



The Carers Centre
LEICESTERSHIRE & RUTLAND
at the heart of caring

Caring with Confidence

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

Coming to Hinckley

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 Thursday 12 May 2016

10.00am – 1pm

St. Francis Community Centre

Tudor Road, Hinckley, Leicestershire LE10 0EQ

Complimentary refreshments are provided.

**To book a place, please contact Ranjana or Debbie at
The Carers Centre 0116 2510999**

Unit 19, Matrix House, 7 Constitution Hill, Leicester LE1 1PL

T: 0116 251 0999 **F:** 0116 251 3514 **E:** enquiries@claspthecarerscentre.org.uk **W:** www.claspthecarerscentre.org.uk



Registered Charity No: 1043956 • Company No: 2994093 • Patron: Cllr. Manjula Sood MBE
The Carers Centre is committed to being a quality led organisation providing advocacy,
information and support to carers across Leicester, Leicestershire & Rutland.





The Carers Centre

LEICESTERSHIRE & RUTLAND

at the heart of caring

<u>Finding your Way</u> Thursday 12 May	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> Thursday 19 May	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> Thursday 26 May	Helps you get the best from communicating with professionals, service providers and the people you care for. Ideas to help with self-advocacy.
<u>Caring Day-to-Day</u> Thursday 2 June	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 and Life</u> Thursday 9 June	Relaxation and <i>how not to avoid it!</i> Using simple techniques to incorporate in everyday life. Looks at ways to help you juggle your caring role and also find valuable time for yourself!

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

Unit 19, Matrix House, 7 Constitution Hill, Leicester LE1 1PL

T: 0116 251 0999 F: 0116 251 3514 E: enquiries@claspthecarerscentre.org.uk W: www.claspthecarerscentre.org.uk



Registered Charity No: 1043956 • Company No: 2994093 • Patron: Cllr. Manjula Sood MBE
The Carers Centre is committed to being a quality led organisation providing advocacy, information and support to carers across Leicester, Leicestershire & Rutland.

