

## Useful information for carers

All carers are entitled to a free carer's assessment. A carer's assessment is a way for staff to find out what your experience of caring is and to see whether there is any support we can offer you to enable you to continue to provide care.

Many carers find it difficult to talk about their experience and the problems they may face but staff are trained to engage and involve you as much as possible in your loved ones care plan and recognise the need for you to be supported.

The process involves a carer's assessment form being completed. You will be given a copy and it will be recorded as to what support will be given as agreed with you and this support will begin as soon as is practicable.

If you would like an assessment, please speak to your Care Coordinator or Nurse in Charge who will advise you how to get an assessment in your local area.

## Family, friends and carers who'd like to work with us

We are committed to working with the family, friends and carers of our service users by involving them in our work - making sure your voice is heard.

When staff identify that they require a family member, friend or carer to support them they will advertise this paid role. Please look out for posters and flyers locally or visit our website and check the 'Get Involved' section for updates.

For more information, please contact Claire Watson, Trust Lead for Service User Engagement and Volunteering, on Tel: 0161 358 1771 or email: [claire.watson@gmmh.nhs.uk](mailto:claire.watson@gmmh.nhs.uk).



## Further Information

Speak to a Carer Champion/Carer Support Worker or your local carer centre to find out what further support and information is available.

To find out about local groups and organisations that provide support, please visit our website: [www.gmmh.nhs.uk/local-carer-groups](http://www.gmmh.nhs.uk/local-carer-groups)

## Contact Us

### Recovery Academy

Greater Manchester Mental Health NHS Foundation Trust, The Curve, Bury New Road, Prestwich, Manchester M25 3BL

 0161 358 1771

 [recoveryacademy@gmmh.nhs.uk](mailto:recoveryacademy@gmmh.nhs.uk)

 [www.gmmh.nhs.uk](http://www.gmmh.nhs.uk)

 @GMMH\_NHS

 [facebook.com/GreaterManchesterMentalHealth](https://www.facebook.com/GreaterManchesterMentalHealth)



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Mental Health**  
NHS Foundation Trust

## Recovery Academy

Do any of your family or friends live with mental health, substance misuse problems or dementia?

Would you like to learn more about their condition and the support available?

At GMMH we offer FREE courses for family members, friends and carers.

This leaflet is available in other formats and languages on request.



Improving Lives

## What courses are on offer?

GMMH's Recovery Academy provides a range of free educational courses for the family, friends and carers who support someone who has mental health, substance misuse problems or dementia.

The courses currently available come under seven categories:

**Lived Experience, Psychological Therapies and Recovery, Spiritualty and Recovery, Creativity and Recovery, Taking Back Control, Developing Knowledge and Life Skills** and **Getting Involved with the Academy**.

We offer courses aimed at **Lived Experience** so you can find out more about the illness your loved one is going through and what support is available whilst caring for them. Some of the Lived Experiences courses include: 'Living with Addiction', 'Living with Anxiety and Depression', 'Living Well with Dementia', 'Living with Eating Disorders', 'Living with Self-Harm' and 'Living with Psychosis'.

Other courses that may be helpful are those that will teach you basic techniques that you can use to help and motivate the people you are supporting with their recovery.

Some of the **Psychological Therapies and Recovery** courses include: 'An Introduction to Cognitive Behavioural Therapy', 'An Introduction to Motivational Interviewing Skills', 'Mindfulness', 'Dementia Friends' and 'Health and Wellbeing for Carers' etc.

Our **'Health and Wellbeing for Carers'** course has



been developed by a number of GMMH's carers and will help you to learn new skills or improve your existing knowledge to help make life as a carer easier.

There's practical advice to help you cope with caring and support available so you don't forget to look after your own health and wellbeing.

We also offer courses to help you know about your and your loved ones rights, so you feel more in control of the recovery journey.

Some of the **Taking Back Control** courses include: 'Advocacy in Mental Health', which looks at what our basic human rights are and how advocates can assist people, and 'Completing an Advance Decision', which demonstrates how people with mental health problems (like depression or psychosis) can make choices and decisions about future care to ensure their wishes are taken into account.

## What did you enjoy most about the Health and Wellbeing for Carers course?

**"It helped me to identify problems and how to try and change what I am able to for my advantage."**

## Where are the courses held?

Our courses are held in a variety of venues, from community centres and hospitals to learning centres and theatres in locations across Greater Manchester and Lancashire.

## How to register and book on a course

The first time you book onto a course, you will be asked to complete a student registration form which will ask for your name, background, contact details and any specific requirements in relation to the support you may need.

You can access the online registration form and course booking form on our website: [www.gmmh.nhs.uk/recovery](http://www.gmmh.nhs.uk/recovery).

If you don't have internet access, don't worry, you can simply fill out the paper form at the back of the Recovery Academy prospectus and post it to us.

We will send you confirmation of your place, with full details of course start and finish times, venue and tutor etc. once we've received your booking.

To view our prospectus, together with information about the Recovery Academy experience, please visit [www.gmmh.nhs.uk/recovery](http://www.gmmh.nhs.uk/recovery) or call **0161 358 1771** if you'd like to be sent a copy in the post.

