

Caring with Confidence

**A FREE popular and essential support programme
for anyone caring for a family member or friend,
with any condition.**

Coming to Blaby!

Caring for a chronically ill or disabled loved one can have a huge impact on your own health and wellbeing, many say they feel isolated, experience feelings of being unable to cope, unsure where to go for advice and support or feel they are not being heard. Others say they would like the chance to meet others in a similar situation.

Caring with Confidence can help with these problems and is held in a relaxed and friendly environment with two facilitators who are themselves carers.

The programme runs over five weeks so come to as many sessions as you can.

Everyone welcome!

**Bring a friend or a family member if you think they could
also benefit.**

Starts Wednesday 11 November 2015

10.00am – 1pm

Blaby Social Centre

Leicester Road

Blaby

LE8 4GQ

Complimentary refreshments are provided.

**To book a place or have a chat about the programme, please contact
Ranjana or Debbie at**

The Carers Centre on 0116 251 0999

Caring with Confidence Programme

<u>Finding your Way</u> Wednesday 11 November	The introductory session which welcomes you to the programme and explains more about each session and how it can help you in your caring role. Also considers how to access support from others.
<u>Caring and Coping</u> Wednesday 18 November	Gives you time and space to look at the emotions involved in looking after someone and how to recognise and deal with stress more effectively. Helps you understand the importance of your own health and wellbeing.
<u>Caring and Communicating</u> Wednesday 25 November	Helps you get the best from communicating with professionals and service providers. Ideas to help with self-advocacy and find out more about local support available to you.
<u>Caring Day-to-Day</u> Wednesday 2 December	The essentials of caring for someone every day from protecting your back, medication and medical emergencies. Discussions and information around equipment available to help keep someone safe in their own home.
<u>Managing Stress Effectively</u> Wednesday 9 December	Relaxation and <i>how not to avoid it!</i> Using simple techniques to incorporate in everyday life.

Quote from a carer recently attending the programme:

“What a blessing this course has been and in such a relaxed atmosphere. I have gained so much practical information to help me in my caring role and have also realised how much I matter and I too have got a life and a future. You have given me so much help and I have made many new friends. Thank you so much”

Eileen from Leicester