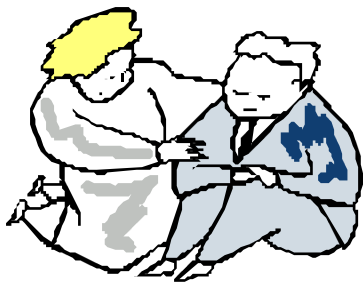


“Handle with Care”



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.

| | |
|-----------------------------|---|
| 14 th April 2010 | Indy Enabled Living, Evesham |
| 22 nd April 2010 | The Grange Resource Centre, Kidderminster |
| 29 th April 2010 | O T Stores Ltd, Malvern |
| 6 th May 2010 | St Davids House, Redditch |
| 11 th May 2010 | Church View, Bromsgrove |
| 27 th May 2010 | Timberdine Resource Centre, Worcester |
| 8 th June 2010 | The Grange Resource Centre, Kidderminster |
| 22 nd June 2010 | St Davids House, Redditch |
| 13 th July 2010 | O T Stores Ltd, Malvern |
| 20 th July 2010 | Timberdine Resource Centre, Worcester |
| 28 th July 2010 | Church View, Bromsgrove |

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**