

Carers Support

- Are you a carer looking after a family member who has difficulties with memory, mobility or mental health?
- Would you like to meet with others who have similar experience?
- Would you like to gain some tools and strategies to help?

Looking after a loved one at home can provide lots of challenges and can feel very difficult at times. We are looking to set up a group / groups for English speaking carers to help :-

- carers through listening support
- increase peer support by linking people together
- increase understanding and knowledge of how memory difficulties & mental health can affect behaviour and communication
- share practical strategies to help engage and enhance well being for carers
- Provide a safe and supportive space to talk and relax

Groups supported by friendly professionals with knowledge and experience of mental health, disabilities and dementia.

Interested and would like to know more?

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