



Caring with Confidence

FREE Workshops for Carers in Eastwood

Learning new skills or improving your existing knowledge can make life as a carer much easier

At Plumptre Hall, Church Street, Eastwood NG16 3PP
10:30am - 12:30pm
Every Monday for seven weeks
Starting –8th September 2014

Day To Day Knowledge
COMMUNICATING RESOURCES
Planning
Coping Skills Life ME
Finding Your Way

For more information or to book your place
contact **Hazel** at **Carers Federation** on **0115 9629314**

www.carersfederation.co.uk



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