



The Carers Centre

LEICESTERSHIRE & RUTLAND

at the heart of caring



Are you supporting a partner,
family member, child or friend who couldn't
manage without your help due to their
disability, illness, frailty or addiction?

Caring for Carers

Carers Mental Health & Wellbeing Project

When you're caring for someone it can be
hard to find the time to look after yourself
and stay well.

If you need support with your mental
health and wellbeing, we are here for you.

'Coping whilst Caring' Workshop

Find out about how to manage the stresses of caring whilst
learning tips and techniques that can help you.

Tuesday 16th May 2 - 3.30pm at Peppers, Oakham High St

Free resources, refreshments and travel expenses can be paid.

Limited Places so please contact us to book via the details shown below.

✉ enquiries@thecarerscentre.org.uk

🌐 www.claspthecarerscentre.org.uk

☎ 0116 2510999

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