Carers Toolkits 2020

Meets Wednesdays from 11am-12:30pm on the following dates:

**26th February: Taking Time for Me** Exploring the benefits of looking after yourself and the barriers that get in the way.

**25th March: Nutrition** Cooking with no time.

**29th April: How to be Heard** Discussing the importance of communication style and practical advice on self-advocacy

VSA Carers Centre
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For more information contact VSA Carers Resource Service
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