



Get Involved Today!



CarersCountBradford

Carers Wellbeing Courses

Are you a Bradford resident? Do you give your time to support a family member or friend?

Do you provide practical or emotional support for them? Could you do with a little extra support for yourself. Join us for a new six-week course, meet other carers, gather relevant information and learn new techniques for coping with the daily stresses of caring for a loved one.

Sessions will include relaxation, health and wellbeing workshops, information about carers rights, where to go for support and help and information about benefits and what is available for carers. At the same time, this is a chance to build your support networks with other carers and local organisations.



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| Week 1 | What is being a carer to you and introduction to Carers rights. |
| Week 2 | What do you do to keep safe, well and recharged and tools to help. |
| Week 3 | What is wellbeing and how to. |
| Week 4 | Wellbeing outside service (meditation or such). |
| Week 5 | Chosen Topic led session . |
| Week 6 | What next (info, resources, peer group, where to go, how to maintain wellbeing). |

For more information and when the sessions will be running contact us on 0300 012 0231 or email info@carerscount.org.uk and ask for Colette Hampson.

For more info on Carers Count Bradford please visit our FB page <https://www.facebook.com/CarersCountBradford>