



Confidently Caring - Support Programme for Carers

Introduction:

Following the withdrawal of funding for the Caring with Confidence programme, Families and Social Care Services have commissioned a shorter version of the seven week programme for all Carers living in the County of Kent. Confidently Caring has taken the very best of the original, and produced a new **three week programme** aimed at helping Carers improve their lives and the person they care for.

Facilitator(s) A Department of Health Passport to Practice Accredited Facilitator(s)

Start Dates: 18th January Carers First High Street Tonbridge TN9 1BE
19th January Riverside Centre Dickens Rd Gravesend DA12 2JY
21st February Dartford Adult Ed Summerville Rd Dartford DA1 2LB
22nd February St Michaels Church High Street Sittingbourne ME10 4PG
23rd February Trinity Resource Centre St Mary's Ave Margate CT9 3TN
24th February Ashford Carers Norman House Beaver Rd Ashford
13th March DEAL TBC
14th Romney Resource Centre 4 Mountfield Rd New Romney TN28 8LH
15th March Salvation Army Hall Union Street Maidstone
15th March St Lukes Church 30 Eardley Rd Sevenoaks TN13 1XT
16th March Umbrella Centre St Peters Place Canterbury CT1 2DB

Time 10am - 1.00pm **Refreshments/Materials Provided**
Duration 3x 3hr session, one session per week for three weeks
Fee **At no costs to Carers**

Aims/Outcomes:

Our main objective is to raise your confidence in your caring role, take better care of yourself, and plan to have a life of your own. We will explore your role as the Carer and ways of managing the stress this can cause, as well as building your confidence, we also aim to put you in contact with other services and Carers who like you, would like to share their knowledge and experiences, and maybe build a new network of friends.

A more detailed outline of the programme content is available on our website
www.carersmattercic.org

To Book Contact - Your local Voluntary Carers Support Service or
Carers Matter CIC directly Helen Appleton T.01474-535457 E. info@carersmattercic.org

Please Note the workshop is offered free of charge to Carers on a first come basis, However, due to the limited number of places we reserve the right to charge £10 to cover venue and administration costs for non attendance once a place has been booked

Working in Partnership with

