



A charity run for
carers by carers

Ivel Valley Training Programme

October to December 19

Central
Bedfordshire



CLINICAL EXCELLENCE, QUALITY & SAFETY



Why is training 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 Biggleswade office and are free (donations are welcome) unless stated otherwise.

Sea Cadets HQ, 4 Station Road, Biggleswade, SG18 8AL

To book, contact dawn.ray@carersinbeds.org.uk or phone 01767 315 079

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 interesting talk, a new subject to me on something that could lead to meeting other people.” (Talk & Lunch: Oddfellows, Biggleswade)

“Simple put so I could absorb and apply it in my daily life and help others.” (First Aid Certification Day, Bedford)

“OMG!!! Superb – Lots of new information gleaned, as I have been unaware of any benefits that could be claimed. I wish I had known about any of this years ago. Thank you very much.” (Benefits, Leighton Buzzard)

“The subject widened my views on ‘caring’ and I will, in future, concentrate more on the things that boost my wellbeing.” (5 Ways to Wellbeing, Biggleswade)

“Made me think and realise the importance of taking time for myself.” (Relaxation for Carers, Bedford)

Thursday 19 September to 14 November, 10.30am—12.30pm

Art for Wellbeing—Deidre Porter-Hanson

Enhance your wellbeing by spending two hours absorbed in art with other
£42 per course or £6.00 per session

Wednesday 2 October, 6 November & 4 December, 2.00-3.30pm

Mindful Crafting

Karen Mangold

Enhance your wellbeing by spending time making crafts or doing mindful
colouring.

£2.00 for materials and drinks

Tuesday 8 October, 12.30-3pm

Talk & Lunch: Bobby Scheme

They provide information to help vulnerable people safer at home and out
and about.

£5.00 for a light lunch and drinks

Wednesday 9 October, 2pm—4pm

Shefford Library, SG17 5DD

Meet the Team

Newly registered with Carers in Bedfordshire? Come and find out about the
range of services we offer.

Tuesday 5 November, 10.00am-12.30pm

Autism: A Dad's story

An informative and emotional account of caring for someone with Autism.

Tuesday 12 November, 12.30-3pm

Talk & Lunch: Fire & Safety Advice

Interactive discussion about keeping yourself and your property safe.

£5.00 for light lunch & drinks

Tuesday 10 December, 12.30-3pm

Talk & Lunch: Christmas Sparkle

Come and create something special for Christmas.

£5.00 for a light lunch and drinks

All the training takes place at the Biggleswade office unless stated otherwise.

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.

Alzheimer's Society provides Dementia training in Central Bedfordshire. To contact them, ring 01234 327 380

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 Biggleswade. Ring 01767 315 079 for more information.



carersinbeds.org.uk



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Carers In Bedfordshire