

Carers in Bedfordshire (Bedford)

Groups & Training Timetable April to June 2018



For further details, visit our Groups & Training Webpage at www.carersinbeds.org.uk

Date	Time	Event	Location
2 nd April	10:30-12:00	Coffee Morning Drop In	Pilgrim Centre
3 rd April	10:00-13:30	Carers Rest	Dame Alice Court
9 th April	10:30-12:00	Coffee Morning Drop In	Pilgrim Centre
9 th April	19:00-21:00	Bedford Carers Evening Group	Pilgrim Centre
10 th April	9:45-11:15	Carers Choir	Priory Methodist Church
10 th April	10:00-13:30	Carers Rest	Dame Alice Court
12 th April	10:00-12:00	Carers Taster Thursday	St John's Hospice
16 th April	10:30-12:00	Coffee Morning Drop In	Pilgrim Centre
17 th April	10:00-13:30	Carers Rest	Dame Alice Court
23 rd April	10:30-12:00	Coffee Morning Drop In	Pilgrim Centre
24 th April	9:45-11:15	Carers Choir	Priory Methodist Church
24 th April	10:00-13:30	Carers Rest	Dame Alice Court
25 th April	10:00-12:30	Coffee and Information Morning	London Road Health Centre
26 th April	13.30-15.30	Camera Club	Pilgrim Centre
27 th April	10:00-12:00	Learning Disability Group	Pilgrim Centre
28 th April	13:00-16:00	Bedford Carers Cafe	Priory Methodist Church
30 th April	10:30-12:00	Coffee Morning Drop In	Pilgrim Centre
1 st May	10:00-13:30	Carers Rest	Dame Alice Court
7 th May	10:30-12:00	Coffee Morning Drop In	Pilgrim Centre
8 th May	9:45-11:15	Carers Choir	Priory Methodist Church
8 th May	10:00-13:30	Carers Rest	Dame Alice Court
10 th May	10:00-12:00	Carers Taster Thursday	St John's Hospice
11 th May	09.30-11.30	Parents Together	Community Centre Church Lane
14 th May	10:30-12:00	Coffee Morning Drop In	Pilgrim Centre
14 th May	18:30-20:30	Dads Group	Kempston Youth Centre
15 th May	10:00-13:30	Carers Rest	Dame Alice Court
19 th May	13:00-16:00	Bedford Carers Cafe	Priory Methodist Church
21 st May	10:30-12:00	Coffee Morning Drop In	Pilgrim Centre
22 nd May	10:00-13:30	Carers Rest	Dame Alice Court
24 th May	13.30-15.30	Camera Club	Pilgrim Centre
25 th May	10:00-12:00	Learning Disability Group	Pilgrim Centre
28 th May	10:30-12:00	Coffee Morning Drop In	Pilgrim Centre
29 th May	10:00-13:30	Carers Rest	Dame Alice Court
30 th May	10:00-12:30	Coffee and Information Morning	London Road Health Centre
4 th June	10:30-12:00	Coffee Morning Drop In	Pilgrim Centre
5 th June	10:00-13:30	Carers Rest	Dame Alice Court
8 th June	09.30 – 11.30	Parents Together	Community Centre Church Lane

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Date	Time	Event	Location
11 th June	10:30-12:00	Coffee Morning Drop In	Pilgrim Centre
11 th June	18:30-20:30	Dads Group	Kempston Youth Centre
11 th June	19:00-21:00	Bedford Carers Evening group	Pilgrim Centre
12 th June	10:00-13:30	Carers Rest	Dame Alice Court,
14 th June	10:00-12:00	Carers Taster Thursday	St John's Hospice
18 th June	10:30-12:00	Coffee Morning Drop In	Pilgrim Centre
19 th June	9:45-11:15	Carers Choir	Priory Methodist Church
19 th June	10:00-13:30	Carers Rest	Dame Alice Court,
22 nd June	10:00-12:00	Learning Disability Group	Pilgrim Centre
23 rd June	13:00-16:00	Bedford Carers Cafe	Priory Methodist Church
25 th June	10:30-12:00	Coffee Morning Drop In	Pilgrim Centre
26 th June	10:00-13:30	Carers Rest	Dame Alice Court
27 th June	10:00-12:30	Coffee and Information Morning	London Road Health Centre
28 th June	13.30-15.30	Camera Club	Pilgrim Centre
3 rd July	9:45-11:15	Carers Choir	Priory Methodist Church
17 th July	9:45-11:15	Carers Choir	Priory Methodist Church

For further information or to book, please contact **Nic West** on **0300 111 1919**

Addresses

Bedford Office, Suite K, Sandland Court, Pilgrim Centre, Brickhill Drive, Bedford MK41 7PZ

Church Lane Community Centre (FACES), 147 Church Lane, Bedford, MK41 0PW

Dame Alice Court, Newnham St, Bedford, MK40 3NR

London Road Health Centre, 84-86 London Road, Bedford, MK42 0NT

Priory Methodist Church, 63 Newnham Avenue, Bedford, MK41 9QJ

St John's Hospice, St John's Road, Moggerhanger, Bedford, MK44 3RJ

Carers in Bedfordshire (Bedford)

Bedford Training Programme

April- June 2018



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

Course	Date	Time	Trainer	Where	Fee
Improving Sleep	April Wednesday 4 th	13:30-15:30	Claire Williams	Pilgrim Centre	Free
Mindfulness and Meditation	April Wednesday 11, 18, 25	Coffee at 18:00 Session at 18:30-19:30	Dan Satterthwaite	Pilgrim Centre	Free
Art for Wellbeing	April 13, 20 May 4, 11, 18 June 1, 8	10:30- 12:30	Anne Thompson	Pilgrim Centre	£35 per course £6 per session
Relaxation for Carers	April Wednesday 18 th	10:00-11:00 Workshop 11:00-12:00 Coffee and Tasters	Mel Reynolds	Pilgrim Centre	Free
Singing for carers	May Thursday 3 rd	10:00-12:00	Evelyn Sutherland	Pilgrim Centre	Free
Meet the team	May Tuesday 15 th	14:00-16:00	Carers in Bedfordshire Staff	Pilgrim Centre	Free
Preventing Falls	June Monday 4 th	13:30-15:30	Jennie Archer	Pilgrim Centre	Free
Mindfulness and Mediation	June Tuesday 5, 12, 19	Coffee at 18:00 Session at 18:30-19:30	Dan Satterthwaite	Pilgrim Centre	Free
5 Ways to Wellbeing	June Wednesday 13 th	10:00-12:00	Sandra Rome	Pilgrim Centre	Free
1-1 IT training	Every Monday By appointment	10:00-13:00	John Wiper	Pilgrim Centre	Free

For further information or to book, please contact **Nic West** on **0300 111 1919**

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 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) 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.

Workshop Descriptions

Have you recently registered with Carers in Bedfordshire? Then please come along to our **Meet the Team** afternoon to find out the range of services we offer. Our team of support workers will also be available to talk to.

Learn new skills and enjoy the company of likeminded, creative people at our **Art for Wellbeing** course. You don't have to be a skilled artist to enjoy these classes.

Feeling stressed and frazzled? The **Mindfulness and Meditation** sessions will teach you relaxation skills and encourage you to be mindful.

Taking care of your emotional wellbeing is so important to your caring role. **5 Ways to Wellbeing** boosts feelings of wellbeing and helps you to cope with life's challenges.

A fall can be catastrophic. The **Preventing Falls** workshop will help you prevent this happening to the person you care for.

Sleep is vital to keep carers safe and well. Join the **Improving Sleep** workshop to learn some tested techniques for healthy sleep.

Our Relaxation Therapist will be explaining some 'carer friendly' techniques in the **Relaxation for Carers** workshop. Come for a talk, coffee and some 'taster' sessions.

Singing really does you good! Hear about the wellbeing benefits of singing at the **Singing for Carers** workshop – and if you fancy, have a go!

Is technology something that you could use a little bit of help to understand? Do you want to know more about the capabilities of your computer, tablet or phone? Book a **1-1 IT training** session for some advice, tips and instructions on technology.

To book onto a course or workshop, ring Nic West on 0300 111 1919 or email Nicola.West@carersinbeds.org.uk