



Because no one
should face death
or grief alone

Carers
in bedfordshire

NHS

East London
NHS Foundation Trust



Registered charity no 1135507
Company registered no 0740432

CARING FOR SOMEONE WITH A LIFE LIMITING CONDITION

6 week carer support programme

Caring can be hard at the best of times. When the needs of the person you are caring for become more complex, everything can feel completely overwhelming

You can join online or in person at Carers in Bedfordshire's office in Bedford. Book by email or phone.

You must be a family or friend carer living in or caring for someone in Bedford Borough or Central Bedfordshire

Topics covered include:

- Self care
- Coping with loss and change
- Managing worries
- Tackling difficult conversations
- Legal and financial matters
- Future planning

This course runs up to 4 times a year. To find out when the next course is running please contact:

Amanda.Thaxter@carersinbeds.org.uk T: 07772 231230

or

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