

Supported by:



The Share + Care Group

In partnership with Carers Count, Kirkwood is running a three week course, offering help and support to individuals who are coming to terms with the emotional, physical and practical demands of being a carer for someone who has a life limiting illness.

Sessions will take place on Fridays in **The Meeting Space** at Kirkwood Hospice between **10am** and **12noon**.

The Share & Care Group is designed for people who have become a carer and feel that they would like to access support and advice, develop new skills and learn how to cope more effectively.

The sessions will also enable carers to share their experiences in a group environment and offer peer support.

A team of experienced healthcare professionals will be on hand to answer your questions and to provide support on a range of issues.



Week 1

- Looking after vulnerable skin
- Nutritional needs



Week 2

- Helping people to move safely
- Living with Fatigue



Week 3

- Coping skills
- Mindfulness

For future course dates, contact us on the number below or visit:
www.kirkwoodhospice.co.uk

If you are a carer or know someone who may benefit from taking part in this course, please contact **Jackie Holmes** or **Catherine Thompson** at the Hospice.

Tel: **01484 557900**



Can Carers Count Help You?

Carers Count is a new service for any adult in Kirklees who gives, or has given, time and energy, without being paid, to look after an adult family member or friend who can not manage on their own.

Carers Count has been set up to promote the wellbeing of carers so they can continue in their caring role and have a life of their own by:

- Providing quality advice and information
- Running groups, activities and sessions
- Providing support and helping carers to support each other
- Helping carers have a voice and be heard through the advocacy service and the Carers Network
- Helping to raise awareness of carers rights and issues to the wider public

Any carer contacting and using the service can expect:

- To be listened to and taken seriously
- To be treated with respect.
- To be supported in a way that meets their individual needs


How to get in touch with Carers Count:


Tel: 0300 012 0231
Web: www.carerscount.co.uk
Email: info@carerscount.org.uk

Supported by:



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