



Registered charity no 1136507  
Company registered no 07110432

## CARING FOR SOMEONE WITH A LIFE LIMITING CONDITION

**6 week programme of support  
starting Friday 3rd November 2023  
10.30am - 12.30pm**

**Caring can be hard at the best of times. When the needs of the person you are caring for become more complex, everything can feel completely overwhelming**

You can join online or in person at Carers in Bedfordshire's office in Bedford. Book by email or phone.

You must be a family or friend carer living in or caring for someone in Bedford Borough or Central Bedfordshire

### **Topics covered include:**

- Self care
- Coping with loss and change
- Managing worries
- Tackling difficult conversations
- Legal and financial matters
- Future planning

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