



## **Carer Wellbeing Programme for Parent Carers**

Wellbeing courses for parent carers in East Sussex are available. Here, we explain the Wellness Recovery Action Plan (WRAP) six-week course, what it is and how it helps.

### **What is WRAP?**

**WRAP®** stands for **Wellness Recovery Action Plan™**. WRAP is a prevention and wellness process that anyone can use to get well, stay well and make their life more the way they want it to be through a series of tools and action plans, called a WRAP.

This is a process for anyone who wants to make positive changes in the way they feel and react to life.

Having a WRAP allows you to look at your options when you are thinking clearly and to plan steps you can take and changes you can make before you are faced with difficult emotions, situations and people. People who use WRAP report that it helps them find new ways of responding to situations that used to throw them off balance.

### **WRAP is designed to:**

- Decrease and prevent unwanted or troubling feelings and behaviours
- Increase the personal choices you make about how you live your life
- Improve quality of life
- Help you achieve your life goals and life dreams

### **WRAP can be used to:**

- Guide you through the process of creating a game plan for your life so you can achieve your goals and live the way you want to live
- Help you deal with any condition, illness, or set of circumstances that interferes with your quality of life
- Keep you well on an ongoing basis

## What makes up a WRAP?

WRAP is a structured system for monitoring wellbeing and is underpinned by five key recovery concepts: Hope, Personal Responsibility, Education, Self-Advocacy and Support.

During a WRAP course the recovery concepts are discussed and explored in the group and set the stage for creating your WRAP:

- **Hope.** We all experience some sort of life and health difficulties such as mental health challenges, addictions, loss, diabetes, ageing, caring, to name but a few. Claiming hope helps you to recover wellness and lead a fulfilling life.
- **Personal Responsibility.** We make choices every day that affect our wellbeing, some of them helpful, some of them not so helpful. You are the expert on yourself and it's up to you to take personal responsibility for your own wellness. Taking personal responsibility means looking at how you can be accountable for your choices.
- **Education.** Learning all you can about what you are experiencing helps you make good decisions about all aspects of your life.
- **Self-Advocacy.** Effectively reaching out to others and expressing your needs helps you get what you need, want and deserve to support your wellness and recovery.
- **Support.** Although working toward your wellness is up to you, receiving support from others and giving support to others will help you feel better and enhance the quality of your life.

During a WRAP course each section of the WRAP is explored in detail.

- **Wellness toolbox.** This is a list of all the skills and strategies you have used or want to use to keep yourself well and to help you feel better when you do not feel well.
- **Daily planning.** This is a description of you when you are well and a list of the essential wellness tools that you need to do every day to generate wellness, and a list of additional things you might consider doing that day to maintain wellness.
- **Stressors.** These are events, circumstances, or situations that might cause uncomfortable feelings or behaviours. This section enables you to plan for what to do when you experience a stressor.
- **Early warning signs.** These are signs that may indicate that your situation is beginning to worsen. This section covers how to prepare a plan for when you notice these early warning signs.
- **When things are breaking down.** This part of WRAP is used when you are still comfortable taking action on your own behalf without support, and includes a plan for what to do when these signs occur

- **Crisis Plan.** Despite your best planning and assertive action, things sometimes reach a crisis and you may need to ask for additional support in making decisions, or keeping yourself safe. Your crisis plan can help you maintain as many options as possible and lets your supporters know what they can do to help.
- **Post-Crisis Plan.** This includes questions to guide you through the challenging time when you are healing from a crisis and helps you return to using your Daily Plan.

### **What will my WRAP look like?**

The WRAP we create together on the course will reflect everyone's ideas. Your own WRAP, should you choose to write one, will be unique to you, as you are the expert on yourself. We will provide you with handouts and other materials during the course to supplement what we do in the sessions. To develop your own WRAP you may want to highlight your ideas on the handouts from the course, write in a notebook of your choice, get creative with a scrap book or collage or use the WRAP App. There is no right or wrong way to create your own WRAP – it's up to you to decide what works best for you.

### **Who runs the WRAP for Parent Carers?**

The WRAP for Parent Carers is arranged by Care for the Carers and the course is delivered by Coastal Wellbeing. Coastal Wellbeing is run by Molly and Lucy, two experienced, accredited Advanced Level WRAP Facilitators and BACP registered counsellors. Their aim is to support and encourage people of all ages and backgrounds to create positive change in their lives through WRAP.

For more information about the WRAP for Parent Carers, contact Cally Emerson at Care for the Carers, on 01323 738390 or [callye@cftc.org.uk](mailto:callye@cftc.org.uk).

### **Care for the Carers**

Care for the Carers is an independent charity and the Carers Centre for East Sussex. We have been supporting and representing unpaid carers in East Sussex since 1989.

### **What do we do?**

Our team of staff and volunteers can provide free practical and emotional advice and support – face-to-face, by telephone, or online. We can put you in touch with other carers, and help you navigate the range of services available locally. We also run support groups and events for carers in East Sussex and training for health and social care professionals and volunteers working with carers.

Care for the Carers represents carers and raises awareness of caring, working with a variety of local communities, organisations and service providers to build a carer friendly East Sussex.

All our work is developed with carers, and in response to their expressed needs reflecting local and national strategy, legislation, research and best practice. We work with carers so that they are empowered and can have a say in the policies and services that affect them.

During the Coronavirus pandemic, we are here to support all carers and offering our services by phone or online.

### **How to contact us**

Call our Carers Hub on 01323 738390, Monday to Friday, 10am to 5pm to speak with one of our team of dedicated support workers.

Email us: [info@cftc.org.uk](mailto:info@cftc.org.uk)

Text us: 07860 077300

Request a call back using the contact details above.

More information and carer resources at: [www.cftc.org.uk](http://www.cftc.org.uk).



**No one left to care alone**

Phone: 01323 738390 Email: [info@cftc.org.uk](mailto:info@cftc.org.uk) Text: 07860 077300 Visit: [www.cftc.org.uk](http://www.cftc.org.uk)



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Highlight House, 8 St. Leonards Road, Eastbourne, East Sussex. BN21 3UH