

# Are you caring for a loved one with cancer?

You are invited to participate in a University study on the impact of coaching on informal carers' wellbeing.

Participants will be offered **4 free online coaching sessions** (1 hour each). After the coaching there will be a 1 hour online interview.

To find out more about this research please contact Jo Collins on [u2097099@uel.ac.uk](mailto:u2097099@uel.ac.uk) (the study finishes in August 2023)

