

## FREE 'Learning Opportunities' for Carers

### BOOKING FORM - JUNE TO OCTOBER 2010

**Title:** \_\_\_\_\_ **Surname:** \_\_\_\_\_ **First Name:** \_\_\_\_\_

**Tel No:** \_\_\_\_\_ **Mobile No:** \_\_\_\_\_

**Address:** \_\_\_\_\_

**Post Code:** \_\_\_\_\_

**Please return completed form to:-  
Carers Bucks, FREEPOST SCE15449, Aylesbury HP19 8BR**

**PLEASE NOTE:** *Upon receipt of the completed form a place will automatically be reserved for you on the courses you have chosen.*

**PLEASE TICK YOUR CHOICES**

Tick Box	Day & Date	Subject	Venue	Time
	Monday 7 <sup>th</sup> June	<b>Colour for You</b> Agnes Brown will guide you to find out which colours suit you best.	Chapter House (behind St. Mary's Church) <b>Princes Risborough</b> HP27 9AW	10am – 12 noon
	Tuesday 8 <sup>th</sup> June	<b>Guilt Prevention &amp; Safeguarding</b> Striking a balance whilst safeguarding yourself and the person you care for	Ardenham Court Oxford Road <b>Aylesbury</b> HP19 8HT	11am – 1pm
	Tuesday 8 <sup>th</sup> June	<b>Confused by Colour?</b> Ever looked in the mirror and felt dull? Come along and listen to a talk by Cynthia Bateson, a colour analyst	The Community Lounge Brooke Farmston Place Little Marlow Road <b>Marlow</b> SL7 1GN	10am – 12 noon
	Wednesday 9 <sup>th</sup> June	<b>Back Care &amp; Demonstration of the ELK cushion</b> Equipment to assist the carer to raise the cared for person following a fall. Advice on your personal situation is also available	Chesham Methodist Church Bellington Road <b>Chesham</b> HP5 2HA	10am – 12 noon
	Monday 21 <sup>st</sup> June	<b>Stroke, Relationships &amp; Rehabilitation</b> What happens after a loved one has had a stroke. How does that affect relationships and how can rehabilitation help	Amersham Free Church Woodside Road <b>Amersham</b> HP6 6AJ	10am – 12 noon
	Tuesday 22 <sup>nd</sup> June	<b>Stroke, Relationships &amp; Rehabilitation</b> As above	Ardenham Court Oxford Road <b>Aylesbury</b> HP19 8HT	10.30am – 12.30pm

<b>Tick Box</b>	<b>Day &amp; Date</b>	<b>Subject</b>	<b>Venue</b>	<b>Time</b>
	Thursday 24 <sup>th</sup> June	<b>Stroke, Relationships &amp; Rehabilitation</b> What happens after a loved one has had a stroke. How does that affect relationships and how can rehabilitation help	Buckingham Centre Verney Close <b>Buckingham</b> MK18 1JP	10am – 12 noon
	Friday 25 <sup>th</sup> June	<b>Colour For You</b> This is an opportunity to discover the new you. Come and find out which colours suit you	The Youth Centre Minnicroft Road <b>Burnham</b> SL1 7DE	12 noon – 2pm
	Monday 28 <sup>th</sup> June	<b>Learning to Say No</b> All about managing to say No and not feeling guilty	Methodist Church Hall High Street <b>Haddenham</b> HP17 8ES	11am – 1pm
	Monday 5 <sup>th</sup> July	<b>Herbs &amp; Food for Health</b> Anne Derby, a medical herbalist, will explain the benefits and how to use them best. She will also bring samples to taste	Chapter House (behind St. Mary's Church) <b>Princes Risborough</b> HP27 9AW	10am – 12 noon
	Wednesday 7 <sup>th</sup> July	<b>First Aid</b> A fun and easy way to learn First Aid coping skills- we guarantee you will not forget how to deal with emergencies once you have left!	Chesham Methodist Church Bellington Road <b>Chesham</b> HP5 2HA	10am – 12 noon
	Thursday 8 <sup>th</sup> July	<b>Goodbye Low Esteem – Hello Self Confidence!</b> Learn how to communicate your needs to others and feel good about getting the right support and help	The Library High Street <b>Wendover</b> HP22 6DU	1pm – 3pm
	Tuesday 13 <sup>th</sup> July	<b>“The World of Dreams”</b> Delve into the world of dreams with Rod Mackenzie as he explains about dreams and their meanings	Ardenham Court Oxford Road <b>Aylesbury</b> HP19 8HT	11am – 1pm
	Wednesday 14 <sup>th</sup> July	<b>BME SUPPORT GROUP Stroke, Relationships &amp; Rehabilitation</b> What happens after a loved one has had a stroke. How does that affect relationships and how can rehabilitation help	Carers Bucks, 9 Amersham Hill <b>High Wycombe</b> HP13 6NR	12 noon – 2pm
	Monday 19 <sup>th</sup> July	<b>Understanding Loss, Grief &amp; Bereavement</b> This talk will be relevant to those carers experiencing loss around the ill-health of their partner as well as those who have been bereaved	Amersham Free Church Woodside Road <b>Amersham</b> HP6 6AJ	10am – 12 noon
	Tuesday 20 <sup>th</sup> July	<b>MENTAL HEALTH GROUP</b> Dr. Sophie Johnson, Consultant Psychiatrist, talking about medication	9 Amersham Hill <b>High Wycombe</b> HP13 6NR	12pm – 2pm
	Wednesday 21 <sup>st</sup> July	<b>Back Care &amp; Demonstration of the ELK Cushion</b> Equipment to assist the carer to raise the cared for person following a fall. Advice on your personal situation is also available	Ardenham Court Oxford Road <b>Aylesbury</b> HP19 8HT	10.30am – 12.30pm

<b>Tick Box</b>	<b>Day &amp; Date</b>	<b>Subject</b>	<b>Venue</b>	<b>Time</b>
	Tuesday 27th July	<b>Stroke, Relationships &amp; Rehabilitation</b> What happens after a loved one has had a stroke? How does that affect relationships and how can rehabilitation help.	St. Marks Hall Green Tiles Lane <b>Denham Green</b> UB9 5HT	2pm – 4pm
	Wednesday 28 <sup>th</sup> July	<b>MALE CARERS Recognising &amp; Managing Stress</b> This session will be focusing on how to minimise the impact of a stressful situation on personal wellbeing	Ardenham Court Oxford Road <b>Aylesbury</b> HP19 8HT	7.30pm – 9.30pm
	Tuesday 10 <sup>th</sup> August	<b>Stroke, Relationships &amp; Rehabilitation</b> As above	The Community Lounge Brooke Furmston Place Little Marlow Road <b>Marlow</b> SL7 1GN	10am – 12 noon
	Wednesday 11 <sup>th</sup> August	<b>Understanding Loss, Grief &amp; Guilt</b> This talk will be relevant to those carers experiencing loss around the ill-health of their partner as well as those who have been bereaved	Chesham Methodist Church Bellingdon Road <b>Chesham</b> HP5 2HA	10am – 12 noon
	Tuesday 17 <sup>th</sup> August	<b>MENTAL HEALTH GROUP</b> Elizabeth Burton-Phillips talks about Drugfam –a charity for carers of people struggling with addiction	9 Amersham Hill <b>High Wycombe</b> HP13 6NR	12pm – 2pm
	Friday 20 <sup>th</sup> August	<b>Demonstration of Equipment from Telecare</b> to help you in your caring role	Pusey House (South Bucks Hospice) 9a Amersham Road <b>High Wycombe</b> HP13 6PN	10am – 12 noon
	Monday 23 <sup>rd</sup> August	<b>The Pharmacy in Your Kitchen</b> David Hammond (Herbalist) will show you ways to use everyday herbs	Methodist Church Hall High Street <b>Haddenham</b> HP17 8ES	11am – 1pm
	Tuesday 31 <sup>st</sup> August	<b>Meditation</b> Discover how meditation can help in your everyday life	St. Marks Hall Green Tiles Lane <b>Denham Green</b> UB9 5HT	2pm – 4pm
	Monday 6 <sup>th</sup> September	<b>“The World of Dreams”</b> Delve into the world of dreams with Rod Mackenzie as he explains about dreams and their meanings	Chapter House (behind St. Mary’s Church) <b>Princes Risborough</b> HP27 9AW	10am – 12 noon
	Wednesday 8 <sup>th</sup> September	<b>Back Care &amp; Demonstration of the ELK Cushion</b> Equipment to assist the carer to raise the cared for person following a fall. Advice on your personal situation is also available	Buckingham Community Centre, Cornwall’s Meadow <b>Buckingham</b> MK18 1RP	10am – 12.30pm
	Thursday 9 <sup>th</sup> September	<b>“The World of Dreams”</b> Delve into the world of dreams with Rod Mackenzie as he explains about dreams and their meanings	The Library High Street <b>Wendover</b> HP22 6DU	1pm – 3pm
	Tuesday 14 <sup>th</sup> September	<b>Goodbye Low Esteem – Hello Self Confidence!</b> Learn how to communicate your needs to others and feel good about getting the right support and help.	Ardenham Court Oxford Road <b>Aylesbury</b> HP19 8HT	11am – 1pm

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	Tuesday 14 <sup>th</sup> September	<b>Understanding Loss, Grief &amp; Bereavement</b> This talk will be relevant to carers experiencing loss around the ill-health of their partner, as well as those who have been bereaved	The Community Lounge Brooke Farmston Place Little Marlow Road <b>Marlow</b> SL7 1GN	10am – 12 noon
	Wednesday 15 <sup>th</sup> September	<b>Laughter Therapy</b> Laughter can be very beneficial to your wellbeing and a fun way of relieving stress.	Chesham Methodist Church Bellingdon Road <b>Chesham</b> HP5 2HA	10am – 12 noon
	Friday 17 <sup>th</sup> September	<b>Meditation</b> Discover how meditation can help in your everyday life	Pusey House (South Bucks Hospice) 9a Amersham Road <b>High Wycombe</b> HP13 6PN	10am – 12 noon
	Monday 20 <sup>th</sup> September	<b>Demonstration of Telecare Equipment</b> to help you in your caring role	Amersham Free Church Woodside Road <b>Amersham</b> HP6 6AJ	10am – 12 noon
	Tuesday 21 <sup>st</sup> September	<b>MENTAL HEALTH SUPPORT GROUP</b> <b>Conquering Anxiety</b> Not letting risk rule	9 Amersham Hill <b>High Wycombe</b> HP13 6NR	12pm – 2pm
	Wednesday 22 <sup>nd</sup> September	<b>First Aid</b> A fun and easy way to learn First Aid coping skills- we guarantee you will not forget how to deal with emergencies once you have left! <b>Limited spaces phone 01296 392711 to book a place</b>	Methodist Church Buckingham Street <b>Aylesbury</b> HP20 2NQ	11am – 1pm
	Monday 27 <sup>th</sup> September	<b>Back Care &amp; Demonstration of the ELK Cushion</b> To assist with lifting and moving the person you care for in the home. Advice on your personal situation available	Methodist Church Hall High Street <b>Haddenham</b> HP17 8ES	11am – 1pm
	Tuesday 28 <sup>th</sup> September	<b>Demonstration of Telecare Equipment</b> to help you in your caring role	St. Marks Hall Green Tiles Lane <b>Denham Green</b> UB9 5HT	2pm – 4pm
	Monday 4 <sup>th</sup> October	<b>Seated Yoga</b> Simple yoga exercises to improve your wellbeing	Chapter House (behind St. Mary's Church) <b>Princes Risborough</b> HP27 9AW	10am – 12 noon
	Tuesday 12 <sup>th</sup> October	<b>Herbs &amp; Food for Health</b> Anne Derby, a medical herbalist, will explain the benefits and how to use them best. She will also bring samples to taste.	Ardenham Court Oxford Road <b>Aylesbury</b> HP19 8HT	11am – 1pm

A copy of this programme is also available on our web site at [www.carersbucks.org](http://www.carersbucks.org)

Carers Bucks, Ardenham Court, Oxford Road, Aylesbury HP19 8HT  
Tel: 01296 392711; email [mail@carersbucks.org](mailto:mail@carersbucks.org)