



Carer Awareness Training

Care for the Carers are providing a programme of free **Carer Awareness Training** as part of our Building Carer Friendly Communities initiative. Please see below for upcoming training opportunities:

Dates:

31st January at The Hillcrest Centre, Hillcrest Rd, Newhaven

8th February at 3VA, Saffrons Rd, Eastbourne

**3rd March at Southwater Area Community Centre, Stainsby Street,
St Leonards-on-Sea**

All sessions are 9.30 -12.30

This training session is for:

- Professionals working either in a business or an organisation with in East Sussex
- Health professionals
- Volunteers
- Those supporting or would like to get involved in supporting their neighbourhood or local community

The training will cover the following:

- A 'Carer Friendly Community' approach - why is this important?
- Who are unpaid carers and what is the impact of caring
- The importance of identifying and supporting carers
- Carers rights – the new framework
- What can we do to improve carers experience and the support available

Cost: FREE

Tea & Coffee will be provided

To book a place or for more information on this training:

Please contact Care for the Carers - Tel: 01323 738390 or email - info@cftc.org.uk