



Time for You

Free information sessions for carers in Wirral **Book your place now!**

Six friendly and informal sessions designed to enhance and support a Carer's knowledge around their own health and wellbeing.

You can book on all of the sessions or just choose the sessions that you feel would suit you most.

Our 2-hour sessions include:

19th June, 12.30-2.30pm - Caring Role /Your rights & the Care Act

26th June, 12.30-2.30pm - Confidence Building

3rd July, 12.30-2.30pm - First Aid

10th July - 12.30-2.30pm – Welfare Benefits Information for Carers

(Advice on PIP, Carers allowance, attendance allowance, DLA, Universal Credit and general information on debt signposting)

17th July, 12.30-2.30pm - Managing Stress and Building Resilience

24th July, 12.30-2.30pm - Holistic Therapy Taster Sessions

All sessions will take place at The Heart of Egremont, Old Egremont Mission, Guildford Street, Egremont, Wallasey, CH44 0BP

To book your place on any of the above sessions please call the Wirral Carers Helpline on **0151 670 0777** or **email** us (below).

[Click here to email us to reserve your place - cws@wired.me.uk](mailto:cws@wired.me.uk)

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