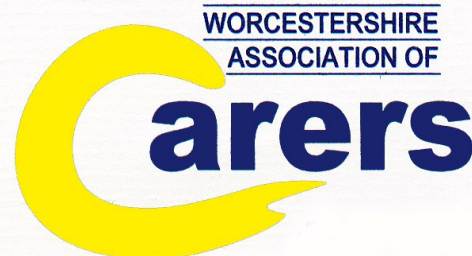
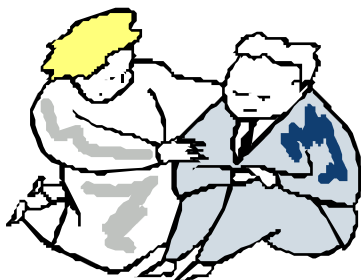


## “Handle with Care”



Charity Number 1071850

Do you .....

- Have a relative or friend relying on your help to live at home?
- Help someone to get in and out of bed, a chair, a car or a bath/shower?
- Worry about what you would do if the person you look after falls?

Would you like to find out more about more how to take care of yourself and the person you care for in relation to moving and handling?

**If you answer YES  
to any of these questions ring Mary on 01905 26500**

You can ask for a home visit or attend a one day practical session where you will have a break from your caring role and meet others in a similar situation.

Practical sessions are from 10.00 am – 3.00 pm with lunch and refreshments provided and help with respite and transport if necessary.

5 <sup>th</sup> November 2009	O T Stores Ltd, Malvern
12 <sup>th</sup> November 2009	Timberdine Resource Centre, Worcester
17 <sup>th</sup> November 2009	The Grange Resource Centre, Kidderminster
2 <sup>nd</sup> December 2009	Church View, Bromsgrove
17 <sup>th</sup> December 2009	St Davids House, Redditch
12 <sup>th</sup> January 2010	Timberdine Resource Centre, Worcester
26 <sup>th</sup> January 2010	Indy Enabled Living, Evesham
10 <sup>th</sup> February 2010	The Grange Resource Centre, Kidderminster
24 <sup>th</sup> February 2010	O T Stores Ltd, Malvern
4 <sup>th</sup> March 2010	Church View, Bromsgrove
10 <sup>th</sup> March 2010	St Davids House, Redditch
24 <sup>th</sup> March 2010	Timberdine Resource Centre, Worcester

Other sessions will be arranged at different locations around the County.

If you would like more information or would like to discuss a home visit please call Mary at

**Worcestershire Association of Carers on  
01905 26500 or 0800 652 3151**