

'Caring With Confidence'

Scarborough & Ryedale
Carers Resource

....For all Carers, hosted at the **Pickering Memorial Hall**

Scarborough and Ryedale Carers Resource are happy to present a series of **free** informative sessions to help support carers to 'care with confidence'. The sessions have been designed with the help of carers and will focus on the challenges and opportunities brought to us all as we meet our caring responsibilities.

Please feel free to book on to ONE, SOME or ALL of the sessions

11th July: Introductory 'drop in' session anytime between 2pm – 4pm

This introductory drop-in is an informal chance for you to have a cuppa, cake & meet the staff. Find out more about the programme & help you decide what to attend.

15th August: Caring & Resources (10am - 12.30)

22nd August: Caring, Coping & Life (10am - 12.30)

29th August: Caring & Creativity (10am - 12.30)

4th Sept: Carers Health & Well-Being (10am - 12.30)

12th Sept: Caring Day-to-Day (10am - 12.30)

19th Sept: Caring & Communication (10am - 12.30)

26th Sept: Caring for You (10am - 12.30)

This is a chance to gain support, meet like-minded new people & take a bit of time to think!

Places are Limited, so to book one, some, or all the sessions

please call 01723 850155

