



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

Registered Charity  
No. 1135507

# Ivel Valley Training Programme

## July to September 19

Central  
Bedfordshire



CLINICAL EXCELLENCE, QUALITY & SAFETY



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## 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](mailto: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](http://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 3 July, 7 August & 4 September, 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 9 July, 12.30-3pm

**Talk & Lunch: POhWer**

Hear about the advocacy and support work they do.

Biggleswade office

£5.00 for a light lunch and drinks

Wednesday 17 July, 10.30am—12.30pm

**Relaxation for Carers**—Mel Reynolds, Carers in Bedfordshire

Our Relaxation Therapist will be explaining some ‘carer friendly’ techniques.

Tuesday 13 August, 12.30-3pm

**Talk & Lunch: Age UK**

Learn more about the services they offer.

£5.00 for light lunch & drinks

Starts September

**Art for Wellbeing**—Deidre Porter-Hanson

Enhance your wellbeing by spending two hours absorbed in art with other

£6.00 per session

Saturday 7 Sept, 11am-2pm, Adult Learning Centre, Biggleswade, SG18 8HA

Thursday 12 Sept, 10am—12pm, The Hub, Ivel Valley School, SG18 0NL

**Meet the Team**

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

Tuesday 10 September, 12.30-3pm

**Talk & Lunch: Military Intelligence Museum**

A talk on the history of D-Day.

£5.00 for a light lunch and drinks

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

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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](mailto: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](http://www.carersinbeds.org.uk) or contact Nic West on 0300 111 1919 or [nicola.west@carersinbeds.org.uk](mailto: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](http://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](http://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](http://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](http://carersinbeds.org.uk)



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