

Do you look after an adult who has a learning disability ?

Free local sessions can help you to help them.

The weekly sessions give you the opportunity to meet with other carers to:

- gain and share knowledge and information
- access entitlements, services and support
- find solutions to some of your specific issues

Fri 20.6	Being a Carer	Fri 27.6	Day-to-Day Caring
Fri 4.7	Looking After Yourself	Fri 11.7	Caring in Partnership
Fri 18.7	Caring and Resources	Fri 25.7	Next Steps

at: Sherborne Room, Municipal Offices,
The Promenade Cheltenham GL50 9SA
from 2.00-04.30 pm

Help is available with replacement care and transport if necessary



Please call 01452 500885
to find out more or book a place, or email
positivecaring@gloucestershire.gov.uk