



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

Registered Charity
No. 1135507

Bedford 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 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 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)

Tuesday 9 July, 10.30am—12.30pm

Introduction to Mindfulness

Bedfordshire Wellbeing Service

Learn to enjoy the present moment rather than dwelling on the past or worrying about the future.

Tuesday 3 September, 10.30am—12.30pm

Managing Anxiety

Bedfordshire Wellbeing Service

Learn to recognise anxiety and how to use techniques to take control.

Starts Friday 13 September, 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

Monday 16 September, 12.15-1.15pm

Talk on Power of Attorney

Premier Solicitors

Did you know that Power of Attorney needs to be done in advance before mental capacity has been lost? This talk will help you understand how a Power of Attorney can help protect a persons interests and when someone has lost mental capacity.

Tuesday 17 September, 10.30-12.30pm

5 Ways to Wellbeing—Recovery College, Barford Avenue, Bedford

Carers in Bedfordshire Team

Learn practical steps to improve your emotional wellbeing.

Thursday 19 September, 10.30am—12pm

Meet the Team—Bedford Office

Newly registered with Carers in Bedfordshire? Find out about our services.

Thursday 26 September 1.30-3.30pm

Digital Photography

Paul Derrek

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

All the training takes place at the Bedford 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.

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