

South Warwickshire Caring with Confidence



Do you look after someone?

FREE Confidence Building, Informative, Relaxing, Fun sessions!

South Warwickshire Carers Support Service are now delivering the Caring with Confidence programme which is part of the Government's New Deal for Carers – an initiative aimed at improving support for Carers. There are seven **free** generic sessions you can choose from and these sessions will;

- 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

Carers have said that these sessions truly make a difference to their lives and so improve the quality of life and independence for the person they care for.

We provide free refreshments throughout the sessions and travel and alternative care costs for those that need it.

To find out more Contact

Gill or Carole on 01926 485581
www.swcss.org.uk

