

Do you look after someone?



Free local sessions can help you to help them

Meet other carers and get involved...



Finding Your Way



Caring Day-to-Day



Caring and Coping



Caring and Life



Caring and Me



Caring and Communicating



Caring and Resources

For details about sessions in your area contact:

**Expert Patients Programme
Community Interest Company**

Regent House, Hove Street,
Hove BN3 2DW

Freephone: 0800 988 5520

E: enquiries@eppcic.co.uk



**Expert Patients
Programme**
Community Interest Company

Call 0800 988 5520 or visit www.caringwithconfidence.net