

**Chelford Together: Caring Communities**

**DO YOU LOOK AFTER SOMEONE?**

**Perhaps you help care for your husband, wife or partner or child. Do you help a friend or relative with shopping or other tasks?**

**There are so many “hidden carers” out there and we want to help!**

Following our successful **Carers Well Being Sessions** that were held in Chelford Community Hub we are pleased to announce a second:

**Carers Wellbeing Programme**

**Mondays 29th April for 6 weeks 10am – 12:30pm**

**VENUE: Chelford Community Hub, Elmstead Road, Chelford SK11 9BS**

**Free refreshments!**

We have specially trained people to talk you through: When and how to move to formal care

 How to keep well whilst caring  How to relax using therapeutic support  Moving & handling

 Planning care in advance  Using adaptations in the home plus many more……..

**If you need someone to look after a loved one whilst you attend – contact Connecting Chelford (befrienders) 07973453823 connectingchelford@gmail.com**

**We also have our Carers Coffee Morning every other week:**

**Tuesdays 10am to 12 noon**

**27th November, 11th December**

**8th, 22nd January 2019**

**5th, 19th February**

**2nd, 16th, 30th March**

**Run by carers for carers, come along share your experiences, learn about what help is available. Bring along the person you care for if you wish! We’ll also have guest speakers in the future!**

**Caring Communities is an initiative by Chelford Together supported by our partners:**



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