

Workshops are held across Telford & Wrekin and Shropshire

Newport

9 October 2018

Telford Town Centre

17 October 2018

South Telford

22 October 2018

Shrewsbury

2 October 2018

Oswestry

4 October 2018

Market Drayton

25 October 2018

Bridgnorth

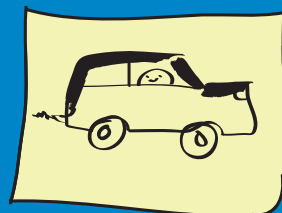
19 September 2018

Ludlow

10 October 2018

Telford Town Centre

27 October 2018



Food and drinks will be provided.
All workshops will run from 1pm – 3.30pm.
Lunch will be available from 12.30pm.

#carersvoice

Taking the pressure out of caring Do you feel overwhelmed at times?



Then this **FREE** carer facilitated workshop is for you.

To book your place In Telford contact Kara Nock on **01952 381262**
or email kara.nock@telford.gov.uk For Shropshire contact Margarete
Davies on **01743 255776** (please leave a message if no reply,
and you will be called back) or email Margarete.davies@shropshire.gov.uk

NHS
Telford and Wrekin

 **Shropshire**
Council

 a co-operative
council

 **Telford & Wrekin**
COUNCIL

Shropshire
together 

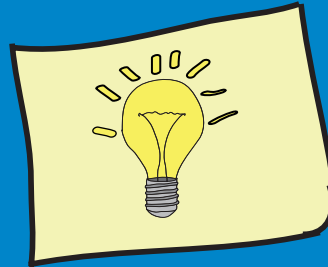
Free workshops

Do you look after some who could not manage without your help?



Do you feel overwhelmed at times?

Are you juggling caring with other commitments?



Then this free carer facilitated workshop is for you. Free access

Replacement support for the person you care for enabling you to attend knowing they are safe.



Here are some of the areas we will cover.....

Looking after YOU and not feeling alone

Getting help and support and knowing who to talk to before things become too much

Know the the triggers which cause stress and how to manage them

Balancing caring with the pressures of life in general

Have a go at relaxation techniques which can help you feel more able to cope

Knowing you can talk freely in a safe setting.

