



TRAINING PROGRAMME

Reflexology

This is a holistic therapy in which gentle pressure is applied to the feet or hands and helps relax the body.

Fridays 4th June, 2nd July, 6th August, 3rd September. Afternoons by appointment only.

Foot Clinic

These 40 minute individual sessions encourage you to recognise the importance of looking after your feet.

Morning appointments only - Fridays 4th June, 9th July, 13th August, 10th September

Relaxation Therapies

Hourly sessions to help you relax and learn some strategies to transfer these techniques into your daily life.

Thursdays 17th June, 15th July, 19th August, 16th September. Morning and evening sessions - by appointment only.

Benefits Information

Robina Payne (benefits expert) will be talking about the benefits available to both carers and the cared for person. There will also be an opportunity to have your questions answered.

Monday 28th June 10.30am - 12.30pm

Diet

What you eat can have a big impact on your heart. Gerald Remy will be talking about how diet can help prevent heart disease and how a healthy diet can benefit existing heart conditions.

Wednesday 30th June 10.30am - 12.30pm

Stress and Anger Management

This course explores both anger and stress, their causes and effects. Discover ways of handling these emotions and learn strategies to cope with your own situations.

Monday 12th July 10.00am - 2.30pm (inc lunch)

Writing Club

This course is for anyone who wants to discover or develop their writing skills. You will have a chance to try out a wide range of different styles. New attendees welcome.

**Tuesdays 13th July & 14th September
10.30am - 12.30pm**

Taking Care of your Back

Sometimes caring can cause physical injuries. Learn how to move the person you are caring for in a safe way thus preventing injuries to both of you.

Wednesday 11th August 10.30am - 12.30pm

Anxiety & Depression

This session helps the carer understand their own feelings of anxiety and depression and the person for whom they care. It looks at ways to have an understanding of and manage both situations.

Thursday 23rd September 10.30am - 12.30pm at The Olney Centre, High Street, Olney.

Legal Planning - Wills and Trusts

We will be joined by Joanna Addison, solicitor from Ray, Borley & Dunkley. She will discuss your options around setting up wills and trusts and will endeavour to answer your concerns and give general advice.

Friday 10th September 10.30am - 12.30pm

First Aid Training

Knowing basic first aid techniques might make a difference to a person's recovery. This session is provided by Guardian Training and is tailored to deal with particular carers' issues.

Thursday 30th September 10.30am - 12.30pm. Venue will be in west Milton Keynes to be confirmed.