



# 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](mailto:caretraining@helpandcare.org.uk)

visit our website: [www.helpandcare.org.uk](http://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*