



# Making Room for Me

## Looking after ourselves whilst caring for others

Looking after our own needs is so important when we have caring responsibilities. It's all too easy to become exhausted and burnt out with everything we might be juggling.

These sessions are the opportunity to make room for ourselves, speak out loud about the changes in our lives and in our relationships, and most importantly, to take some time to connect and appreciate ourselves and other carers.



**Join us for two live events with our guest speaker:  
Dr Anna Garrett, Consultant Clinical Psychologist**

**Thursday 27 February 2025**

**10.15am - 1pm**

Privett Room, Thorngate Halls, Bury  
Road Gosport PO12 3PX (next to  
Gosport War Memorial Hospital).  
Pay and display parking on site.



<https://www.eventbrite.co.uk/e/making-room-for-me-looking-after-ourselves-whilst-caring-for-others-tickets-1227931057849>

**Tuesday 18 March 2025**

**10.15am - 1pm**

Basingstoke Rugby Club,  
Pack Lane Kempshott  
Basingstoke RG22 5HH.  
Parking on site.



<https://www.eventbrite.co.uk/e/making-room-for-me-looking-after-ourselves-whilst-caring-for-others-tickets-1228011247699>

For more information contact

**[carers.involvement@southernhealth.nhs.uk](mailto:carers.involvement@southernhealth.nhs.uk)**