



Carers are unpaid people who care for the physical, mental or social needs of a relative, friend or neighbour. Often people fall into the role of a carer, without recognising the stresses involved or realising that support is available.

St John Ambulance's Carers Support Programme is dedicated to improving the welfare of carers and the people that they care for by providing advice and training, while enabling carers to meet others with similar experiences, offering mutual support and understanding.

'I'm starting to feel more in control, starting to understand and deal with my own feelings and stresses' Carer

The programme consists of four free weekly sessions, delivered in the morning, over four consecutive weeks.

Classes run from 10.30am-1.30pm and include a complimentary lunch.

Locations across Cornwall:

- | | |
|---------|------------|
| Newquay | Helston |
| Par | Launceston |
| Saltash | Illogan |

For more information on the Carers Support Programme, or to book a place, contact the Helpline on:

Tel: 01872 266383

Web: www.cornwallcarers.org.uk



FREE Carers Support Programme

Do you care for someone at home?
Do you feel isolated or under pressure?
Would you like more skills and knowledge?

St John Ambulance Cornwall, in association with Cornwall Council, offer a free course for carers.



Caring for a loved one is not always easy

Most carers have little prior experience and becoming a carer involves a lot of responsibility.

Research has shown that carers can suffer from a range of ailments, such as:

- back injuries
- stress-related illness
- isolation and exhaustion

This programme can help you to stay well, prevent injury and support you in your caring role. You will also meet other carers, creating the opportunity to share your experiences and discuss any ideas or problems you have, while enjoying a free lunch.



What does the programme include?

A carers role - principles of care based around individual daily activities.

Managing continence - how to access help and advice. Pelvic floor exercises and products.

Safer moving and handling skills - advice on daily back care and prevention of injury.

Prevention of falls - advice on services available and precautions to take.

First aid - basic skills in first aid at home, based around common accidents.

Stress management - advice on stress, what it is and how to cope including relaxation techniques.

Benefits Advice - Information and advice from the FAB (finance, assessments and benefits) Team

And plenty of time to chat and learn from each other.

This unique programme is led, developed and delivered by experienced registered nurses

Keeping you well to help you care

Please reserve me a space on the Carers Support Programme

Name:
Address:
Postcode:
Tel:
Who do you care for?
Preferred location:
Where did you find out about the programme?

Please return this slip to:

**Admin Support at Cornwall Rural
Community Council
2 Princes Street
Truro
Cornwall
TR1 2ES**

or contact the Helpline

Tel: 01872 266383

Web: www.cornwallcarers.org.uk

"I Feel encouraged and supported - and realise that I am not alone' Carer