

'Hidden & Invisible' – are you Carer aware?

“If we do not
have breaks, we will
go under”

“Very important that Carers know
who they can contact in difficult
times and that some action will be
taken on their behalf”

If you are a professional
and come into contact
with people from all walks
of life, you are invited to
a FREE training session to
become more aware of
the needs of Carers
and how you play a
vital role.



Sponsored by

‘A carer spends a significant proportion of their life providing unpaid support to family or potentially friends. This could be caring for a relative, partner or friend who is ill, frail, disabled or has mental health or substance misuse problems.’

Carers at the Heart of the 21st Century DH, 2008

Do you know the difference between a Carer and a Care Worker?

Do you understand what a Carer’s life is like?

Would you know how to support and help a Carer?

Do you know how important your role is to a Carer?

The Links Country Park Hotel West Runton Cromer	Monday 26 April 10am – 1230pm	Monday 28 June 2pm – 4.30pm	
Function Room Dereham Football Club Aldiss Park - Norwich Road Dereham	Friday 14 May 10am – 1230pm	Friday 25 June 2pm – 4.30pm	
Merryweather Room Ecotech Centre Swaffham	Wednesday 19 May 10am – 1230pm	Friday 11 June 2pm – 4.30pm	
Small Barn Knights Hill Hotel South Wootton King’s Lynn	Friday 4 June 10am – 1230pm	Monday 14 June 2pm – 4.30pm	
Horatio Suite Yarmouth Racecourse Jellicoe Road Great Yarmouth	Tuesday 20 April 10am – 1230pm	Monday 10 May 2pm – 4.30pm	
Norwich UEA Sportspark Norwich	Friday 30 April 10am – 1230pm	Friday 7 May 2pm – 4.30pm	Monday 7 June 6pm – 8.30pm

To book a place, please email norfolkcarers@norfolk.gov.uk or telephone Lesley Johnson on **01603 224481** with your full name, job title, department, organisation name and address and telephone number/email address by

Wednesday 14 April 2010

Funding may be available for backfill staffing. Please ask for more details.
Tea/coffee & cake provided.