

Compassionate Coping For Carers Group

Are you a carer for a person with dementia?

Has the person you care for moved into a care home in the last 12 months?

Are you aged 18 or older?



If you have answered yes to these questions, you may be interested in our research project. We are **running a group for carers of people with dementia, when the person they care for has recently moved to a care home.**

The group will teach skills and strategies to manage difficult feelings. It is based on Compassion Focused Therapy (CFT).

What will it involve?

- Completing questionnaires
- Attending 5 online group sessions
- An interview about your experiences of the group

You will receive £40 in vouchers for participating.



Interested in taking part?

- **Scan the QR code with your phone**
- **[follow this link](#)**
- **Or email the researcher at laura.chatland@kcl.ac.uk**

