

NCO Carers Training

Carer Feedback

Very informative and enjoyable
Think about ways to make time for myself
Enjoyed having a day off caring
An interesting, stimulating day. I met a lot of good people
Finding simple solutions
Built up self esteem
Shared problems
Talked/listened to others in similar situations
Encouraged to be assertive
Learnt to relax – got a CD
I would have liked more time devoted to assertiveness
The relaxation talks were very beneficial
Stress management and relaxation techniques were very good

The stress discussions were very good and the relaxation helped

Talking through coping strategies was good

Very good course to come to. Good lunch and teas

Fab lunch

Fun, fun, fun

Excellent, a really worthwhile day

The facilitators were good at getting people to share

I enjoyed hearing other carers stories

Good! I enjoyed the day, it was very relaxing. Lovely lunch, nice people, sorry I had to leave early

The relaxation was enjoyable

More depth of information please

Pleasant environment, staff and cohorts

Felt welcome

Sorry that it was 'just a taste'. Would like more time on each of the topics. The day just flew by. Lovely lunch

It was good to share experiences

A relaxed atmosphere

Most enjoyable day out meeting new people. Very informative. Thank you

I am feeling less isolated

9/10

Very good, helpful and interesting. Meeting other carers good. Great lunch

It was good to share and know your problems were not unique to you

Interesting to meet other carers. All very interesting. Hope to meet them again

Good day, enjoyed it. Good fun

Good to meet and get to know other carers

Good to meet other people with similar problems

Good to get talking. Great

Pleased to be here and meet others to chat about various problems and meet new people – and having time off

A good day out. Good lunch and a few new friends

Good to discuss things with other people in same circumstances and find out what is out there. Very good talk

Great to meet other carers

I had a very good day. Felt happy today

Good. Friendly, fun, meeting others, confident. I will return

Learned a lot about myself

Relaxation, interesting conversation, good company, something to think about

Informative, fun and friendly

Thank you for an extremely informative day. For meeting new people. For sharing experiences. For highlighting opportunities for carers. For your devotion to carers and their needs

Excellent, really informative

I felt happy, I enjoyed it and I got help with transport problems

Sharing problems with other carers. Possible solutions/ways of tackling difficult issues. Better understanding of how stress affects emotions/body

Nice to meet others in similar positions although different circumstances

It was very interesting – some good advice from the facilitator about a few things for me to take on board with the person that I care for

Friendly, casual, informative

Very informing day. Thank you for arranging everything

Very positive, helpful and relaxing. Course well presented. Thank you

Fun, relaxing and informative. Nice to meet new people. Helpful

Very interesting, fun and informative

Very good indeed, very valuable and very informative – increased my awareness significantly

Very informative, approachable and friendly. Interesting and good fun

Nice to meet people in the same boat

Feel that I can ask for practical assistance without being a nuisance

Valued the opportunity to talk freely and at length about carer issues. Yoga/relaxation exercise would have worked better on the floor

Well run, friendly atmosphere

Positive – overall very good. Good facilitators and easy to cope with pace. Also good to meet some other carers. Would be interested in future events. Suggestions – might want to look at future courses being in more accessible premises. May be a problem for some carers to get someone to look after the person cared for – not sure what the solution is

Very good. Nice balance of sharing thoughts and support. Enjoyed the breathing and relaxation. Thank you

Validating. Feel I've got a job more than just being a slave

All great. Relaxation exercises, opportunity to hear of other experiences.
Exercise about assertiveness

Enjoying discussions with like minded people

Whether or not the information is relevant to my needs, it is always so interesting to hear the other aspect.

Very informative, look forward to more. Will come to more.

Thank you. I have been able to get a lot of information. I shall certainly be going home to do a lot of thinking and a lot of actions being taken. Excellent morning.

Very informative and relaxed. Opened my mind to things unknown.

Interesting, informative, refreshing and reassuring.

Very interesting with a lot of help.

I found it very interesting and informal and the information is good. It would have been better if it was longer.

Brilliant. Please keep this support going. Much needed.

Good to meet other carers.

Very clear, thoughtful session.

Excellent morning. Friendly and welcoming, enormously helpful on specific problems. Would appreciate more sessions like this.

Came away with more knowledge.

Very informative. All sound, good information. Very friendly.

Informative, informal, friendly.

Always learn something new. Other peoples experiences are always interesting.