Self Management for Life

Young Carers Course

Addressing the health and social needs of young carers

The Self Management for Life Young Carers’ course has been co-productively written with young carers who took part in focus groups and our prototype Young Carers course in 2013, in association with Tameside and Glossop Clinical Commissioning Group.

The aim of the young carers’ course is to help attendees better manage their own physical and emotional health and wellbeing. Specifically, the course helps young carers to recognise their own needs, develop self-management skills, increase their self-confidence and self-awareness and strengthen support networks available to them.

Participants on the course are equipped with the knowledge, understanding, skills and confidence to be able to self-manage their lives effectively on a day-to-day basis. The course is typically delivered by one adult and one trained young carer. This peer-led approach makes it easier for the young carers to open up and share their challenges.

"Self management uk's course is definitely worth it, I have learnt so many new skills and I would recommend it to all Young Carers. I now know how to manage my time and life, so it remains as stress free as possible."  

Previous Participant
Self Management for Life Young Peoples Programme

For
Any young carer aged 13-21 (grouped into age relevant sessions)

Course Type
2 x 2-hour sessions held at weekends or evenings.

Benefits to young carers
- Learn to better manage their physical and emotional health and wellbeing
- Enable and encourage participants to recognise their own needs
- Strengthen participants support networks
- Develop self-management skills – with particular focus on communication skills, dealing with difficult emotions and looking after their health
- To increase participants self-confidence and self-awareness

Course Content Overview
- Keeping the wheels turning
- Difficult emotions
- Communication skills
- Knowing your limits
- Healthy eating
- Socialising and friendships
- Careers and the future
- Being thankful
- Action planning

How has it helped others?

Other participants say the best thing about the workshops is:-

- “Making more friends”
- “Having a laugh with people like me”
- “Having someone that understands the effects of being a young carer and the emotions, problems you come up against”
- “Doing some of the activities because we all have a laugh about serious things. If you didn’t laugh you’d cry”

As an experienced organisation that designs and delivers health education programmes to numerous groups, we can work with you to develop a programme which exactly suits the needs of your population.

For all your self-management needs, call us on 03333 445 840, email us at hello@selfmanagementuk.org or visit us at www.selfmanagementuk.org