

Please complete this form, fold in half, moisten to seal and post. No stamp is needed.

Registration form

Mr/Mrs/Miss/Ms: First name:

Last name:

Address:

.....

..... Postcode:

Telephone:

Mobile:

Email:

What are your current, caring responsibilities? (eg who you care for/frequency of caring)

.....

.....

Name of and contact number of GP

.....

Do you have any requirements to attend the course?

.....

.....

.....

Are you interested in becoming a volunteer tutor? Yes No

Where did you hear about this course?

Friend / relative Pharmacy Carers Gateway

GP (which practice?) Practice nurse/health visitor (which practice?)

.....

Hospital Library Community/voluntary organisation

Other, if so please give details.....

Office use only:

Date received:..... Referral by:.....

Location:..... Place allocation:.....

Moisten here

People who have taken part in a *Looking after me* course have reported that it has helped them to:

- Feel confident and more in control of their life
- Manage their caring situation more effectively
- Be realistic about the impact of their caring situation on themselves and their family
- Develop more effective relationships with health and care professionals
- Use their skills and knowledge to lead a fuller life.

"I have thoroughly enjoyed attending and learnt a great deal to my benefit and hope others will take up the challenge – it's worthwhile"

A free course for unpaid carers

For more information and details of the next course

Call: 01484 226050

Email: carers.gateway@kirklees.gov.uk

Visit: www.expertpatients.co.uk for local details

Part of the Expert Patients Programme (EPP)

EPP self-management courses

The *Looking after me* course has been developed as a companion course to the core EPP Chronic Disease Self-Management Course, which supports people living with one or more long-term conditions to develop the confidence, skills and knowledge they need to manage their condition better and have more control of their lives. Details of these courses can also be found on the website.

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www.kirklees-pct.nhs.uk

This information can be made available in other formats including large print and other languages.



Looking after me

Do you look after someone?

Would you like to feel more in control?

Then 'Looking after me' is for you!



“Since doing the course I am more content with my life and know how to cope better”

Are you a carer who looks after a family member, partner or neighbour in need of help because they are ill, frail or have a disability - or a parent of a child with a disability or care for someone with a drug or alcohol problem?

If yes, then the looking after me course could be for you.

Looking after me is a course for adults who care for someone living with a long-term health condition or disability.

As its name implies, the course is about you making time to look after your own health needs. It aims to help you to take more control of your situation and make a difference to your life.

“ I have thoroughly enjoyed attending and learnt a great deal to my benefit and hope others will take up the challenge – it's worthwhile. ”

The course looks at:

- Relaxation techniques
- Dealing with tiredness
- Healthy eating
- Coping with feelings of depression
- Communicating with family, friends and professionals
- Planning for the future.

Looking after me does not cover carers' rights or benefits, or practical caring skills such as lifting and handling, although there will be information available on these topics during the sessions.

Who can take part?

Any adult who gives help to a relative or friend who is ill, disabled, elderly, or in need of emotional support – ie any carer.

Looking after me is aimed particularly at adults caring for other adults. Carers of children with life-long and life-limiting conditions will not be turned away, but may find the Supporting Parents Programme to be more appropriate.

Practicalities

Looking after me is led by trained tutors who themselves have experience of caring for a relative.

The course is run over six weekly sessions, each lasting about two-and-a-half hours.

How can it help you?

By taking part in a *Looking after me* course, you will:

- Learn new skills to help you to cope with your caring situation
- Develop the confidence to take more control of your life
- Meet with others who share similar experiences.

“I've realised that I have to make more effort to separate work from home”



The EPP
Looking after me
course for carers
is helping
people like
you

Fold here

No
stamp
required

Looking after me

Carers Gateway
'Gateway to Care'
Freepost RLTR-YLTL-BRXJ
30 Market Street
Huddersfield
HD1 2HG