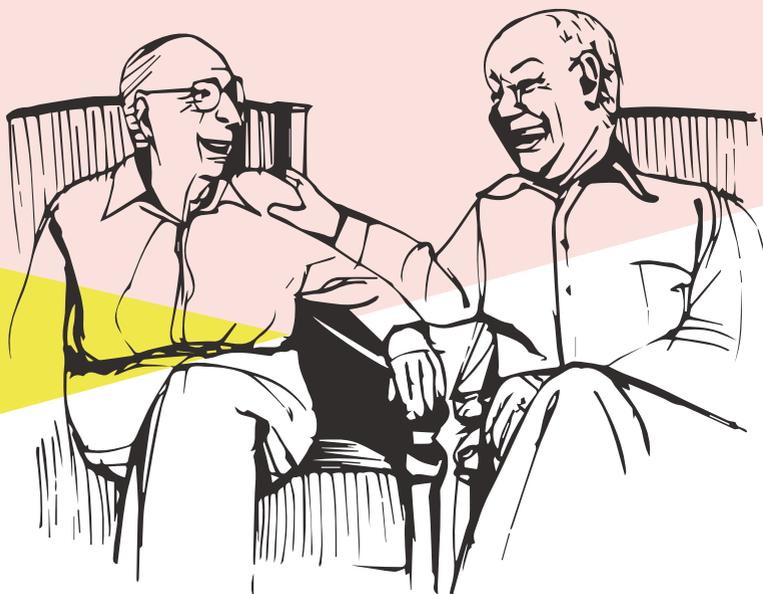


Join Coach4Care!

Designed by carers, for carers.

**Coaching that helps carers
sustain and grow their love,
energy and well-being.**

Ex-carers coaching existing carers



How can I sign up?

Contact Anna Warhurst on 07718250363
or email a.warhurst@stchristophers.org.uk

What is Coach4Care?

Coach4Care trains ex-carers to become coaches for current carers who look after someone with a life limiting illness. Coach4care believes experienced carers are best placed to support people who are caring because they truly understand what it is like.

We provide ex-carers with training to help them use their caring experience in a rewarding and meaningful way. Ex-carer coaches help carers develop positive coping strategies to improve their resilience and wellbeing. Coaching helps carers to reflect on their situation and take action to improve their well-being and the well-being of those they care for.

Who can be involved?

We are looking for people who are interested in being a coach, or who would like to receive coaching as a carer.

Would you like to receive coaching?

- Do you look after someone more than 3-4 hours per week?
- Do you sometimes run out of love and energy when caring?
- Do you want flexible support at a time that suits you?
- Would you like to be coached by someone whose been in your shoes?

Could you be a coach?

- Have you cared for someone in the past?
- Would you like use your experience to become a coach and help other carers?
- Can you commit to giving an hour of your time every week, for 6-12 weeks?

How can I sign up?

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Or come to a drop in session Every Wednesday from 10th October 2018, 12-3pm
St Christophers Hospice, Anniversary Centre,
51-59 Lawrie Park Road, Sydenham. London, SE26 6DZ