



Princess Alice
Hospice

6 week Carers' Course

Tuesday Evenings 7.00-9.00pm Jan 15th-Feb 19th

Large Education Room, Princess Alice Hospice

Meet other Carers to discuss the following:
Tues 15th Jan 'Being a Carer' Tues 22nd Jan
'Moving and Handling' Tues 29th Jan 'How
illness progresses' Tues 5th Feb 'Nutrition
and eating well' Tues 12th Feb 'Finances &
money issues' Tues 19th Feb Other support.
All the sessions are led by experts in a
friendly setting - come and see for yourself
and learn from other Carers. You are
welcome to some or all of the sessions -
we look forward to seeing you.



Email Rosienoble@PAH.org.uk or call 01372 468811 ask
for Megan Andrews

Caring when it matters