



Beacon™
South Yorkshire
Carer Support

Next Steps Course

Thursday 17th February

Thursday 24th February

10:30am - 12:30pm

Thursday 3rd March

10:30am - 13:30pm

WE ARE OFFERING THIS 3 WEEK COURSE TO CARERS
WHOSE RESPONSIBILITIES MAY HAVE CHANGED
RECENTLY.

THE COURSE WILL COVER:

- CARER WELLBEING INCLUDING RELAXATION
TECHNIQUES
 - CHANGING CIRCUMSTANCES
 - EXPLORE CARER INVOLVEMENT WITHIN THE
COMMUNITY
 - PREPARATION FOR VOLUNTEERING / PAID EMPLOYMENT
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IF THIS IS OF INTEREST TO YOU GIVE THE OFFICE A RING TO
RESERVE YOUR PLACE
FIRST COME FIRST SERVED, LIGHT REFRESHMENTS
PROVIDED