



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're caring for.



FREE Online Sessions

10am—12pm :

19th Jan - Plan future care

2nd Feb - Confidence to care at end of life

16th Feb - Caring for someone with

Advancing Dementia

Call 01270 310260

Or book online at www.eolp.org.uk