



Training Workshops for Carers



caring for someone who lives in Dorset

Are you a Carer?

Do you care for a family member or friend?

Caring for a family member or friend can be a rewarding and fulfilling experience. However, it can also present challenges especially when faced with new situations. Most carers need help and advice at some point so that the best of care can continue to be given.

Help and Care, in partnership with Dorset HealthCare, will be running free , informal training workshops during 2015/16.

(please see reverse of leaflet for September timetable)

To book your place and to receive further information please ring:

Help and Care: 0300 111 3303

email: caretraining@helpandcare.org.uk

visit our website: www.helpandcare.org.uk



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CHRISTCHURCH

BASIC FIRST AID & SAFETY

9th September 2015

Time: 10.00 am-2.00pm

Venue: Christchurch Baptist Church

Trainer: Andrew Shephard

Covering: falls preventions, moving and handling, aid and adaptations and telecare.

PURBECK

MEMORY LOSS

10th September 2015

Time: 10.00 am - 2.00pm

Venue: Wareham Scout & Guide HQ

Trainer: Kathy Goodall

Covering : what is dementia, managing at home, communications etc

MID DORSET

END OF LIFE CARE

14th September 2015

Time: 10.00 am - 2.00pm

Venue: The Dorford Centre - Dorchester

Trainer: Kathy Goodall

Covering: palliative care, planning and your choices

WEST DORSET

WHAT IS CARING?

15th September 2015

Time: 10.00 am - 2.00pm

Venue: Mountfield (Bridport Registration Office)

Trainer: Kathy Goodall

Covering: your health, nutrition, breaks, support networks and the Care Act

WEYMOUTH

BASIC FIRST AID & SAFETY

23rd September 2015

Time: 10.00 am - 2.00pm

Venue: Safewise Weymouth Comm. Safety Centre

Trainer: Andrew Shephard

Covering: falls preventions, moving and handling, aid and adaptations and telecare

EAST DORSET

PERSONAL CARE

23rd September 2015

Time: 10.00 am - 2.00pm

Venue: Church House - Wimborne Minster

Trainer: Rachel Such

Covering: nutrition & hydration, continence, medicine management, infection control

NORTH DORSET

LEGAL MATTERS

29th September 2015

Time: 10.00 am - 2.00pm

Venue: Blandford Forum Parish Centre

Trainer: Kathy Goodall

Covering: financial assessments, benefits and wills and lasting power of attorney