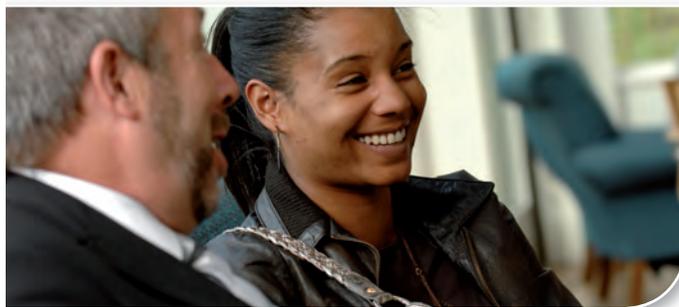


“ Helped me to hear other people’s views on the challenges in their lives. ”



### I look after someone - how will it help me?

Caring with Confidence will:

- help you build on your strengths as a carer
- give you the opportunity to share experiences and learn from others in similar situations
- give you useful information, ideas and tips about looking after someone
- help you decide what you might like to change about your caring role
- provide travel and alternative care costs for those who need it

### To find out more and sign up, contact:

Greenwich Carers Centre  
call 020 8301 8160  
[info@greenwichcarerscentre.org](mailto:info@greenwichcarerscentre.org)

Suite 9, Gunnery House, Duke of Wellington Avenue,  
London SE18 6SW

### To find out more and register for self study:

visit [www.nec.ac.uk/caringwithconfidence](http://www.nec.ac.uk/caringwithconfidence)  
call 01223 400 393

run by the National Extension College (NEC)

### To find out more and register for online sessions:

visit [www.caringwithconfidenceonline.net](http://www.caringwithconfidenceonline.net)



Caring with Confidence, Carrwood Park, Selby Road, Leeds, LS15 4LG.  
Tel: 0113 385 4491 Website: [www.caringwithconfidence.net](http://www.caringwithconfidence.net)

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Do you look after someone?



Caring with Confidence can help you to help them

Free local sessions and distance learning options



## 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. You can develop your caring knowledge and skills by:

- taking part in **free** local group sessions
- completing self-study workbooks
- accessing online sessions

Or a combination of all three.



“ Made me realise how much I matter, thank you. ”



“ I realised how many more people are in the same position. ”

## 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 Coping

Gives you time and space to look at the emotions involved in looking after someone. What strategies you use and what you could do to cope with stress more effectively.

#### Caring and Me

How to be fit for life and caring. Discussion and planning around your own health and wellbeing.

#### Caring Day-to-Day

Looks at the essentials of caring for someone day-to-day, from medication to emergencies at home.

#### Caring and Resources

How you can maximise your income and access other resources which save you money as a carer.

#### Caring and Life

Invites you to take time out and think about how you juggle competing demands and how your caring role fits with other aspects of your life.

#### Caring and Communicating

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