

Do you look after someone ?

FREE local sessions starting 17 August 2016 can help you to help them.

The weekly sessions give you the opportunity to meet with other unpaid carers and gain information and support.

Wednesday 17/8/2016	Being a Carer
Wednesday 24/8/2016	Day-to-Day Caring
Wednesday 31/8/2016	Looking After Yourself
Wednesday 7/9/2016	Caring in Partnership
Wednesday 14/9/2016	Caring and Resources
Wednesday 21/9/2016	Next Steps

**at: GL11 Community Hub, Fairmead, Cam,
GL11 5JS**

From 10.30am—1.00pm

Please call 01452 500885 or email positivecaring@carersgloucestershire.org.uk to find out more or book a place.

FREE replacement care and transport available on request. Please call us to discuss.

Funded by:

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