



Every Thursday
1.30pm via



Practical Support for Carers

Informal
and
interactive
peer
support

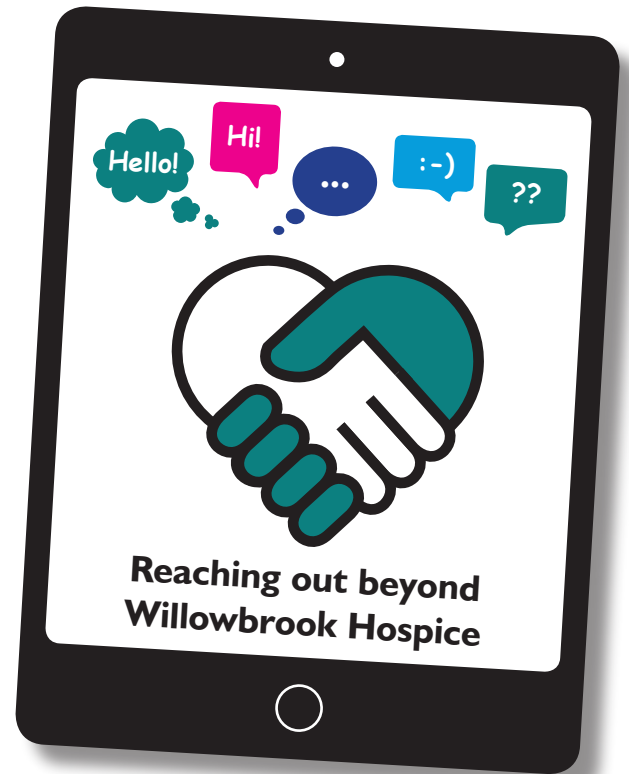
Offers
ways of
coping and
adapting
care

Access to
a range of
specialist
professionals

Practical
advice and
support

Live
demonstrations

Donations
welcome



This is a rolling programme of weekly carer support sessions facilitated by a variety of hospice professionals.

Some of the themes include...

- **mouth care** • **manual handling**
- **skin care** • **washing/dressing**
- **equipment services** • **self care**
- **relaxation therapies** • **nutrition**
- **symptom management**

How to join us?

To take part you must be a carer for someone with a palliative condition. For more information or to register your place contact our Connections Co-Ordinator Helen Heeney on:
0151 430 8736 ext. 3521