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**Compassion Fatigue, Secondary Trauma and Social Care Workshop**

Given the ongoing pressures regarding service delivery, it is not unusual for people working in the social care sector to find themselves 'running on empty' and emotionally drained. They may fall victim to burnout, compassion fatigue, or simply find it difficult to switch off when they get home. In response to these issues The Gwent Regional Partnership Board has commissioned two workshops exploring compassion fatigue and secondary trauma within social care. These workshops are a natural follow up to the resilience workshops we commissioned over the summer of 2022.

The one-day workshop will:

* Introduce participants to the concepts of compassion fatigue, secondary trauma, and burnout.
* Explore the contributing factors that leave people feeling vulnerable.
* Help participants develop an early-warning-system to identify and address signs of compassion fatigue before they 'go into the red'.
* Explore the importance of healthy transitions from work to home.
* Help participants reconnect with the why and the rewards of their work. Working in a helping field can be deeply rewarding and sometimes people lose contact with their love of the job.

The workshop is aimed at managers and responsible individuals in social care who work and/or have oversight of social care provision in Gwent.

**Workshop Facilitator**

The workshops will be facilitated by Insight - An award-winning business psychology and leadership consultancy founded in 1995 who have worked with over 100 public, private and not-for-profit organisations.

**Booking Information**

* These workshops are free to attend.
* The workshops are only available to care home and domiciliary care managers and responsible individuals who work and/or have oversight of care homes or domiciliary care services in the Gwent region.
* The same programme will be repeated at both events so **please only book onto one workshop**, this will help us accommodate as many managers and R.I’s as possible.
* You can book onto whichever workshop is the most convenient for you in terms of location and date.
* Places will be allocated on a first come first served basis and events are capped at 35 attendees per event.
* Tickets are limited to 2 per organisation, this is to provide as many commissioned providers as possible the opportunity to attend.
* Lunch will be provided.
* Please click on the corresponding Eventbrite link **(below)** to book a place.

For further Information about these events or to discuss special requirements please contact:

Ellys Perry at the Regional Partnership Team: [Ellys.Perry@Torfaen.gov.uk](mailto:Ellys.Perry@Torfaen.gov.uk)

**Dates, venues and joining instructions**

**Please note the events will start promptly at 10am, please aim to arrive at the venue for 09:45am**

**The workshops will conclude no later than 3pm.**

Wednesday, the 1st of February. Llanhilleth Miner’s Institute, Abertillery NP13 2JT

Eventbrite Link: [https://www.eventbrite.co.uk/e/compassion-fatigue-secondary-trauma-and-social-care-tickets-494919045187](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2Fcompassion-fatigue-secondary-trauma-and-social-care-tickets-494919045187&data=05%7C01%7CChris.Hooper%40torfaen.gov.uk%7C4472f79b7b0f4741eddb08dae40a3c3f%7C2c4d0079c52c4bb3b3cad8eaf1b6b7d5%7C0%7C0%7C638073029849938665%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=JiqqlZqQ8gyCA5i3t1w1LnxhXb29zLN37LDTG9YsJ9w%3D&reserved=0)

Wednesday the 15th of March. Three Salmons, Usk, NP15 1RY

Eventbrite Link: [https://www.eventbrite.co.uk/e/compassion-fatigue-secondary-trauma-and-social-care-tickets-494939295757](https://eur03.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2Fcompassion-fatigue-secondary-trauma-and-social-care-tickets-494939295757&data=05%7C01%7CChris.Hooper%40torfaen.gov.uk%7C4472f79b7b0f4741eddb08dae40a3c3f%7C2c4d0079c52c4bb3b3cad8eaf1b6b7d5%7C0%7C0%7C638073029849938665%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=JN%2FzIUd08tKNHGnsEMyo6zn1kynAQqPkrtaxotg8vhs%3D&reserved=0)