

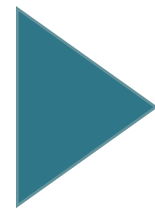


Co-funded by the
Erasmus+ Programme
of the European Union



IO2 – TOGETHER WE ARE STRONGER!
Workshop for Young Carers and their Significant
Adults

INTERNATIONAL EVENT
Brussels 18.03.2022



OBJECTIVES and AIMS

The second phase aimed at the creation and implementation of a workshop to **encourage positive communication and mutual support between young carers and adults of the family.**

The objectives of the workshop are:

- Encouraging open communication between young caregivers and adults about feelings, experiences and perception of the caring experience;
- Sensitizing and throwing light on the issue of young carers and the severe consequences overburdening can have;
- Informing about support and helpful services;
- Encouraging to seek support.



Co-funded by the
Erasmus+ Programme
of the European Union

TOGETHER



WORKSHOP PLAN

STRUCTURE



AT LEAST 10 PARTICIPANTS
PER PARTNER
5 young carers and 5 family
members



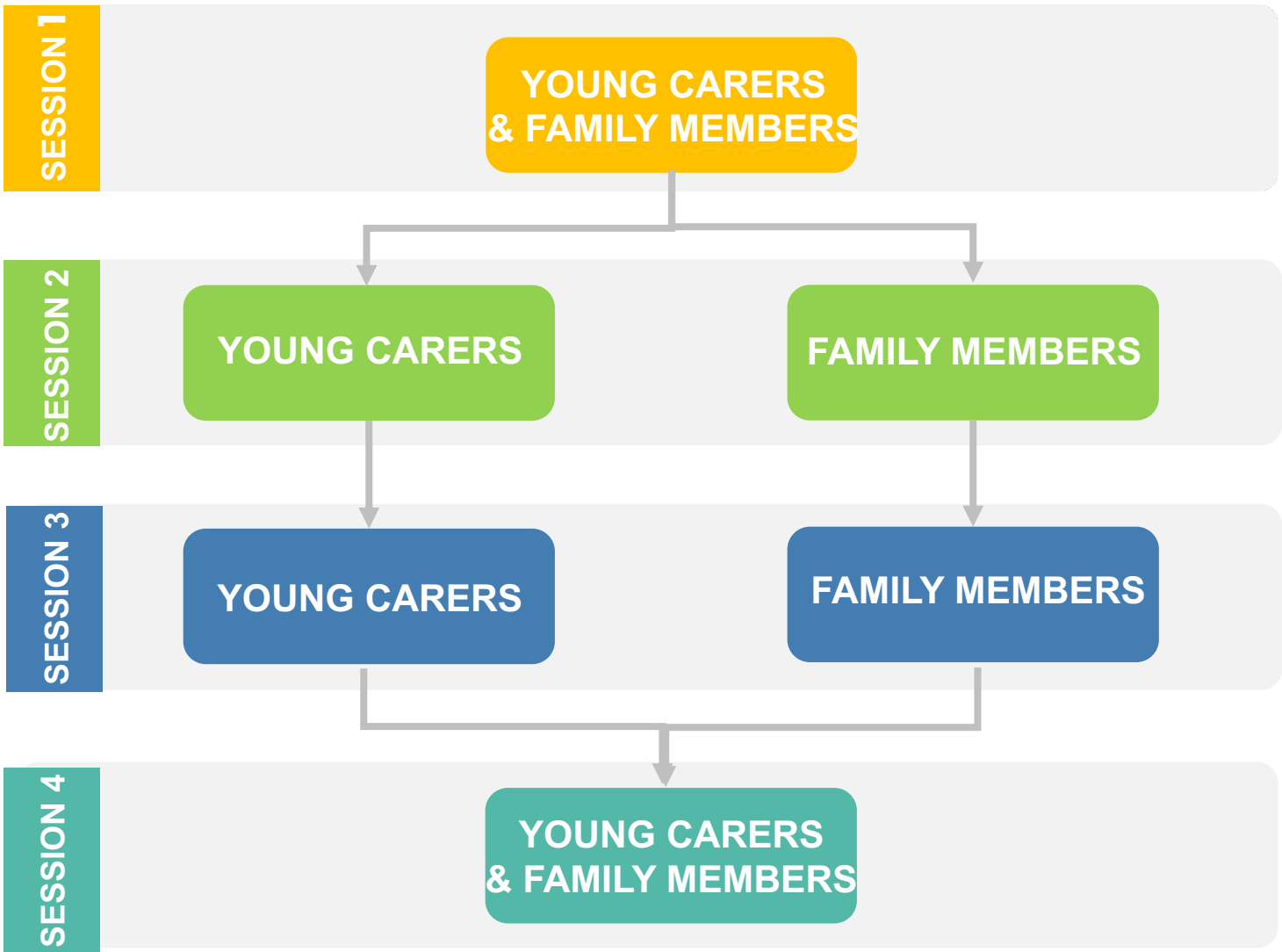
6 MEETINGS IN TOTAL



90 MINUTES DURATION
Each meeting



2 FACILITATORS
Family workers, social workers,
youth workers, psychologists.
Experiences working with young
carers and facilitating workshops.
If possible involving an extra
facilitator.





SESSIONS STRUCTURE

TOGETHER



ICE-BREAKER

Getting know each other,
establishing a climate of
trust and encouraging first
interactions among
participants

10 MIN



INTRO ACTIVITIES

Presentation of workshop
(1ST session), Reminding of
previous session

10 MIN



CORE ACTIVITIES

Based on the session topic
and objectives

60 MIN



CLOSING ACTIVITIES

Conclusions
Questions
Feedbacks

10 MIN



ACTIVITIES WILL BE THE SAME IN THE 2 GROUPS WHEN THEY ARE SPLITTED



Co-funded by the
Erasmus+ Programme
of the European Union



SESSIONS PROGRAMME

Topics and objectives

SESSION 1 “Our needs”

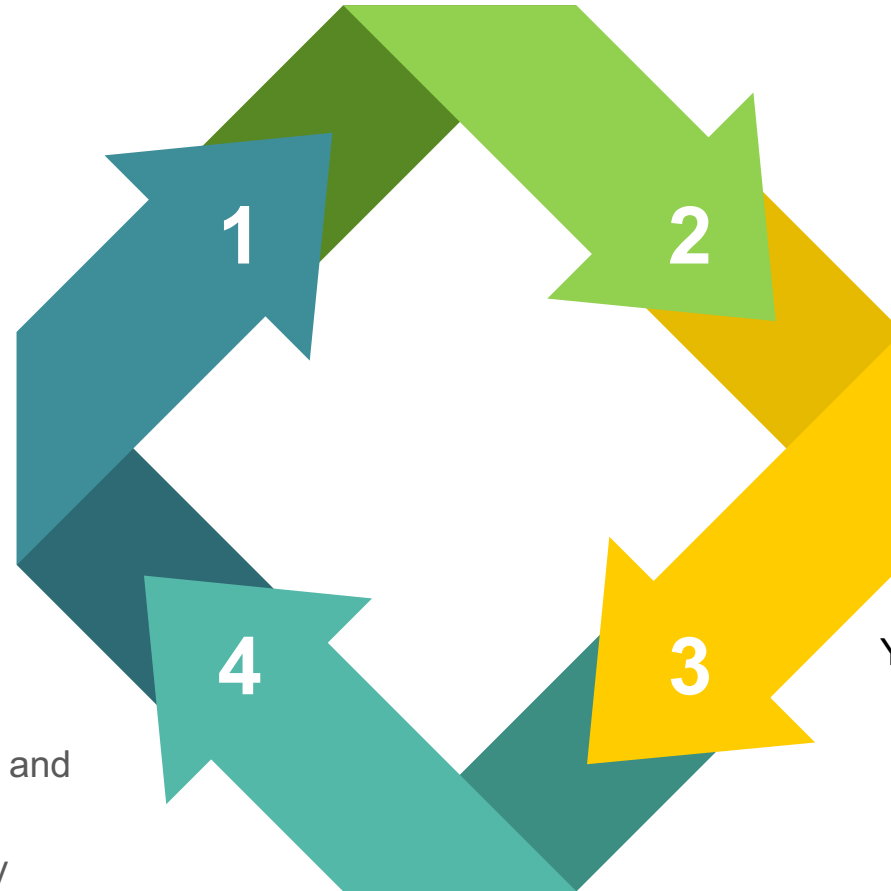
Young carers and family members together

- Know more about the workshop;
- Know more about young carers;
 - Getting to know each other;
 - Create a climate of trust;
- Becoming aware of own needs;
- Becoming aware of family members needs.

SESSION 4 “Our path together”

Young carers and family members together

- Becoming aware of other people’s emotions and thoughts relating to the caring activity;
- Facilitating communication among family members;
- Giving the chance to talk about caring activities (and emotions related) within the family.



SESSION 2 “Our emotions”

Young carers and family members separated in 2 different groups

- Increasing emotions self-awareness;
- Becoming aware of emotions related to caring activities;
- Sharing emotions within the group.

SESSION 3 “Our communication”

Young carers and family members separated in 2 different groups

- Becoming aware and reflecting on own communication style;
- Reflecting on family communication style;
- Being able to communicate my feelings and thoughts;
 - Practicing active listening.

La prima fase di questo progetto è stata finalizzata a raccogliere e creare materiale di sensibilizzazione rivolto a giovani e adulti circa l'importanza della cooperazione e del supporto reciproco quando vi sono delle responsabilità di cure assistenziali all'interno della famiglia. Sono inoltre state sviluppate delle risorse specifiche per i professionisti per supportarli nell'adozione di questo approccio olistico.

NUMBER OF MEETINGS AND MODE

- 1 face to face workshop
- 2 online workshops
- 3 online consultation meetings

OBJECTIVE

Testing of the workshop and validation by target groups.

WHERE

Germany, Scotland, Greece and Italy


PEOPLE INVOLVED

25 young caregivers and 20 adult family members



PILOTING RESULTS

TOGETHER

 The feedback was positive and all the participants in the various national pilots found the experience useful and supportive.

The programme and the activities proposed met the project objectives.

It was clear that these workshops raised awareness of young carers and of their needs and emotions.

Communication within the family can sometimes be neglected and the workshop is a good opportunity to practice open communicating and make an effort trying to talk about issues that may be difficult to address.

The Together project showed how, through the practical activities proposed, it can be possible to promote and increase confidence in expressing one's feelings and communicating openly.

The workshop implementation guide and pilot experience report is available on the project website

www.togethereuproject.eu



Co-funded by the
Erasmus+ Programme
of the European Union



Co-funded by the
Erasmus+ Programme
of the European Union

TOGETHER

THANK YOU!



The European Commission support for the production of this publication does not constitute an endorsement of the contents which reflects the views only of the authors, and the Commission cannot be held responsible for any use which may be made of the information contained therein