

SEDIG: CARERS' CONFERENCE

UNIVERSITY OF GLASGOW: Gilmorehill Centre: 30 January 2010

CARING FOR OURSELVES

PROVISIONAL PROGRAMME

The programme will include two lectures, the first on the results and plans for future action as outlined in **beat's** recent 'Carers' Research Project, and the second, by Dr Jane Morris, will focus on issues that arise with siblings of sufferers, 'Brothers and Sisters: Who Cares?' There will also be a workshop session on 'Challenges and Solutions' in which carers are invited to share their difficulties and pass on to others coping strategies which they have found particularly effective. The closing session will focus on self help groups for carers, the different kinds of groups that exist, the support they offer, and the logistics in establishing a group,

For further information please contact: Linda Keenan/Alison Sherriffs – 01224557858

Conference fee £25 per person (includes coffee) Lunch can be pre-ordered at the cost of £5