

Privacy and confidentiality

Workshops and individual services are confidential. However, as we work closely with GPs, we will inform your GP that you are accessing PositiveStep.

Please note that PositiveStep has a responsibility to protect a child or vulnerable adult and if necessary will pass information on to other relevant services.

Feedback

If you have a complaint which cannot be resolved by your PositiveStep worker, please call PositiveStep or PALS:

PositiveStep - 01934 523766
PALS (Patient Advice & Liaison Service) - 01249 468261 or 08000 731778

Ways to access PositiveStep

You can book directly on to one or all of our workshops via our website:
www.positivestep.org.uk/carers

For more details on accessing the workshops or individual therapy please call

0300 300 0834

or directly access our service via

<https://www.iaptportal.co.uk/ns.html>

positivestep
supporting wellness in North Somerset

The Coast Resource Centre
Diamond Batch
Weston Super Mare
BS24 7FY

Tel: 01934 523766

Email: enquiries@positivestep.org.uk



Supporting Carers

Free Psychological Support

positivestep
supporting wellness in North Somerset



Am I a Carer?

A carer is someone of any age who provides unpaid support to family or friends who would not cope without this support.

Carers often don't see themselves as carers....

Being a carer can be very difficult and involve juggling lots of responsibilities and emotions.

This can lead to frustration, stress and worry.

Talking therapies can help you cope better.

If you would like to attend but struggle because of your caring role, please let us know.

Workshops for Adult Carers

Managing your stress levels

Find out more about what stress is and how to manage it better. Learn how to relax with our free CD

Improving how you feel about yourself

How to view yourself in a more positive way to enhance your quality of life and your ability to be there for those that rely on you

Managing our frustrations

How to learn to say 'no' as well as finding ways to cope with anger and frustration on a daily basis

Coping with change

Manage change and learn techniques for problem solving to help you ruminate and worry less

Keeping your spirits up

Gain an understanding of low mood and learn ways to lift your mood and see the positives in life

What Carers have said...

"Realising that other people are in similar situations and going through a similar thing."

"Experienced empathetic facilitators who are professional and present ideas in a way that 'lay-people' can easily comprehend."

"Very informative, no pressure, made to feel at ease"

