

Improving the lives of people with long-term conditions

LOOKING AFTER ME...

...a course for carers



West Sussex

Are you caring for someone with a long-term condition or disability?

Are you living with a long term health condition yourself or is your health affected as a result of being a carer?....

...the Looking After Me course could help you.

This free self-management course is about carers making the time to look after their own health needs, as well as those of the person they care for. It aims to help them to develop self-management skills to take more control of their situation and to learn new skills to help improve their own quality of life.

New course dates confirmed in West Sussex

Dates: Thursday 4th February - 11th March 2010

Times: 1pm – 4pm (each session includes a free lunch and refreshments)

Venue: The Millennium Hall, Crawley Road, Horsham, West Sussex, RH12 4DT

expert patients

For more information or to book a place please contact Rachel Howlett on:

Telephone - 01403 227000 ext 7547

Email - epp@westsussexpct.nhs.uk