

Gloucestershire
Carers



YouCan

The Gloucestershire Carer's Hub are launching a four session programme for Carers to gain knowledge and skills to support them in their caring role.

The first programme will run on the below dates:

9th, 16th, 23rd, 30th September 2020 from 11am - 1pm via Zoom

Session 1 - YouCan Know Your Rights

What being a Carer means, discover your rights and see what the Gloucestershire Carers Hub has to Offer

Session 2 - YouCan Be Positive

Explore local services which can offer you support as a Carer, steps to protect your wellbeing and how to remain positive

Session 3- YouCan Overcome

Learn steps on how to communicate with professionals effectively, overcoming difficult situations and communication

Session 4 - YouCan Do It

Plan for the future, explore peer support, what can you do next

You will need to be available to attend all sessions.

To book your place on the YouCan Programme call 0300 111 9000 or email carers@peopleplus.co.uk