



**A SLICE OF HAPPINESS CARER'S SPA**

## 26 REFERRALS (15 completed the online survey)

Attendee Number	14 - 40 PROBABLE DEPRESSION	41 - 44 POSSIBLE DEPRESSION	45 - 59 AVERAGE	60 - 70 HIGH
ONE	15			
TWO	15			
THREE	23			
FOUR	25			
FIVE	26			
SIX	31			
SEVEN	32			
EIGHT	33			
NINE	33			
TEN	34			
ELEVEN	34			
TWELVE	35			
THIRTEEN	38			
FOURTEEN		42		
FIFTEEN		44		

**SEVEN COMPLETED THE SPA  
(Six completed both surveys)**

Attendee Number	14 - 40 PROBABLE DEPRESSION	41 - 44 POSSIBLE DEPRESSION	45 - 59 AVERAGE	60 - 70 HIGH
ONE	<b>Before</b> 15	<b>After</b> 41		
TWO	<b>Before</b> 33			<b>After</b> 67
THREE	<b>Before</b> 33		<b>After</b> 59	
FOUR		<b>Before</b> 44		<b>After</b> 69
FIVE	<b>Before</b> 33		<b>After</b> 51	
SIX		<b>Before</b> 42	<b>After</b> 52	

# Testimonials

I have just completed a 10-week SPA for Carers with Watford & 3 Rivers A Slice of Happiness Team. I have to say it has been of great help in my caring role, it has taught me to become less stressed in my thinking which in turn has given me more time to listen to what I should be focussing on rather than stressing about all the little things that didn't really matter. I have learnt to let things go that I have no control over therefore less stress. This is an ongoing process and I am going to continue my journey with A Slice of Happiness. I would like to thank Hertfordshire County Council for allowing me as a worker/carer to take part in this SPA and would urge them to open it up for others, I would highly recommend it

Recommended by Joy Watters

I attended the slice of happiness course with very few expectations and a sense of intrigue, this continued for the first few sessions until i began to get a glimmer of what they were trying to share around the 3 principles. The additional podcasts sent through were really helpful and with what we discussed during the sessions have left me really interested to learn more, i would have loved the course to be longer as feel i have only just scratched the surface of content available.

As a full time carer i found it really really useful to use the 3 principles to remain calm about our situation, which in anyone's book , would be described as increasingly difficult as the full time carer of someone with a life limiting condition. Prior to the course I was experiencing significant emotional stress and somehow am much calmer about the situation now. I have signed up for the mentor programme and am looking forward to continuing my exploration of the three principles.

I found Caroline and her team great guides, honest and supportive.

Recommended by the Hospice of St Francis

I was keen to attend the course as, as a Carer of children with learning difficulties, developmental trauma, attachment disorders, and complex needs, I am prone to over think and over analyse situations, causing me to be less present with the children.

I found the course insightful, engaging and helpful. It has shifted my thinking and has made me much more aware, mindful and present with children. The change in me seems to have rubbed off on children and they seem more relaxed and at ease.

Recommended by a previous beneficiary who had taken part on the SPA

I was referred to you by my social worker.

I found myself as primary carer for my father in early 2021.

At the beginning of that time I felt overwhelmed and depressed.

I began a series of group thoughts and discussions with you like nothing else I had discovered before.

A Slice of Happiness has helped me move forward through my medically diagnosed anxiety and depression to a more productive place.

As a result of A Slice of Happiness I feel so much more positive and productive in my place of work, even my colleagues and directors have noticed.

Looking forward to continuing my journey with support.

Recommended by Charlotte Camfield-Walker

The Slice of Happiness Spa has been life changing for me. I have found joy in the most unexpected places and gained a deeper connection with myself and interest in gardening. I have become a person who actively wants to exercise, much to my surprise! It is a journey I am keen to continue as I am learning not to believe the old stories I used to tell myself and to live moment to moment, it is not always easy and I do not always succeed. However, I would to say to anyone come with an open mind and give it a try.

Recommended from Carers in Herts