



**London Borough
of Hounslow**

Caring With Confidence: New, free, group sessions for LGBT carers

Do you look after, support or help out a lesbian, gay, bisexual or transgender friend, partner or relative? Or are you lesbian, gay, bisexual or transgender? If so, Caring with Confidence can help you make a positive difference to your life and that of the person you care for or who cares for you.

The GMI Partnership with the London Borough of Hounslow, have been funded to provide free local group sessions across London for carers. Maybe you help with housework, shopping, getting to appointments, driving, taking a friend out socially, cooking meals - all of these are caring roles and don't have to be done daily.

Or do you know someone who does these things for you who might find some support, sharing with others and practical tips useful?

We offer the following sessions:

- *Finding your Way*: to look at what matters to you and decide which other sessions you might want to do
- *Caring and Coping*: time and space to look at the emotional side of caring – what strategies you use, what you could do to cope more effectively
- *Caring Day to Day*: the essentials of caring on a day to day basis – from medication to emergencies at home.
- *Caring and Resources*: how to maximise your income and access other resources which save you money as a carer
- *Caring and Life*: how to take time out to think about how you juggle competing demands and how your caring role fits with other aspects of your life
- *Caring and Communicating*: uses real-life caring situations to help you get the best from communicating with professionals and service providers.

If you are interested in building on your strengths as a carer, sharing experiences with others, gaining useful information and tips and would like to attend a session(s), please contact us for information about how to register. Sessions will be run throughout the year across London but the next ones are:

Saturday 8th August, Metro Centre Greenwich, from 2.00pm to 5.00pm

Thursday 13th August, Hounslow Civic Centre, from 2.00pm to 5.00pm

Saturday 22nd August, Metro Centre Greenwich, from 2.00pm to 5.00pm

Wednesday 26th August, Positive East Stepney, from 2.00pm to 5.00pm

Telephone: **020 8583 6677** to book a place or for more information, or visit

www.caringwithconfidence.net