



**‘Living with Caring’**  
**FREE Workshop for Adult Carers of Adults**  
**Friday 19 August**  
**11am – 2pm**  
**We provide Lunch!**

**St Therese’s Court Devonport**



- **DO YOU FEEL TIRED AND STRESSED IN YOUR CARING ROLE?**
- **ARE YOU JUGGLING TOO MANY THINGS AT ONCE?**
- **ARE YOU LOOKING AFTER YOURSELF?**

**Come and find out how you can take a step back and explore ways of managing the day to day pressures.**

***‘I really enjoyed the first Living With Caring Workshop. It taught me so much about myself.’***

**To book your place please phone Carers Champions on 211348 or e-mail us at [jmckenna@colebrookhousing.co.uk](mailto:jmckenna@colebrookhousing.co.uk), or just fill in the slip below, and post it to Carers Champions, 3 Woodland Terrace., Greenbank, Plymouth, PL4 8NL.**

.....  
 I would like to go to the Living with Caring Workshop:

**Name**.....

**Address**.....

**Email**.....

**Any special dietary requirements?**.....