

If you are interested

- Please contact us:

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- We will send you an information sheet with details about the course and what we plan to do with your feedback.
- If you would then like to know more we can arrange to meet you so that you can get to know us and we can answer your questions.
- Then you can make a final decision about whether or not to join us in the project.
- If you are not eligible to take part, but are still interested, please contact us and we will try to signpost you to other services.



Northumberland, Tyne and Wear **NHS**
NHS Foundation Trust



Family based support to build capacity and resilience in family carers of adults with learning disabilities and challenging behaviours : Collaborative Research

A study funded by the National Institute for Health Research :
Research for Patient benefit Programme

IRAS Number: 189428
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Families Helping Families

A new unique way of supporting families in their caring role



Family Based Positive Support

Do you look after someone with a learning disability and challenging behaviour?

In partnership, professionals and family carers have developed a course that helps people learn new strategies and manage stress more effectively.

It uses Positive Behaviour Support, Mindfulness and Acceptance and Commitment Therapy.

We would like family carers like you to take part in the course, research with us and share ideas about what is helpful and what can be improved.

Are you interested in joining us?

What we aim to do

Looking after a person with a learning disability and challenging behaviour can bring about feelings of stress, worry and exhaustion.

Steve Noone (Consultant clinical psychologist, NTW NHS) has, together with a team of family carers and staff, developed a course that might help build resilience. Resilience is the ability to keep our batteries charged when things are tough, to recover from these difficulties and spring back more easily.

We are now in the exciting position where we want to share our ideas with you and through delivering the course, and by researching with you, find out what works and what needs to be developed.



Why we are asking you if you would like to take part?

We are asking you to take part because we think this course might be helpful to all family carers who look after an adult with a learning disability and behaviour described as challenging.

You may have been managing feelings of stress for so long that, although you might not feel like it, you have developed ways of coping. You have become an expert. Only by working with family carers like you will we find out what works.

Am I eligible to take part?

You must be the family carer (parent, sibling, relative) of an adult aged 18 and upwards who has a diagnosis of a learning disability and who has behaviours described as challenging.

We are also inviting people who now may not be caring for their relative full time as we know the commitment to your relative does not change when they stop living with you.

You must have had contact with Northumberland Tyne and Wear NHS Trust learning disability services in the North East of England (you do not need to be actively engaged with them now).

What would happen if I decide to take part?

- You will be invited to take part in a course with 6—8 other family carers.
- The course requires a commitment of 6 sessions. One a week for 5 weeks and then on week 6 a review and feedback session will be held.
- Following feedback from other family carers we have agreed that each session will be delivered from 10am till 2pm (including a lunch break). This was felt to be the best time for organising respite.
- We will aim to hold the sessions in a place that is easily accessible. We have a small budget for travel expenses and will be able to support people with necessary travel costs.

Getting together with others to pool your knowledge and experiences could help improve life for everyone.