

# New sessions for carers now available

Primary Care Cheshire are working in partnership with EOLP (End of Life Partnership) to bring two new FREE sessions for carers, to the area:

- Grieving before loss
- Grieving when caring ends

If you are a carer or former carer and you would like to attend a session, or just want to find out more, please contact us using the details below.

## Contact:

Kay Foster,  
Bereavement  
Support Link  
Worker

Primary Care Cheshire

Tel: 07931 556694

## Email:

[kay.foster5@nhs.net](mailto:kay.foster5@nhs.net)

Please note: Sessions will be delivered face to face (unless Covid Restrictions dictate otherwise at the time, in which case they will be moved online).



# Grieving before loss - the impact of anticipatory grief on carers and their loved ones

Main Street Community Church, 61 Main Street, Frodsham, WA6 7DF

15 September, 10am – 12pm

Carers and their loved ones may experience grief before death, or “anticipatory grief” due to loss of companionship, loss of future plans and dreams, or change of role for example from partner to carer.

The aim of this session is to give carers a better understanding of this issue and to offer practical strategies to cope with and adapt to this type of grief.



## Grieving when caring ends - understanding the impact of loss as a former carer

Main Street Community Church, 61 Main Street, Frodsham, WA6 7DF

15 September, 1pm – 3pm

The aim of the session is to give people a better understanding of how loss, grief and bereavement might affect them as former carers. This will include reflecting on the impact of loss of role and identity, which are often experienced by carers after a bereavement.

We will also cover practical strategies to cope with and adapt to grief.

