

# Free Online Carers' Wellbeing Programme

'Helping to care with confidence'

*Do you help care for your husband, wife or partner or child?*

*Do you help a friend or relative with shopping or other tasks?*

**Then you are a carer....**

When you're caring for someone, it can be difficult to get time to take care of yourself. But looking after your own health and wellbeing will benefit you and the person you look after. The sessions are as follows:

**Keeping well whilst caring**

**How to plan for the future**

**Support for your caring role**

**Be confident to care at end of life**



**10am–12pm for 4 weeks:**

For carers living in East Cheshire -

**19th Nov, 26th Nov, 3rd Dec & 10th Dec**

Or

For carers living in Winsford, South Chester,

Nantwich, Bollington, Disley & Poynton

**19th Jan, 26th Jan, 2nd Feb & 9th Feb 2022**

**Call 01270 310260**

**Or book online at [www.eolp.org.uk](http://www.eolp.org.uk)**

