



Caring with confidence



Caring with confidence is a programme of six sessions designed to support carers. The sessions provide information, practical advice and support and runs on Mondays from 10.30-12.30. The programme enables carers to feel more confident in the care and support they offer to relatives or friends and encourages carers to take care of themselves.

The sessions look at self care including physical, emotional and spiritual care.

The programme includes sessions on:

- pain and symptom management,
- transfer and handling techniques,
- finance and benefits,
- local resources and services,
- diet, food preparation and
- illness and the future.

There are many benefits to meeting up with other carers. The mutual support received can prove helpful in difficult times.

All of Pilgrims Hospices' services are free of charge.

If you are interested in attending the sessions, please contact the community co-ordinator at the hospice closest to you. If attendance was suggested by your GP, community nurse, district nurse or community nurse specialist, please confirm with them that you would like to attend.

Community co-ordinator contacts:

Canterbury Tel: **01227 812617**
Fax: **01227 812606**

Ashford Tel: **01233 504115**
Fax: **01233 504132**

Thanet Tel: **01843 233924**
Fax: **01843 233931**

