



Registered charity no 1136507
Company registered no 0710432

CARING FOR SOMEONE WITH A LIFE LIMITING ILLNESS

**6 week programme of support
starting Friday 3 February
10am - 12pm**

Caring can be hard at the best of times. When the needs of the person you are caring for become more complex, everything can feel completely overwhelming

You can join online or in person at Carers in Bedfordshire's office in Bedford. Book by email or phone

Topics covered:

- Self care
- Practical information – what to expect at the end of life
- Managing worries
- Coping with change and loss
- Legal matters
- Future planning

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