



Derbyshire
Carers
Association

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Great Care Starts with You

Weds 8th Dec @ 1.30pm

If you struggle to find time for yourself and your needs, then this workshop is for you.

During this interactive workshop we will look at what your current time challenges are, what your time zappers are, and we'll explore what's really holding you back from making time for yourself.

By the end of this workshop you will have carved some time out of your busy diary that you can call your own and have activities to do that make you feel alive again.

For more information and to book a place, please contact Katie Matkin by phone, **07773 173 416** or email: katie.matkin@derbyshirecarers.co.uk