

Free self study programme for carers

Making a positive difference to Carers

Caring with Confidence is a **free** knowledge and skills based programme which aims to help unpaid carers make a positive difference to their lives and the lives of the people they care for.

Working in partnership with Caring with Confidence, National Extension College has developed seven self-study workbooks for carers, allowing you to work at your own pace, in a place and time that suits you.

Turn over to find out more...



 www.nec.ac.uk  01223 400393  cwc@nec.ac.uk

Widening opportunities through distance learning



KNOWLEDGE



UNDERSTANDING



SKILLS

What do I get?

When you register for this programme you will receive seven full colour workbooks which you can work through in your own time.

Topics include:

- Finding your way
- Caring and Coping
- Caring and Me
- Caring Day-to-Day
- Caring and Resources
- Caring and Life
- Caring and Communication

You can opt for a personal mentor who will contact you when your materials arrive and be available to support you through the programme.

Once you have registered and received your materials, you will have access to an online support site where you can talk to other carers and contact the NEC team.

The course is not assessed but you can opt for a certificate when you complete each workbook.

Why study with NEC?

National Extension College is an education trust set up to help people fit learning into their lives.

NEC has run several carers' projects offering flexible learning opportunities to carers.

With NEC you can:

- Enrol at any time
- Work at your own pace
- Receive mentor support
- Talk to other carers

What our students say

"The process of reading the workbook and carrying out the tasks gave me a tremendous lift. I felt part of a body that understands and cares and it has really brightened my days. This booklet has given me more confidence, even after many years of caring, and I now feel I am doing a good job."

"Thank you – this course is essential for carers. It will make them feel recognised and valued in a society that has hitherto ignored their wellbeing."

How do I register?

For more information and the opportunity to register on the programme please go to:

 www.nec.ac.uk/caringwithconfidence

 01223 400393

 cwc@nec.ac.uk



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