
"What About Me"? - Helping me look after myself as a carer

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We have developed a new course, **"What About Me"? – helping to look after myself as a carer.**

These courses are delivered as three two hour sessions, designed to help carers look after themselves by developing current skills that carers already have, and potentially making changes to make your caring role easier. This is also an excellent opportunity to meet carers in a similar situation to you, friendships and mutual support is often formed within the carers 'community'. By attending this pilot course it really helps us at Devon Carers to provide effective targeted training support for the future, we welcome all feedback from this course. Any carer who attends these courses is entitled to claim travel expenses and replacement care, by prior agreement with the training team upon booking course attendance.

Carers with a Cared For with a dementia

Friday 2nd November

Friday 16th November

Friday 30th November

Venue – Manor Hotel, Exmouth Please arrive at 10.15am, for coffee, course will start at 10.30am – 12.30pm

Carers of Young People in transition aged 18 – 24

Friday 16th November

Friday 23rd November

Friday 30th November

Venue – Matford Centre, Exeter Please arrive at 10.15am, for coffee, course will start at 10.30am – 12.30pm

Carers with a General Caring role

Friday 23rd November

Friday 7th December

Friday 14th December

Venue – TASS Centre, Tavistock

Please arrive at 10.15am, for coffee, course will start at 10.30am – 12.30pm

Early booking is encouraged, so please book your place by ringing Anna Rowsell or Sally Radcliffe on 03456 434 435 alternatively email anna.rowsell@devoncarers.org.uk or sally.radcliffe@devoncarers.org.uk