



**FREE HEALTH AND WELL-BEING EVENT FOR
ALL OUR CARERS:**

**Monday 16th October 2017 at the Enerigus
Building, Blackwood Road, Lillyhall, CA14
4JW – 9.30am to 2.30pm.**

(Transport available upon request)

We are delighted to announce we have linked in with several departments at the West Cumberland Hospital and will be holding a **free** health and well-being MOT day for all unpaid Carers. This is a fantastic opportunity for you to come along and speak to health professionals for advice and support from across the hospital team about any concerns you may have and explore ways to stay well. Why not invite someone you know who is a Carer too? Our staff will be on hand throughout the day to talk with you. As the person you are caring for is also very welcome to attend, we will be happy to chat with them should you wish to have a short time on your own with the health team. Departments attending will include:

Physiotherapy, Occupational Therapy, Speech and Language Therapy, Dietetics, Podiatry, Respiratory Team, Continence Team, Tissue Viability Nurse, District Nurses, Cardiac Rehabilitation, Manual Handling

We have also invited other relevant agencies to join us. These include Cumbria Fire and Rescue Team, Copeland and Allerdale Autism Support Group, Citizens Advice Bureau, Alzheimer's Society, WEA, Contact a Family, Chrysalis, and many others.

There will also be some workshops running throughout the day which will include mindfulness and therapeutic craft activities.

There is a café area in the building should anyone wish to purchase refreshments and snacks.

**PLEASE NOTE: If you require transport remember to contact the office before
Monday 2nd October**