 **Training Sessions for Carers**

We are continuing with our Confident to Care programme for 2016. Dates and a brief overview follow – and we hope there is a subject / time / venue to suit people. Whilst we do not plan to turn away anyone who drops in, we do need people to book on to sessions to justify the costs involved, and any session with very few bookings 2 weeks beforehand will need to be re-arranged or cancelled.

You can **book on** a session by:

Completing the form yourself, available on line via [www.walsallsocialcareworkforce.co.uk](http://www.walsallsocialcareworkforce.co.uk) – courses are within the Full Training List – with booking forms on each page to e-mail as instructed, or call the Workforce Development Team on 01922 65541 & leave name, address and contact details – or you could e-mail those details to workforcedevelopment@walsall.gov.uk. Alternatively, just call the Walsall Carers Centre on 01922 636663 and get them to do it for you!

The venues referred to are:

**Unit 7** at **The Crossing** at St. Paul’s, WS1 1DA (Carers Centre room)

**Manor Farm Community Association**, King George Crescent, Rushall,

WS4 1EU – (free parking)

**Forest Arts Centre**, Hawbush Rd, Leamore WS3 1AG (free parking)

Carers are also welcome to book onto the vast majority of our courses for social care: visit [www.walsallsocialcareworkforce.co.uk](http://www.walsallsocialcareworkforce.co.uk) & look via Learning Opportunities & then Training Courses.

Any questions phone 01922 65541

**Telecare:** you can viewexamples of equipment that mean you can care and keep a check from a distance, & support independence via The Independent Living Centre (ilc) which is located at 9 Wisemore, Walsall WS2 8EZ (alongside Tesco Extra; blue badge parking available in Tesco car park)

For those who can, the **e-learning Carer Aware** course is being updated and will available on [www.walsall.gov.uk](http://www.walsall.gov.uk) ... on the left hand side go to health and social care, then social care, then select ‘are you looking after someone?’ from the right hand box

 **Sessions **

**Carers Rights**+. guided Carer Aware session + the Care Act. Andie Oliver

Wednesday, June 29th 10am-12.30 Forest Arts Centre

Thursday, Sept 15th 6.30 – 9pm Forest Arts Centre

Tuesday, Nov 15th 10am-12.30 Unit 7, The Crossing

**Carers: Good Back Care & Infection Control.** advice on good practice when lifting and moving etc. Terry Hassall

Thursday June 2nd 6.30 – 9pm Manor Farm C.A.

Wednesday, Aug 17th 10am-12.30 Education Dev Centre

Friday, Oct 21st 10am-12.30 Education Dev Centre

Thursday, Nov 3rd 2pm - 4.30 Education Dev Centre .

**Carers: Healthy Hearts & Healthy Minds.** information and advice about good diet and some of the traps, and supporting good emotional health

 Andie Oliver & Sharon Middleton

Wednesday, July 6th 6.30 – 9pm Forest Arts Centre

Monday, Oct 10th 10am-12.30 Unit 7, The Crossing

**Carers: Dementia overview.** how it develops, different sorts of dementia, diagnosis, supporting people who have dementia. Becky Willis

Wednesday, May 18th 6.30 – 9pm Forest Arts Centre

Wednesday, July 19th 10am-12.30 Unit 7, The Crossing

Friday, Nov 4th 10am-12.30 Unit 7, The Crossing

**Carers: Nutrition.**  balanced diets and nutritional values (with an optional CIEH level 1 award) Andie Oliver & Stephanie Charles

Tuesday July 12th 6pm – 9 Forest Arts Centre

**Carers: Returning to work?** Advice on CVs, applications, interviews

 Lisa Koc & Andie Oliver

Thursday Sept 29th 10am – 12.30 Forest Arts Centre