



## Looking After Me Free Courses For Carers

EPP Cymru provides a range of FREE self-management health and well being courses and workshops for people living with a health conditions or for those who care for someone with a health condition.

### Looking After Me

A free course specifically for those people who care for someone else with a long term health condition. The course is called 'Looking After Me' and helps carers to learn ways in which they can look after their own health needs whilst they are caring for another person and to cope with that caring situation. It also helps develop the confidence for them to take greater control of their lives and it gives an opportunity to meet with others who share similar experiences.

The course is open to any adult who is a carer (they do not need to have a condition themselves to attend this course). It is run in the local community and is led by two volunteer tutors who themselves have experience of caring.

People who have taken part in a **Looking After Me** course have reported that it helped them to:

- feel confident and more in control of their lives,
- manage their caring situation more effectively,
- be realistic about the impact of their caring situation on themselves and their family,
- develop more effective relationships with health care professionals,
- use their skills and knowledge to lead a fuller life.

The free course consists of six sessions, each one lasts for two and half hours (one per week for six weeks). The sessions cover a variety of different topics such as:

- relaxation techniques,
- dealing with tiredness,
- exercise,
- eating healthily,

- coping with depression,
- communication with family, friends and professionals,
- planning for the future.

For more information about **Looking After Me** courses in your area, contact

**Susan Arnold**

EPP Cymru Coordinator

Gwent Association of Voluntary Organisations (GAVO)

16A Market Square

Brynmawr

Ebbw Vale

NP23 4AJ

Tel: 01495 315626

[sue.arnold@gavowales.org.uk](mailto:sue.arnold@gavowales.org.uk)

*Please note that the Looking After Me course doesn't cover carers rights or benefits, nor does it cover practical caring skills such as lifting and handling.*