

# Wirral Carers Training - "Time for You"

## Carers Health & Wellbeing Information Course

Do you live in Wirral and **provide unpaid care** for someone who needs help because of their illness, frailty, disability, a mental health problem or an addiction and cannot cope without your support?



If the answer is yes, why not sign up for WIRED's 6 week training programme designed to help you manage your health and wellbeing. The sessions cover **Carers rights** (the care act), **stress management**, **resilience**, **first aid** and provide a range of other **useful health and wellbeing information and support**. Free refreshments are provided. For more information;

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