

CARERS COURSE

Do you care for a member of your family or a friend?

Join our Carers Course and learn how to manage your caring role. You can attend all sessions or choose the ones that interest you the most.

September 8

How does it feel to be a carer?

September 15

Practicalities – equipment, wheelchairs, moving and handling

September 22

Nutrition – how to cope with reduced appetite?

September 29

Financial support – what help are you entitled to?

October 6

Medication – managing medication when caring for someone in the home

October 13

The dying process – what happens when we reach end of life?

October 20

The dying process – oral care and funerals

October 27

Open session – moving forward with your caring role

All sessions will take place at:

Manor Hotel, Hever Court Road, Gravesend DA12 5UQ

from 2pm – 4pm

HOW TO BOOK

To book a place on our Carers Course please call our Wellbeing Team on **01474 320007** or email **terrie.may@ellenor.org** or **nicole.blacker@ellenor.org**



ellenor.org

    **ellenorcharity**

ellenor is a charity registered in England and Wales (1121561), and a company limited by guarantee (6302132). Registered office at Coldharbour Road, Gravesend, Kent DA11 7HQ.