Workshops from the Bringing us Together team from December 2022

‘Bringing us Together’ are running a series of six free workshops on anxiety and overwhelm.  The second of these workshops will take place on Tuesday 13th December, with a different workshop every month until Tuesday 11th April 2023. All workshops will run from 10.30 am to 1 pm.

For more information and to book any of the workshops please contact tony@bringingustogether.org.uk

We will be sharing stories, experiences, information, knowledge and insights about anxiety, overwhelm and the many challenges we face.

Learn our ‘top tips’ - skills and helpful habits, things you can do to deal with overwhelm, handle your own anxiety and that of your children

**Here is some feedback from participants on the last series of workshops we ran on Anxiety:**

*“remembering time for yourself is crucial and working out what helps you. This course really helps keep you on track with helping yourself when you’re doing your very best supporting others.”

‘So valuable to realise that my issues are not unique to me and that there are ways to release some of the anxieties.
'Making my world bigger' is one which clicked with me the most.’

‘Really useful information. Go for it!’

‘Do it you really won’t regret it. You can just listen with no pressure to answer or share. Lots of knowledge, techniques and advice,  by people who have first-hand experiences so they have actually lived it and with varying degrees. Some of the things I knew and others not a clue.  Been very good at putting it into practice and it’s helping so much. Nothing to lose but you have so much to gain.’*

For information and to book your place, email: tony@bringingustogether.org.uk

**Course Content - What we will cover**

**Tuesday 13th Dec 2022**

Our Children's Anxiety - how we handle it.

Guest speaker - Ruth Commons

In this session Ruth will be talking about family relationships and anxiety.  This will focus on understanding the dynamics involved in relationships and sharing ways to develop useful perspectives to help manage anxiety in ourselves and others.

Ruth is an Accredited Member of The National Counselling Society

**Tuesday 24th Jan 2023**

Conflict and Battles with services.  How do we get the balance right?

Guest speaker - Isaac Samuels

Isaac is Co-chair of the National Co-production Advisory Group, 'Think Local Act Personal'

Isaac is also a co-chair of the working group which supports the All Party Parliamentary Group on Adult Social Care.

**Tuesday 21st Feb 2023**

Daily Challenges. How to stay sane in an insane world?

Guest speaker - Mel Halacre

Mel is the Clinical Director at Spokz People CIC.

Spokz People aim to improve wellbeing for disabled people and their families, supporting people on everything from relationships and sex to confidence and resilience

**Tuesday 21st March 2023**

Coaching with Kaddy'

Find out what Coaching is and how it can help us to improve many aspects of our lives including our anxiety.

Kaddy Thomas founded 'Elijah's Hope',  and 'Carer's Collective'. Kaddy helps unpaid carers find understanding and community, as well as increase their wellbeing so they can thrive instead of just survive.

**Tuesday 11th April 2023**

Final session - 'Bringing it all Together'

The Bringing Us Together team will co-produce the last session with you all.

We will decide together how best to use this time, drawing from the resources in the 'First Aid Anxiety' toolkit

**Meet the 'Bringing Us Together Team!**

Katie has worked for over 30 years with families and disabled people across the country. She has set up  two charities and is co-founder of Bringing Us Together. Katie is the mum to six adult children and is a foster carer.

Jenny has worked for many years as a Specialist Teacher in SEN in Cumbria and Lancashire. She is a parenting facilitator and mindfulness practitioner.

Jenny is delighted to be joining the team to deliver this course and we are so pleased to have her join us.

Tony has worked for over 20 years as an advocate and ally with disabled people and their families. A coach, mindfulness and self-compassion facilitator, writer and trainer.  He also designs flyers and mailouts for us!

**Agenda - How sessions will be structured**

10.30am -  Welcome
10.45am - Follow up on previous week, check in and review (Tony & Jenny)

11.00am  -  Part 1 : Guest speaker

11.30pm  -  Comfort Break

11.40pm  -  Part 2 : The 'Anxiety First Aid' Toolkit

'The Science of Anxiety'  (Tony)

'Resourcing' & 'Breathwork' (Jenny)

12.20pm  -  Check in

Thoughts and reflections

Discussion and questions

(Tony & Jenny)
12.50pm  -  Close and thanks (Katie Clarke)
1.00pm  -  Session ends