



# 'WHO' cares 4 YOU!

## A Programme of

# 'Information & Inspiration'



*Our' Hearts never fail.....*

*"The speakers were good, I did gain quite a lot. The ladies who ran it were really friendly & the time went really quick. Can I come next time?"*

*"The programme got me out & so useful to link with others who just understood"*

*"Made me focus on just how important it is for ME to look after ME!"*

*" I made friends and realised I'm not alone, so now I go out a bit more. I don't worry quite as much & I found my sense of humour again!"*

*What Carers said on previous programmes*

**Support for carers in managing time and resources effectively within the caring role.**

**Practical tips –Speakers - Valuable Information**

**Open to ALL informal & family carers**

**No cost– 2 hours weekly for 8 sessions**

**.....and a cuppa 'n' chat! Don't feel isolated.**

*For further details of a date in YOUR area - Contact*

**Carers Team, Carers Connect or Pauline**

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