

# The *Carers* Toolkit...

... is a free programme for carers who look after a family member, friend or neighbour and aims to provide them with the information they need most.

## Operation Shine!

**Practical strategies for improving your personal resilience, health and well-being.**

- **Understand how stress is affecting your physical & mental health**
- **Learn tried and tested easy-to-use techniques to bring you back into a place of ease**
- **Improve resilience, effectiveness & focus**
- **Create a healthier, happier way of life**
- **Shine at home, work and everywhere you go!**

Courses will run at –

Heathfield 27<sup>th</sup> February 10.30 – 1pm

Hailsham 13<sup>th</sup> March 10.30 – 1pm

Eastbourne 24<sup>th</sup> April 10.30 -1pm

Newhaven 19<sup>th</sup> June 10.30 – 1pm

Bexhill 21<sup>st</sup> August 10.30 – 1pm



Call Care for the Carers

On 01323 738390 or

Email [carerstoolkit@cftc.org.uk](mailto:carerstoolkit@cftc.org.uk)

