



Balancing your role as a carer with the rest of your life can be tough. A new course can help you get the **Balance** right.

Balance is a FREE course for carers in Derby city.

Breaks - find out about breaks and how to reduce stress

Ask how local services can help you

Learn how to create a safety plan

Allow some time in your day for you

Nurture yourself

Chat with other carers

Experience - share and learn from your experiences



For more information call 01332 227711 or email creativecarers@gmail.com

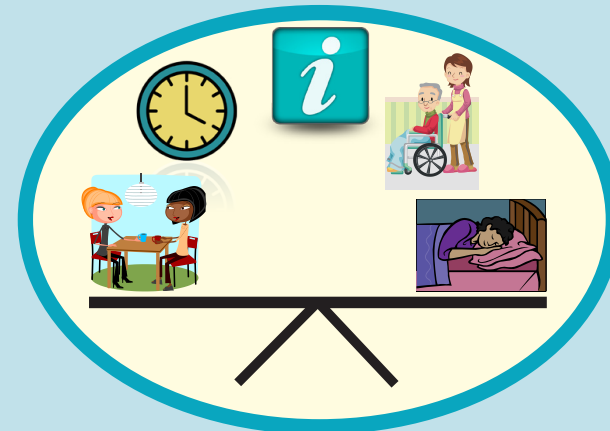
"I never get a break and I am so tired, who can I turn to for help?"

"I want to meet other people who care for their adult children and share ideas"

"I feel so bad, I keep shouting at everyone, I am so stressed and anxious about my father"

"I've lost all my friends because of my caring role. How do I meet people who'll understand?"

Sound familiar? If so come along and restore the **Balance** in your life.



To receive information and attend ANY of our FREE courses for carers, email or telephone us to register. We will run the BALANCE course to suit you, including at evenings and weekends, once we have enough carers who want the same.



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