

# Bedford Training Programme

## Jan to Mar 18



As part of our support package we provide training across Bedfordshire. Our training programme aims to empower and equip carers in their caring role. We believe training is important for carers as it

- Helps to maintain wellbeing
- Prevents ill-health
- Provides the essential skills and knowledge to care safely
- Reduces feelings of isolation

Date (s)	Time	Course	Trainer	Fee
Friday 12, 19 Jan 2, 9, 16 Feb 2, 9 Mar	10.30 – 12.30pm	Mix Media (Art)	Anne Thompson	£35 per course; £6.00 per session
Monday 19, 26 February 5 March	12 – 1pm	Wellness	Dawn Sunrise	£15 per course £6 per session
Thursday 1 March	2 – 4pm	Meet the Team		Free
Monday 12, 19, 26 March	12 – 1pm	Wellness	Dawn Sunrise	£15 per course £6 per session
Thursday 8 March	10.30am – 12.30pm	5 Ways to Wellbeing	Sandra Rome	Free (Donations welcome)
Tuesday 6 March	10.30am – 12.30pm	Power of Attorney	Nigel Ashton Woodfines Solicitors	Free (Donations welcome)
Tuesday 13, 20, 27 Mar 10, 17, 24 Apr 1, 8 May	10.30 – 12.30pm	Ceramics (for Carer and their loved one)	Mandy Thurland	£40 per course £6.00 per session
19 April	9am – 4.30pm 30 mins lunch break Bring your own lunch	Emergency First Aid at Work Certification Day (Registered Carers only)	Helen Porter-Bell	Free (Donations welcome)

Understanding Conditions workshops are provided by a number of local providers and through e-learning. The **NHS Recovery College** runs workshops on a range of mental health conditions. For a copy of their brochure, email [recoverycollege@elft.nhs.uk](mailto:recoverycollege@elft.nhs.uk) or ring 01234 316 708. **Tibbs Dementia Foundation** will be running Support4Memory workshops in Bedford. To contact them, ring 07795 177 948. **FutureLearn** is an e-learning provider ([www.futurelearn.com](http://www.futurelearn.com)) whose courses are developed by universities and are open to everyone. All their courses are free. Topics include dementia awareness, diabetes, dysphagia etc. Further details are available on [www.carersinbeds.org.uk](http://www.carersinbeds.org.uk).



## Workshop Descriptions

Fancy taking 2 hours out of your week to be totally absorbed in drawing and art? Would you like to learn new techniques or to just be inspired to try something new? Our **Mix Media (Art)** course, is led by an experienced local teacher. You are welcome to join the course and discover your hidden talents.

Feeling stressed and frazzled? Would you like to learn some techniques which can help you to relax and stay calm? The **Wellness course** is a firm favourite with carers. The focus of this course will be to teach you relaxation skills and gentle exercises that will help you in your everyday life.

Have you recently registered with Carers in Bedfordshire? Then please come along to our **Meet the Team** afternoon which allows you to find out what we do. We will have displays showing the wide range of services that we offer. Our team of support workers will also be available to talk to.

Would you like to understand why taking care of your emotional wellbeing is so important to your caring role? The **5 Ways to Wellbeing** workshop will help you take practical steps to improve your emotional wellbeing. This approach has been proven to make a positive difference in boosting feelings of wellbeing and to help cope with life's challenges.

Are you struggling to understand what the Power of Attorney means to you and your loved one? The **Power of Attorney** workshop by a local solicitor will give you an overview of the subject. There will be plenty of time for Q&A.

Would you like to do a creative activity with your loved one? Creative activities are known to boost your wellbeing. Our **Ceramic's course** will teach you how to create a piece of hand pottery, such as, an animal, a train, a leaf etc. Open to both carers and the person you care for. Places are limited so book asap.

The **Emergency First Aid at Work Certification Day** is for any registered carer who would like to gain a recognised qualification. The course will cover assessing a situation, dealing with an unresponsive casualty, resuscitation, bleeding, and shock and choking. The certificate will be valid for three years. Places are limited so book asap.