



National Wellbeing Hub

For people working in health and social care

www.promis.scot

Access to mental health and wellbeing resources and a signpost to support services.

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Support in difficult times for unpaid carers and employers of Personal Assistants.

Many things have changed as a result of the coronavirus pandemic and people's *wellbeing* is now more important than ever. In response, Scotland's National Wellbeing Hub

www.promis.scot has been set up for everyone who has a

responsibility to provide support to others, including unpaid carers. The Hub offers advice and support to help people adapt and cope with the day-to-day challenges being experienced such as isolation, anxiety, fatigue, poor sleep. Within the Hub there are lots of information, resources and activities to promote positive wellbeing and provide practical advice and tips on how to look after yourself. There is a designated page of information for **unpaid carers** to find help and support. There is also information for people who employ personal assistants, with links to organisations who can provide advice and guidance regarding self-directed support.

A chance to learn more

If you are an **unpaid carer** you are invited to attend a web session to learn more about the Hub and a programme called Feeling Good, which focusses on building personal resilience to cope with stress, anxiety, low mood. The sessions will be held online on **Tuesday 24 November (at 4 pm) and Wednesday 25 November (at 7 pm)**. They will be run by Dr Alastair Dobbin and Sheila Ross who developed the programme. If you would like to attend one of these sessions please click the relevant links below:

To attend the session on **Tuesday 24th November at 4 pm**, click and register via the link below:
<https://www.eventbrite.co.uk/e/help-for-carers-relaxing-de-stressing-with-the-free-feeling-good-app-tickets-125596248761>

To attend the session on **Wednesday 25th November at 7 pm**, click and register via the link below:
<https://www.eventbrite.co.uk/e/help-for-carers-relaxing-de-stressing-with-the-free-feeling-good-app-tickets-125600489445>