

A free 2½ hour, weekly course for unpaid carers
delivered in Huddersfield and Dewsbury

Looking after me

Supporting Carers

Do you look after someone?

Want to learn how to look after your own
emotional and physical well-being?

Then this 7 week course is for you!

It will give you:

- **new skills to help you cope with your caring situation**
- **confidence to take more control of your life**
- **opportunities to meet other carers who share similar experiences**

"I had heard the
looking after me
course was good
but it honestly
exceeded my
expectations"

"Since doing
the course I am
more content
with my life and
know how to
cope better"

"I have learnt life
changing skills
that can only
help me"

Contact the Health Trainer Service...

Call: **01484 414774** select option 3

Email: **Lookingafterme@kirklees.gov.uk**

Web: **www.kirklees.gov.uk/lookingafterme**

Online form: **www.kirklees.gov.uk/lamenquiryform**

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Carer Journey

Sessions

Do you look after someone?

Would you like to feel more in control?

Would you like to attend a 2½ hour
informative session to support carers?

Sessions include:

- **Building resilience**
- **Caring for someone with memory deterioration**
- **Safeguarding “Everyone’s Business”**
- **Healthy eating and nutrition**
- **Juggling time as a carer**

“You have no
idea how much this
has helped me.
Its really going to
help me become
stronger and
healthier ”

“Very thought
provoking session
and it was good to
meet other carers...
I’m not alone”

“Very useful.
Lots to think
about and try
in my own life.
Thank you”

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