



A charity run for
carers by carers

Bedford Training Programme

October to December 2019

Central
Bedfordshire



CLINICAL EXCELLENCE, QUALITY & SAFETY



Why training is important?

As part of our support package we provide training across Bedfordshire. Our training programme aims to empower and equip carers in their caring role. Research has found that 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

All workshops are held at the Bedford office and are free (donations are welcome) unless stated otherwise.

Carers in Bedfordshire, Suite K, Sandland Court, Pilgrim Centre, Brickhill Drive, Bedford, MK41 7PZ.

To book, contact nicola.west@carersinbeds.org.uk or phone 0300 111 1919

You must be registered with Carers in Bedfordshire as an unpaid carer to attend our workshops. To register with us, visit www.carersinbeds.org.uk or phone 0300 111 1919.

This is what Carers say

“Very thorough. Question time very good”. (Power of Attorney & Care Home Fees, Bedford)

“Helpful to have the points highlighted and to be more aware of how to self help. Thank you”. (5 Ways to Wellbeing, Bedford office)

“It has helped me to know how important it is to have a LPA.” (Lasting Power of Attorney, Leighton Buzzard)

“I found the course helpful. It helped me to think about making time to care for myself”. (Mindfulness & Meditation, Bedford)

“Very positive and encouraging about our caring position. V good. Thanks”. (Parkinson's Talk, Leighton Buzzard)

“Its two hours of not thinking about other people and housework. It's just wonderful”. (Art for Wellbeing, Biggleswade)

Friday 13 September to 6 December, 10.30am-12.30pm

Art for Wellbeing—Anne Thompson

Enhance your wellbeing by spending two hours absorbed in art with others.
£6.00 per session

Tuesday 15 October, 12pm—2pm

Talk & Lunch: Introduction to Telecare—Bedford Borough Council

Find out how telecare can help you and the person you care for. Have lunch with other carers and share your caring experiences.

£5.00 for light lunch & drinks

Thursday 17 October, 10.30am—12.30pm

Benefits Talk by Citizens Advice, Bedford

Claiming benefits is a complex process. This talk will explain what benefits you can apply for as a carer and how to apply. As well as what benefits are available for the person you care for.

Tuesday 5 November, 10.30am—12.30pm

5 Ways to Wellbeing

Carers in Bedfordshire Team

Learn and share with other carers practical steps to improve your emotional wellbeing.

Tuesday 12 November, 12pm—2pm

Talk & Lunch: Occupational Health by Bedford Borough Council & ELFT

Learn how the Occupational Health team can help the person you care for remain independent in the home. Have lunch with other carers and share your caring experiences.

£5.00 for light lunch & drinks

Tuesday 19 November, 10.30am—12pm

Meet the Team—Bedford Office

Newly registered with Carers in Bedfordshire? Find out about our services and meet the team.

Thursday 28 November, 1.30-3.30pm

Digital Photography—Paul Derrek

Learn new skills and embark on a project by yourself or with our Camera Club.

Tuesday 3 or 10 December, 10.30am—12.30pm

Botanical Christmas Card making—Mary Flatres

Take time out and learn about botanical art.

A number of local providers also provide training for carers.

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.

E-learning for Carers

E-Learning courses for carers are available on www.carersinbeds.org.uk or contact Nic West on 0300 111 1919 or nicola.west@carersinbeds.org.uk.

If you are new to caring, the **About Me** online course aims to help you identify and find resources, technology and sources of support to prevent your caring responsibility from becoming overwhelming. Visit carersdigital.org to log on. Your free access code is DGTL9072. Need help accessing About Me contact the Bedford office for help.

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.

Everyday Technology for Carers

There are a number of technologies available that can help you with your caring role. There is Jointly, an app to share the caring with other family members or friends, contacting your GP online and ordering repeat prescriptions, online shopping and managing your finances on-line, using skype to stay in contact with friends and family.

If you want to learn more, book a 1-to-1 training session with our IT trainer in Bedford. Ring 0300 111 1919 for more information.



carersinbeds.org.uk



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Carers In Bedfordshire