

One place, your space.

Support Group Sessions

As a carer of a disabled child it is easy to feel alone and isolated and to become cut off from friends and outside interests. Support groups can provide great opportunities to meet others in a similar situation, within a friendly and social environment. Support groups can create networking opportunities with other individuals and organisations, linking you to people who can provide support, advice and guidance in your caring role.



The support groups will offer you a space to meet and talk to others in a similar situation. The professionals facilitating the groups will provide interactive sessions within a small group setting. Activities will include (but not exhaustive of):

Group Sound Relaxation

Sound therapy is the creative and spontaneous use of sound using singing bowls and other instruments. Sound relaxation can help you feel a sense of inner peace and offers the opportunity for self-reflection.

Stress Management Workshop

Will cover a variety of issues and solutions surrounding stress. You will discuss what stress actually is, the cost implications it can have, the signs and symptoms of stress as well as exploring possible solutions.

Mindfulness

A technique that can be used in reducing anxiety and stress which enables you to focus on the moment and pay attention to what is happening right now.



The group sessions will be run on a regular basis.
For more information or to book an appointment contact;

Telephone: 0191 525 2885 | Email: info@gracehouse.co.uk



Grace House North East



@GraceHouse10

pretty.
amazing creative



Sunderland Carers' Centre

Young Carers Support - Sunderland Carers' Centre

What do young carers do?

A young carer may spend time doing things like cooking, cleaning, and shopping. They may also give medicines and tablets to the person they look after or help them to get washed or get dressed. Some may help their brothers or sisters to get dressed and take them to school.

Working in partnership with Sunderland Carers Centre, their 0 – 25 Team can offer young carers access to their activities, groups, and core carer services.

The activities can provide young carers with an opportunity to take time out, meet and spend time with other young people who may be experiencing similar home situations. The group will also provide advice and information to help young people to support their families to access relevant help.

There are several weekly groups that are available for different age ranges as well as a range of activities during school holidays.

Young Carers view of support:

"Once I started young carers, I began to talk about my situation and how I felt and the people around me understood how I was feeling. This helped me because it helped me understand a lot more about autism and how to cope with it"

To attend the sibling support groups or to find out more information, please contact Sunderland Carers Centre Contact Team at the Sunderland Carers Centre direct on (0191) 549 3768

Grace House
short break & respite care for children & young people

www.gracehouse.co.uk