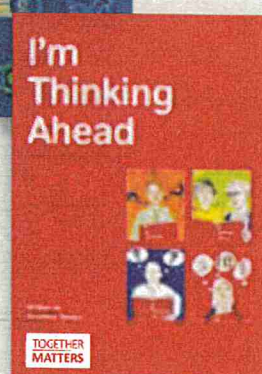
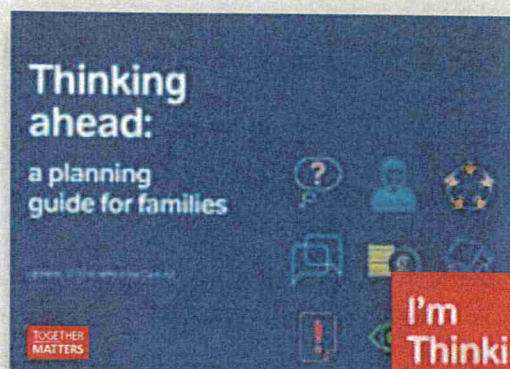


Thinking Ahead: Family-to-Family

Come and be part of this exciting Essex-wide programme of Thinking Ahead workshops for families caring for a family member with a learning disability and/or autism (adult or young person 16+).

Family carers will be running the short workshops for other family carers to help them plan for their relative's future. They are an opportunity to learn together, share ideas and support one another in a friendly setting.



The workshops (initially on Zoom) will give you lots of information and ideas based on the *Thinking Ahead* guides including:

- planning in a person-centred way
- making choices and decisions
- building friendships and support networks
- housing and support options
- making an emergency plan
- thinking about employment.

Download guides free at www.togethermatters.org.uk

Want to know more?

Contact us to find out details of workshops in your area, to hear about the guides or to express interest in becoming a workshop facilitator.

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**TOGETHER
MATTERS**