



The Princess Royal Trust
for Carers



Are you living in Bristol and caring for an adult friend or relative? If so, you are warmly invited to attend a *free* 6 week course designed for you.

‘LOOKING AFTER ME’

This course will give you the opportunity to take some time out to think about yourself and meet other carers. It will run for 2 ½ hours per week over six consecutive weeks and will cover the following topics:

- Good health
- Stress & Relaxation
- Dealing with Tiredness
- Planning ahead
- Communication & Assertiveness
- Resources

Details of forthcoming courses:

Easton Family Centre, Beaufort St, BS5 0SQ
Tues 3rd Nov – Tues 8th Dec, 10.30am – 1pm

The Greenway Centre, Doncaster Rd, Southmead, BS10 5PY
Thurs 7th Jan – Thurs 11th Feb, 12.30 – 3pm

Other Looking After Me courses (including an evening course) will follow throughout 2010 at various locations in Bristol. For more information or to book a place please contact Gill Deacon at PRT Carers Centre,
Tel: 0117 9589988, or email: gilld@carers-sg.org.uk.

