

## How can it help you?

**People who have taken part in a 'Looking After Me' Carers Course have reported that it has helped them to:**

- Feel confident and more in control of their life
- Manage their caring situation more effectively
- Be realistic about the impact of their caring situation on themselves and their family
- Develop more effective relationships with health and care professionals
- Use their skills and knowledge to lead a fuller life



A FREE COURSE for carers

**When you're caring for others, who's caring for you?**



### For details about courses in your area contact:

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Hove Street  
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BN3 2DW

Freephone: 0800 988 5520  
E: [enquiries@eppcic.co.uk](mailto:enquiries@eppcic.co.uk)

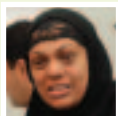
EPPD/005/09



"The group worked. It was two way – I gained and I could also give."



"It was almost like someone gave me permission to think about myself and what I wanted."



"I started the course as a lone carer and left at the end of the course with so many new friends."

[www.expertpatients.co.uk](http://www.expertpatients.co.uk)

Or visit [www.expertpatients.co.uk](http://www.expertpatients.co.uk)

Learn to manage the day-to-day issues associated with caring for someone who has a long-term health condition.



Expert Patients Programme  
Community Interest Company

## Course information

### What is the EPP CIC 'Looking After Me' Carers Course?

The 'Looking After Me' Carers Course is a **FREE** course for adults who care for someone living with a long-term health condition or disability.

The course is about you making time to look after your own health needs.

It aims to help you to take more control of your situation and make a difference to your life.

The course looks at:

- Relaxation techniques
- Dealing with tiredness
- Healthy eating
- Coping with feelings of depression
- Communicating with family, friends and healthcare professionals
- Planning for the future

The 'Looking After Me' Carers Course does not cover carers' rights or benefits, or practical caring skills such as lifting and handling, although there will be information available on these topics on a resource table.

### Who can take part?

Any adult who gives help to a relative or friend who is ill, disabled, elderly, or in need of emotional support – i.e. any carer and is aimed particularly at adults caring for other adults. Carers of children with life-long and life-limiting conditions will not be turned away, but may find the Supporting Parents Programme to be more appropriate.

### Practicalities

The 'Looking After Me' Carers Course is led by trained tutors who themselves have experience of caring for a relative or friend. The course is run over 6 weekly sessions, each lasting about 2 hours 30 mins.



### How can it help you?

By taking part in a 'Looking After Me' Carers Course, you will:

- Learn new skills to help you to cope with your caring situation
- Develop the confidence to take more control of your life
- Meet with others who share similar experiences

Improving the lives of people with long-term conditions