

Hello from the North West



Stuff I've learnt along the way from Maddy...

- **Sometimes it's the system that presents the biggest challenges**
- **Resilience and rationality**
- **What matters in life**
- **The importance of true friends**
- **The value of connecting with other carers**
- **Love, patience, understanding**
- **Equality**



Things I've done (and maybe shouldn't have done)



Check out:



Last musings...

How do we connect as carers?
What do we share and how are we unique?

What would make the best difference – something big or something small?



Everyone's different and everyone's the same...

How can we grow our resilience the easy way?

What are our different experiences, skills, talents – and how can we share them to make the world a better place?

It's OK to just focus on yourself and your family!

Check out:

