

FREEPOST ADDRESS

FREEPOST RSGB-CYBY-HSCX
Omega
London House
Town Walls
Shrewsbury
SY1 1TX

This form is designed to fit inside a window envelope.

To find out more, please return this slip to Omega. I wish to be contacted by :
(Please tick those that apply)

Email Phone Post

Title

Name.....

Address

.....

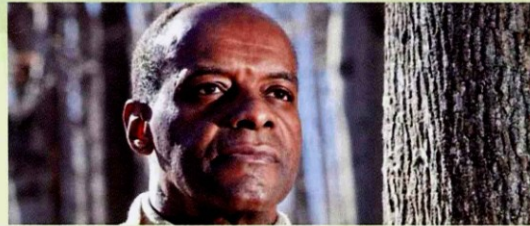
.....

Postcode

Tel.....

Email

Don't delay: get in touch today



To find out more, contact:

Omega Carers Helpdesk
Omega, the National Association
for End of Life Care

0845 259 3163 (local rate)
carers@omega.uk.net

www.omega.uk.net

London House, Town Walls, Shrewsbury SY1 1TX

If you are a member of an organisation or group who can reach those who may benefit from this programme, please get in touch now.



Moving forward after bereavement



Caring with Confidence can help you

FREE Local Sessions

What is Caring with Confidence?

Caring with Confidence is aimed at improving support for carers and former carers, aged 18 or over, in England.

If you have been looking after a loved one who has now died, Caring with Confidence can help you find ways to cope and re-discover life after caring.

You can develop self-care knowledge and coping skills by taking part in free local group sessions.



“My life was an empty wasteland after my partner died. I wish I’d had something like Caring with Confidence to help me through.”

- Margaret, London

Why Caring with Confidence?

Losing someone you love is devastating, especially if you have been spending much of your time with them. It is easy to find yourself lost and bewildered, suddenly lacking a meaningful purpose in life.

What are the sessions all about?

There are three sessions you can choose from, depending on your personal needs. To get started, sign up for ‘**Finding Your Way After Caring**’ which will give you an introduction to the whole programme.



“The support generated by the group is fantastic...I realised everyone else was coming to terms with the same things.”

- Samantha, Leeds

The Caring with Confidence sessions:

Finding Your Way After Caring

Share experiences, get support from others in a similar situation and consider what you are going to do next.

Coping After Caring

Explores what stage you are at in the bereavement process, useful coping strategies and ways to come to terms with someone dying, and the end of your caring role.

Life After Caring

Get the benefits of support from others, share ideas so you can start to consider what you could do in life after caring.

Caring with Confidence can help you to:

- **share experiences with and learn from others in similar situations**
- **discover and develop your coping skills and begin to focus on the future**
- **discover your own plan for moving forward with life after caring**
- **support bereavement counselling**



Contact Details:

Omega, the National Association for End of Life Care

Web: www.omega.uk.net

Email: carers@omega.uk.net

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Fax: **0845 519 1130**

