

Do you look after someone?



Free local sessions can help you to help them

Meet other carers and get involved...



Finding Your Way



Caring Day-to-Day



Caring and Coping



Caring and Life



Caring and Me



Caring and Communicating



Caring and Resources

Refreshments provided and help with travel and alternative care costs.

To find out more and sign up, contact:

Omega Carers' Helpdesk
Omega, the National Association
for End of Life Care
call 0845 259 3163
carers@omega.uk.net



Omega, the National Association
for End of Life Care
London House, Town Walls,
Shrewsbury SY1 1TX
www.omega.uk.net

Try from home? Workbooks and online sessions also available,
call 0800 849 2349 or visit www.caringwithconfidence.net