

Spring Farm Carers' Wellbeing Programme

'Helping to care with confidence'

Do you help care for your husband, wife or partner or child?

Do you help a friend or relative with shopping or other tasks?

Then you are a carer....

When you're caring for someone, it can be difficult to get time to take care of yourself. But looking after your own health and wellbeing will benefit you and the person you're caring for.



**Venue: Spring Farm, Moss Lane,
Minshull Vernon, Crewe, CW1 4RJ**

Fridays 10am—12pm for 4 weeks:

12th Nov, 19th Nov, 26th Nov & 3rd Dec

We also have a session:

Caring for someone with advancing Dementia

8th Dec 10am –12pm

Call 01270 310260

