



A not-for-profit
organisation run for
carers by carers

Registered Charity
No. 1135507

Chiltern Vale & Leighton Buzzard Training Programme

July to September 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 free (donations are welcome) unless stated otherwise.

To book, contact anna.kidman@carersinbeds.org.uk or phone 07772 231 208

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)

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Wednesday 17 July, 10am-1pm

Wellbeing

Carers in Bedfordshire Team

Welcome to the CIB Wellbeing Workshop. You give so much that we want you to take some time out for you. This 3 hour workshop puts into practice the 5 Ways to Wellbeing themes: Connect, Be Active, Learn, Take Notice and Give. From a taster in chair yoga, to fun exercises with the 'Connection ball' and a Commitment to Self Certificate; leave feeling relaxed, refreshed and inspired in this new workshop from Carers in Bedfordshire. We'd encourage as many of you as possible to attend to take advantage of all that is on offer and to make this a positive event to remember.

Scout Hut, Leighton Buzzard, LU7 4SW

Monday 19 August, 10am-12pm

Falls Prevention and Recovery

Nadia Kopec, The Mobility Physio

Balance is just the same as strength...if you don't challenge it then you lose it. Like a muscle it can decrease as we get older because we don't test it as much. Learn about how simple exercises, tips and tricks around the house can help prevent falls for you or a loved one, assist if you do fall and help with recovery if you do. Exercises practised regularly can help maintain a person's independence.

Dunstable Fire Station, Brewers Hill Rd, LU6 1AA

Wednesday 18 September, 10am-12pm

Flower Arranging

Kerry Sykes, Florist

This is a wonderful opportunity to learn the art of flower arranging with an experienced florist. This is a hands-on workshop. A demo will be followed by an opportunity to do your own display to take home with you. The workshop is open to ALL. No experience required. Please confirm your place as soon as possible as places are limited.

Scout Hut, Leighton Buzzard, LU7 4SW

Fee: £5.00 to cover materials

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 Leighton Buzzard. Ring 07772 231 208 for more information.



carersinbeds.org.uk



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Carers In Bedfordshire