

Caring with Confidence

Caring with Confidence is a series of free sessions for carers over 18

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| Session 1: Tuesday 3rd November
2015 10-12pm | Finding your Way -This session gives an overview of the Caring with Confidence and workshops and looks at some simple techniques to look at problems you face as carers |
| Session 2: Tuesday 10th November
2015 10-12pm | Caring and Coping -Gives you time and space to look at the emotions involved in looking after someone and looks at ways of coping with stress |
| Session 3: Tuesday 17th November
2015 10-12pm | Caring and Me - Discussion and planning around your own health and wellbeing |
| Session 4: Tuesday 24th November
2015 10-12pm | Caring and Communicating -Uses real life caring situations to help you get the best from communicating with professionals and service providers |
| Session 5: Tuesday 1st December
2015 10-12pm | Caring Day to Day -Looks at the essentials of caring for someone day to day, from medications to emergencies at home |
| Session 6: Tuesday 8th December
2015 10-12pm | Caring and Life -Take time out to think about how you juggle competing demands and how your caring role fits with other aspects of your life |
| Session 7: Tuesday 15th December
2015 10-12pm | Caring and Resources - How you can maximise your income and access other resources which can save you money as a carer |

The Sessions help carers to make a positive difference to their life and that of the person they care for and gives you the opportunity to share your experiences.

All the sessions will be held at:

The Carers Federation, Christopher Cargill House,
21-23 Pelham Road Nottingham NG5 1AP

If you would like to attend any of these sessions
or would like more information please call Carla

on **0115 9629369** or email c.o'brien@carersfederation.co.uk



