



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 Face-to-face Sessions
at Audlem Public Hall Annexe**

Cheshire Street

CW3 0AH

**3rd March 11am—1:30pm Caring for someone with
Advancing Dementia
(including a light lunch)**

**16th March 10am –12pm Caring for someone
with a life limiting illness**

To book a place call: Laura Stevenson

ADCA Carers Support Worker

Tel: 07376070586