

Are you a family carer?



Mencap Liverpool have organised a series of eight FREE workshops for anyone who cares for a family member, covering a range of topics

When? Tuesdays 1-3pm starting 5th Feb until 26th March

Where? Blackburne House, Hope St (entrance on Faulkner St)

Each workshop will feature an expert speaker, to provide information on the topic and answer your questions. The sessions will be run and facilitated by carers

You are very welcome to come to all of the sessions, or you can choose to go to individual workshops. Please be aware that places are limited, so do let us know if you're planning to attend to secure your place.

We are planning to include workshops on the following:

Basic First Aid (confirmed for 5th Feb)

Understanding Direct Payments and Personal Budgets (confirmed for 12th Feb)

**Benefits and Support available for you as a carer and for the person you care for
Day Time Activities— what's available and how can you find out about it?**

Health: hospital passports, health action plans, annual health checks and personal health budgets (confirmed 5th March)

Housing—what are the options for someone with a disability?

Looking after your own health & wellbeing (confirmed 19th March)

Future Planning, Wills & Trusts

**To sign up or for more information, please contact Janet on 0151 707 8582
email Janet.sullivan@mencapliverpool.org.uk
or look at our website www.mencapliverpool.org.uk**