

What is Caring With Confidence?

If you are looking after a friend or relative, Caring With Confidence can help you to make a positive difference to your life and that of the person you care for.

Caring With Confidence is aimed at improving support for carers aged 18 and over in England.

What are the sessions all about?

There are seven generic sessions you can choose from. Some sessions are also aimed at particular groups of carers. To get started, sign up to the introductory session:

Finding Your Way

This will help you look at what matters to you and decide which other sessions you might want to do.

You can then choose to do one or more of the following sessions:

Caring and Me

Health and wellbeing - how to be fit for life and caring.

Caring Day-to-Day

The practical essentials of caring.

Caring and Coping

Managing stress and the emotions involved in caring.

Caring and Communicating

Use real life caring situations to help you get the best from communicating with professionals and service providers.

Caring and Resources

Access resources which save you money and maximise your income.

Caring and Life

Take time out to think how your caring role fits with other aspects of your life.



Carers Together

A consortium of carers in Hampshire
Charity No. 1051879



Caring With Confidence

Do you look after someone?

Caring with Confidence
can help you to help them.

**FREE local sessions
and distance learning options.**

The sessions listed inside are provided by:

Carers Together

9 Love Lane

Romsey

Hampshire SO51 8DE

Tel: 01794 519495

Email: admin@carerstogether.org.uk

Sessions in your area:

PLEASE NOTE AMENDED DATES!

Cosham

Cosham Community Centre

Wooten Street

Cosham

Portsmouth PO6 3AP

1.00pm - 4.00pm

Starting **Monday 21st June 2010**

Portsmouth Central

Buckland Community Centre

Malins Road

Buckland

Portsmouth PO2 7BL

1.00pm - 4.00pm

Starting **Tuesday 22nd June 2010**

IOW Ventnor

The Botanic Gardens

Undercliffe Drive

Ventnor PO38 1UL

1.00pm - 4.00pm

Starting **Wednesday 30th June 2010**

Andover

The Lights

Newport Street

Andover SP10 1AH

10.00am - 1.00pm

Starting **Monday 6th September 2010**

IOW Newport

IOW Innovation Centre

St Cross Business Park

Newport PO30 5WB

1.00pm - 4.00pm

Starting **Tuesday 7th September 2010**

Winchester

The Discovery Centre

Jewry Street

Winchester

SO23 8SB

10.00am - 1.00pm

Starting **Monday 1st November 2010**

Places are strictly limited and allocated on a first-come-first-served basis. Please contact us to reserve your place.

Tel 01794 519495