



A charity run for
carers by carers

Chiltern Vale & Leighton Buzzard 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 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 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)

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Reclaim Life at the Dunstable Carer's Group

Come to hear a talk on the life coaching service they provide.

Tuesday 8th October 2019, 6pm-8pm

Dunstable Carers Group, Salvation Army, Bullpond Lane, Dunstable, LU6 3AH

Please call to book if you are not a member of the Dunstable Carer's Group

A Talk by a Local Police Community Support Officer at the Leighton Buzzard Morning Group by Rachel Carne

Come to hear a talk about safety for carers, for the community and the work Rachel does

Thursday 31 October 2019, 10am – 12.00

Greenfields, Theedway, Leighton Buzzard, LU7 9SP

Please call to book if you are not a member of the Leighton Buzzard Morning Group

Talk on Depression by Dr Middleton, Consultant Psychiatrist at Crombie House, Leighton Buzzard

Dr Middleton will give a talk about depression and its treatments using real-life accounts of people living with depression. Contributions welcomed from the audience.

Monday 11th November 2019, 7pm – 9pm

Room tbc, First Floor, Leighton Buzzard Library, Lake Street, LU7 1RX

Booking necessary for all

Christmas Crafts Workshop by Palma

Get into the festive spirit with making a card or decorations on a Christmas/seasonal theme

Wednesday 20 November 2019, 10am – 12.00

Leighton Buzzard Scout Hut, 48 Grovebury Rd, Leighton Buzzard LU7 4SW

Booking necessary for all. Free (Donations Welcome)

Christmas Crafts at the Houghton Regis Carer's Group by Palma

Get into the festive spirit with making a card or decorations on a Christmas/seasonal theme

Tuesday 26 November 2019, 1pm – 3pm

Houghton Regis Library, Bedford Square, LU5 5ES

Please call to book if you are not a member of this Group as places are limited
Free (Donations Welcome)

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.



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Carers In Bedfordshire