

# CARER'S WELLBEING WORKSHOP



Northamptonshire Carers  
Supporting Unpaid Carers

## Do you look after somebody? Are you an Unpaid Carer?

We are pleased to be offering a 4 week workshop supporting Unpaid Carers in their Caring role.

The workshops will follow on from each other so its suggested to attend all 4 if possible.

**Stuart Road Clinic  
Activity Room  
Stuart Road  
Corby  
NN17 1RJ  
10am to 1pm**

<b>1st April 2026</b>	<b>Carer Awareness</b>
<b>8<sup>th</sup> April 2026</b>	<b>Wellbeing</b>
<b>15th April 2026</b>	<b>Where to get support</b>
<b>29th April 2026</b>	<b>Safeguarding</b>

To book a place please contact Northamptonshire Carers on:  
[admin@northamptonshire-carers.org](mailto:admin@northamptonshire-carers.org)  
**01933 677907 Option 1**



Workshops will run from different locations, please ask about admin for further details

Northamptonshire Carers, supporting Carers countywide.. Registered Charity number 1061417.