

Promas Caring for People CIC

Free courses for unpaid carers



LOTTERY FUNDED



Promas CIC works with unpaid carers across the County of Cornwall who are caring for a family member or friend, delivering free courses to teach carers the emotional, practical and resource skills necessary to enable them to continue in their caring roles. Caring for a family member or friend requires specialised skill. It is often unexpected and comes with **no training on how to cope.**

Promas CIC courses are not a “sticking plaster”, but offer a preventative tool to abate crises before they happen.

The role of Promas CIC is to teach people the skills and strategies to enable them to develop healthier and more fulfilling lives.



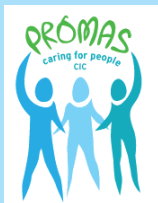
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Promas Caring for People CIC

Courses for unpaid carers

Pencil This In

Free 2 day course for unpaid carers caring for someone experiencing mental ill health

Caring for carers

Free 3 day course for any unpaid carer

Caring for Dementia carers

Free 2 day course for unpaid carers caring for someone experiencing Dementia

Preparing for Change

Free 2 day course for unpaid carers caring for someone experiencing Dementia. The course will explore choices around if or when a person may require long term care.

Listen, Talk, Be Heard

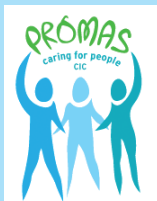
Free 1 day course for unpaid carers. Unravel the art of communication and learn to use effective communication skills.



For dates and locations visit our website or contact us!

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Promas Caring for People CIC

Caring for Carers

Free 1 day course for any carer

Managing Stress in your Caring Role

1 day free course

Coping Strategies

1 day free course to help carers develop healthy coping strategies

Caring for Cancer Carers

and

Mentoring and Coaching

Delivered on request

For dates and locations visit our website or contact us!

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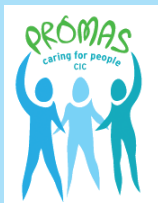


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Promas Caring for People CIC

Promas is a Cornish word meaning a promise or undertaking. We chose this word because it represents our obligation and commitment to our work.

Promas Caring for People CIC is an award winning Community Interest Company. Winners of the Voluntary Sector Forum awards for VCSE Organisation delivering Learning in the Community 2014. 2016 winners of CAHSC Care and Support awards - 'An Organisation's Outstanding Approach to Learning and Development' and Award for Outstanding Contribution to Adult Social Care and Support'.

Giving back to the community

Many unpaid carers face social isolation due to their caring roles. They often experience loneliness and a reduction in their social activities. Promas CIC works with local businesses to organise fundraising events so that we can raise awareness of the issues facing unpaid carers. These events give unpaid carers an opportunity to attend free social activities across the county, where they can enjoy a free dinner, lunch or activity. In addition they can meet other unpaid carers in a social setting.

Central to our working ethos is our commitment to the inclusive working and the principles of Equality and Diversity; this is at the core of all of our work.



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