



## An Elderly Person in your life!

Do you provide informal support for an elderly parent, friend or neighbour?

Are you concerned that their needs are increasing, and you are not sure how to respond?

## Workshops to help you prepare

Prepare for the future and respond to current challenges through informal networking and input from our experienced facilitators.

Sessions are delivered for **organisations** as a

- 3-hour Workshop
- Learning Lunch/Twilight: 3 x 1 hour workshops
- Workshop Lite of 2 hours

We also offer drop in **open access** workshops based in the community

All participants receive a **free pack** with key information and helpful links to further advice.

Costs are either on a per person or per workshop basis

## Focus on wellbeing

Caring4Elders participants confirm the value of taking time to reflect on how to tackle the practical and emotional changes that occur as an elderly person becomes less independent. Participants value the opportunity to continue the network following the workshops.

*Great interactive workshop  
– would highly recommend.  
Very Helpful*

*Cambridge Participant 2018*



Visit our website at [www.caring4eldersuk.org.uk](http://www.caring4eldersuk.org.uk) or email [office@caring4eldersuk.org.uk](mailto:office@caring4eldersuk.org.uk) to find out more