

Caring with Confidence

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

- Session 1: Tuesday 7th June 2016 1- 3pm** **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 14th June 2016 1 - 3pm** **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 21st June 2016 1—3pm** **Caring and Me**- Discussion and planning around your own health and wellbeing
- Session 4: Tuesday 28th June 2016 1—3pm** **Caring and Communicating**-Uses real life caring situations to help you get the best from communicating with professionals and service providers
- Session 5: Tuesday 5th July 2016 1– 3pm** **Caring Day to Day**-Looks at the essentials of caring for someone day to day, from medications to emergencies at home
- Session 6: Tuesday 12th July 2016 1– 3pm** **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 19th July 2016 1-3 pm** **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**



