

**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**