## Activity 4.4 Support network

*We suggest spending around 15 minutes on this activity.*

Try drawing your own spider diagram to illustrate the support for carers you are aware of in your workplace.

Using a different colour pen, add other sources of support for carers that you have explored during the session.

Considering the example of Scottish Court Service, and any ideas you may have, use another colour to add support that your organisation could possibly provide for carers in the future.

If you are working in a group, you can share your spider diagram with the rest of the group and discuss each other’s ideas before adding them to the diagram.

You can use the online tool <http://www.bubbl.us> to create your spider diagram or you can do this with pen and paper if you prefer.

Before drawing your spider diagram, here are some points to consider:

1. What skills and qualities should a supportive line manager have? (such as tact, sensitivity, empathy, ability to build mutual trust and respect, communication skills, fairness, reflective)
2. What factors might you need to consider when supporting a carer in your workforce (such as impact on the rest of the team, workload, staff awareness, supportive culture, policies)?

Keep in mind that you should gain permission from staff before sharing information about their caring role with the rest of the team. Respect their privacy.

1. What other support could be put in place for carers in your workplace?

Be sure to save the spider diagram as this could help you with your planning activity in the next session.

**My spider diagram**

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| **My notes** |
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