

Supporting someone at home?

Juggling everyday life and caring for someone?

Confidence 2 Care can help



"I feel less stressed and more energised by being able to talk to others."



"I am amazed by the amount of information I have collected"



FREE programme for carers
5 x 2.5 hours weekly sessions

Didcot

Beginning 18th April 2pm

Faringdon

Beginning 1st May 10am

Abingdon

Beginning 4th June 10am

Henley

Beginning 21st June 1pm

Confidence **2** Care

For more information or to register please contact Emma

emmahibbert@ageukoxfordshire.org.uk

Telephone:
01235 520463

 Carers
Oxfordshire
advice support connections