towards recovery. “I am more than my loved one’s illness” is the stepping off point for carers recovering “self”. With a special focus on caring and natural disasters, carers will explore the stepping stones towards recovery through 4 interactive and inspiring sessions: Creativity and Social Inclusion, a performance by Carers from the Far North who will present short theatrical pieces about their experiences of caring and natural disasters; A Q&A panel session on Carer Education about the importance of learning about and understanding trauma, coping and resilience; Self-Advocacy, includes a special guest speaker, goes beyond advocating for your loved one to explore the need to advocate for yourself; Sharing the Journey, “World Café”-style, guided but free-flowing conversations, exchanging your stories to navigate the beneficial flood. Rufus May, TheMHS keynote speaker will also take part in this Forum.