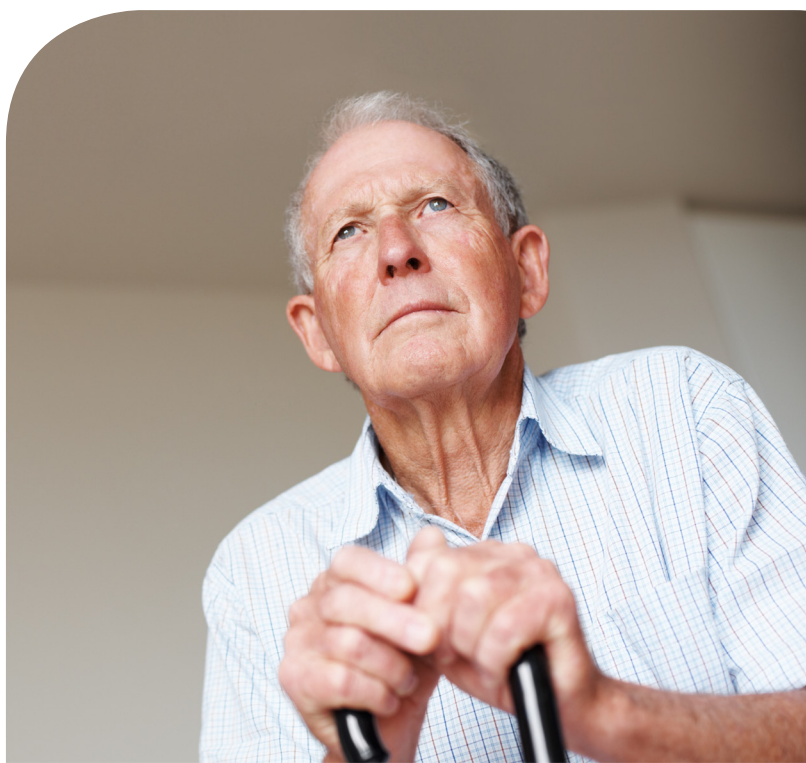


Managing stress in later life



Life can be stressful

Life changes such as retirement, illness, bereavement or loss of independence can be stressful.

The key is learning to manage your stress.

Signs that stress may be affecting you:

- worrying about specific problems or more general issues that did not previously bother you
- losing interest in things
- feeling overwhelmed by day-to-day tasks
- recent changes in your sleep pattern.

Other things you may notice:

- changes in your breathing
- feeling sick or dizzy
- butterflies in your stomach
- headaches
- feeling more tired than usual.

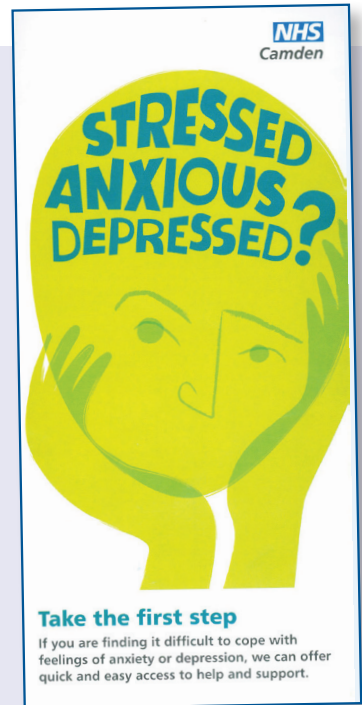
Support is available

Charlie Ratchford Resource Centre and Camden Psychological Therapies Service are running a programme called 'Managing stress in later life'.

To be eligible for the programme, you must be over 50 and live in Camden.

The programme aims to help people manage stress and anxiety by providing:

- **advice on self-help strategies so that you can recognise and manage stress**
- **an opportunity to talk to a qualified worker**
- **referral and signposting to appropriate services including activities at Charlie Ratchford Resource Centre.**



Camden Psychological Therapies Service is part of a national programme to improve access to psychological therapies.

For more information see camden.nhs.uk/cpts

What's on?

Keeping active can help. The resource centre runs free activities including:

Monday

Music therapy

Quiz or games

Family history

Craft class

Keep fit

**Greek Cypriot
women's group**

Tuesday

Quiz or games

Massage

A journey
on the web

Photoshop

Tai Chi for carers

Wednesday

Hairdresser

Quiz or games

Art class

Relaxation

Internet
shopping

Thursday

Hairdresser

Quiz games

Sewing

Drama group

Carers' support
group

Tai Chi

Friday

Hairdresser

Quiz or games

Poetry

Pottery

Open IT learning

Keep fit



Call Charlie Ratchford Resource
Centre on 020 7485 2968 for details.

What's involved?

Once on the programme you will be assessed by a qualified member of staff who will:

- talk about your experience of stress with you
- develop a plan of activities and ways to cope with stress and anxiety
- refer you to a psychological therapist if you choose.

Make an appointment

The managing stress in later life programme is run by a primary care mental health worker and appointments are available on Thursdays. Phone 020 7485 2968 or 020 3317 5616 to book a place on the programme.



If you would like the information in this leaflet in another language, or in another format such as large print or Braille, or on CD, please call 020 7974 3247 or 4523 or contact us at the address below.

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