

Caring with Confidence

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



Coming to Loughborough!

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.

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 1st October 2014

10.30am – 1pm

**John Storer House, Wards End
Loughborough**

Complimentary refreshments are provided.

To book your place or to have a chat about the programme, please contact Pamela or Debbie at The Carers Centre on **0116 251 0999**