

A helpline for Shared Lives carers and scheme workers during Covid-19

Everyone knows it helps to talk to someone who understands our situation, and family and friends will always be our first choice. However, sometimes it helps to talk to someone who is hearing it for the first time and has experience with similar situations.



“It’s nice to know there’s someone there to support you”

We encourage all Shared Lives carers – and scheme workers – across the UK to try the free and confidential coaching and support sessions. The coaching is provided by the British Institute of Learning Disabilities (Bild) who will support you over the phone on a 1 to 1 basis or, if you prefer, in a session for small groups where you can learn from each other and get help and support from the specially trained adviser.

You might want a chat about how you are doing, just to gain reassurance that you are doing the right thing (we know you are doing an amazing job, but sometimes you need reminding!). Or you could take the opportunity to talk through some ideas and get some practical suggestions about getting through this next phase.

Book directly and confidentially via Eventbrite, using this [link](#), it only takes a couple of minutes, or email membership@sharedlivesplus.org.uk.

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