

Tick Box	Day & Date	Subject	Venue	Time
	17 th February 10 th March 21 st April 12 th May 9 th June 12 th July	Relaxation Group This will include stress awareness and practising different forms of relaxation. Only 10 places available - if you would like to attend phone Carers Bucks on 01296 392711. <i>(Please note it is important to attend each session).</i>	Ardenham Court Oxford Road AYLESBURY HP19 8HT	10.30 to 12 noon
	Wednesday 17 th February	<u>MALE CARERS</u> Guilt Prevention & Safeguarding Striking a balance whilst safeguarding yourself and the person you care for.	9 Amersham Hill HIGH WYCOMBE HP13 6NR	7pm to 9pm
	Friday 19 th February	Back Care & Demonstration of Equipment to assist with lifting & moving the person you care for in the home. Advice on your personal situation available.	Pusey House (South Bucks Hospice) 9a Amersham Hill HIGH WYCOMBE HP13 6PN	10am to 12 noon
	Wednesday 24 th February	<u>MALE CARERS</u> The Challenges of Being a Carer Discussion on positive approaches to the challenges of being a Carer and information about Self Directed Support in Bucks.	Ardenham Court Oxford Road AYLESBURY HP19 8HT	7pm to 9pm
	Friday 26 th February	Back Care - Demonstration of an Elk Cushion Equipment to assist the Carer to raise the person they care for following a fall.	Youth Centre Minnicroft Road BURNHAM SL1 7DE	12 noon to 2pm
	Wednesday 3 rd March	Wardrobe Personality talk by Agnes Brown The aim of the session is to help Carers understand their Wardrobe Personality and to help develop a clear style of their own. Bring one success from your wardrobe – an item you love and feel great in. <i>Numbers limited so book early.</i>	Buckingham Centre Verney Close BUCKINGHAM MK18 1JP	10am to 12 noon
	Monday 8 th March	Lasting Power of Attorney There may come a time when the person you care for is unable to make their own decisions. Find out how to prepare for this situation. Talk by IBB Solicitors.	Amersham Freechurch Woodside Road AMERSHAM HP6 6AJ	10am to 12 noon
	Tuesday 9 th March	Debbie Bullard from the Stroke Association will be talking about the long term support for people who have suffered a stroke.	The Community Lounge, Brooke Furnmston Place Little Marlow Road MARLOW SL7 1GN	10am to 12 noon
	Tuesday 9 th March	Laughter Therapy Laughter is very beneficial to your wellbeing and helps reduce stress	Ardenham Court Oxford Road AYLESBURY HP19 8HT	11am to 1pm

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	Tuesday 9 th March	<u>PARENT CARERS</u> Moving & Handling A talk & demonstration for parents of children with physical disabilities or mobility problems. Chance to problem-solve your own situations.	Total Training Solutions Paje Hoose 164 West Wycombe Rd. HIGH WYCOMBE HP12 3AE	10.30am to 12.30pm
	Thursday 11 th March	Colour Therapy Come and find out which colours suit you best before buying your spring outfits!	The Library Room Wendover Library High Street WENDOVER HP22 6DU	1pm to 3pm
	Tuesday 16 th March	<u>MENTAL HEALTH SUPPORT GROUP</u> Taster Relaxation Therapy Session	9 Amersham Hill HIGH WYCOMBE HP13 6NR	12 noon to 2pm
	Thursday 18 th March	Stress Management for Carers This session will be focusing on minimizing the impact of a stressful situation on personal wellbeing.	Amersham Freechurch Woodside Road AMERSHAM HP6 6AJ	10.30am to 12.30pm
	Tuesday 30 th March	Colour Therapy Come and find out which colours suit you best.	St. Marks Hall Green Tiles Lane DENHAM GREEN UB9 5HT	1.30pm to 3.30pm
	Thursday 8 th April	Guilt Prevention & Safeguarding Striking a balance whilst safeguarding yourself and the person you care for.	The Library Room Wendover Library High Street WENDOVER HP22 6DU	1pm to 3pm
	Monday 12 th April	First Aid This is a fun way to learn First Aid coping skills - we guarantee you will not forget how to deal with emergencies once you have left!	Prestwood Village Hall (Small Hall) PRESTWOOD HP16 0NZ	10.30am to 12.30pm
	Tuesday 13 th April	Back Care - Demonstration of Equipment to assist with lifting & moving your cared for in the home. Advice on your personal situation available.	The Community Lounge, Brooke Furnston Place Little Marlow Road MARLOW SL7 1GN	10am to 12 noon
	Tuesday 13 th April	Aromatherapy A talk on the benefits of aromatherapy for yourself and the person you care for.	Ardenham Court Oxford Road AYLESBURY HP19 8HT	11am to 1pm
	Wednesday 14 th April	Lasting Power of Attorney There may come a time when the person you care for is unable to make their own decisions. Find out how to prepare for this situation. Talk by IBB Solicitors.	Ardenham Court Oxford Road AYLESBURY HP19 8HT	10am to 12 noon
	Wednesday 21 st April	Back Care - Demonstration of Equipment to assist with lifting & moving the person you care for in the home. Advice on your personal situation available.	Buckingham Centre Verney Close BUCKINGHAM MK18 1JP	10am to 12 noon

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	Friday 30 th April	Supporting Your Voice in the NHS Talk by the Independent Complaints Advocacy Service, which has been set up to help people to get their voice heard if they have a complaint about the NHS.	The Youth Centre Minniecroft Road BURNHAM SL1 7DE	12 noon to 2pm
	Tuesday 11 th May	Meditation with Mary Holloway Discover how mediation can help you in your everyday life.	The Community Lounge, Brooke Furmston Place Little Marlow Road MARLOW SL7 1GN	10am to 12 noon
	Tuesday 11 th May	Colour Therapy Come and find out which colours suit you best	Ardenham Court Oxford Road AYLESBURY HP19 8HT	11am to 1pm
	Thursday 13 th May	Aromatherapy A talk and demonstration on the benefits of aromatherapy.	The Library Room Wendover Library High Street WENDOVER HP22 6DU	1pm to 3pm
	Tuesday 25 th May	Back Care - Demonstration of equipment to assist with lifting & moving the person you care for in the home. Advice on your personal situation available.	St. Mark's Hall Green Tiles Lane DENHAM GREEN UB9 5HT	1.30pm to 3.30pm
	Friday 28 th May	Breathing & Meditation with Sally Brandon Discover how mediation can help you in your everyday life.	The Youth Centre Minniecroft Road BURNHAM SL1 7DE	12 noon to 2pm

A copy of this programme is also available on our web site at www.carersbucks.org

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