



Tick Box	Day & Date	Subject	Venue	Time
	Thursday, 18 <sup>th</sup> September	<b>Benefits Advice for Carers</b> Are you sure you are claiming everything you are entitled to?	Well Street Centre Well Street Buckingham MK18 1EN	1.15pm to 3.15pm
	Thursday, 25 <sup>th</sup> September	<b><u>Mental Health Support Group</u></b> <b>Indian Head Massage</b> Learn the basics of Indian head massage to relax your family members with Debbie Garwood	Ardenham Court Oxford Road Aylesbury HP19 8HT	10.30am to 12.30pm
	Friday, 26 <sup>th</sup> September	<b>Coping with Stress</b> Advice on how to deal with a build up of stress.	Youth Centre Minnicroft Road Burnham SL1 7DE	12 noon to 2pm
	Tuesday, 30 <sup>th</sup> September	<b>Benefits Advice for Carers</b> Are you sure you are claiming everything you are entitled to?	St. Mark's Hall Green Tiles Lane Denham Green UB9 5HT	1.30pm to 3.30pm
	Wednesday, 1 <sup>st</sup> October	<b>Gordon Austin from the Patient Advice Liaison Service</b> An organization that offers advice and support for Hospital users.	Royal British Legion Hall, Elmfields Gate, Winslow MK18 3JG	10 am – 12 noon
	Wednesday, 8 <sup>th</sup> October	<b><u>Mental Health Support Group</u></b> <b>Recovery</b> Helping people who have a mental health problem recover when the services stop	Fitzwilliam Centre, Windsor End, Beaconsfield HP9 2JW	8pm to 9.30pm
	Monday, 13 <sup>th</sup> October	<b><u>Parent Carers</u></b> <b>Karin Gray from SCOPE</b> (the national charity for cerebral palsy) will be talking about support and services for disabled people and their families	Ardenham Court Oxford Road Aylesbury HP19 8HT	10.30 am to 12.30 pm
	Tuesday, 14 <sup>th</sup> October	<b>Advice on different ways to pay for residential care</b> Speaker Janet Bishop from NHFA	Brooke Furnston Place Little Marlow Road Marlow SL7 1GN	10am to 12 noon
	Wednesday, 15 <sup>th</sup> October	<b>Aromatherapy Oils</b> A talk on the use of oils to relieve stress and headaches with Heather Lawson	Ardenham Court Oxford Road Aylesbury HP19 8HT	10am to 12 noon
	Wednesday, 15 <sup>th</sup> October	<b><u>Working Carers</u></b> <b>How to combat stress and headaches</b> using simple massage and aromatherapy oils.	Ardenham Court Oxford Road Aylesbury HP19 8HT	7.30 pm to 9.30 pm
	Monday, 20 <sup>th</sup> October	<b>Benefits Advice for Carers</b> Are you sure you are claiming everything you are entitled to?	Amersham Free Church Woodside Road Amersham HP6 6AJ	10am to 12 noon
	Tuesday, 21 <sup>st</sup> October	<b><u>MALE CARERS ONLY</u></b> <b>Emotional Side of Caring</b> How your relationship may change when you become a Carer	Carers Bucks Office 9 Amersham Hill, High Wycombe HP13 6NR	7pm to 9pm

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	Tuesday, 28 <sup>th</sup> October	<b>Moving &amp; Handling</b> Demonstration of equipment to help move your cared for safely	St. Mark's Hall Green Tiles Lane Denham Green UB9 5HT	1.30pm to 3.30pm
	Thursday, 30 <sup>th</sup> October	<b><u>Mental Health Support Group</u></b> <b>New Mental Health Act</b> New procedure for care plans with representative from OBMH team	Ardenham Court Oxford Road Aylesbury HP19 8HT	10.30am to 12.30pm
	Wednesday, 5 <sup>th</sup> November	<b>Adult Social Care</b> An explanation of the structure of Social Services and your questions answered	Community Centre, Stratton Road Princes Risborough HP27 2JW	10am to 12 noon
	Wednesday, 5 <sup>th</sup> November	<b>Advice on different ways to pay for residential care</b> Speaker Janet Bishop from NHFA	Royal British Legion Hall, Elmfields Gate, Winslow MK18 3JG	10 am – 12 noon
	Monday, 10 <sup>th</sup> November	<b><u>Parent Carers</u></b> <b>Monica Harris from the ADHD Family Support Group</b> for Buckinghamshire	Ardenham Court, Oxford Road, Aylesbury HP19 8HT	10.30am to 12.30pm
	Wednesday, 12 <sup>th</sup> November	<b><u>Mental Health Support Group</u></b> <b>Coping with Christmas</b> How to help the person you support cope with Christmas	Fitzwilliam Centre Windsor End Beaconsfield HP9 2JW	8pm to 9.30pm
	Thursday, 13 <sup>th</sup> November	<b>Benefits Advice for Carers</b> Are you sure you are claiming everything you are entitled to?	The Library High Street Wendover HP22 6DU	1pm to 3pm
	Monday, 17 <sup>th</sup> November	<b>Basic First Aid</b> Would you know what to do if someone collapsed in front of you, or how to deal with someone choking?	Amersham Free Church Woodside Road Amersham HP6 6AJ	10am to 12 noon
	Wednesday, 19 <sup>th</sup> November	<b>Advice on different ways to pay for residential care</b> Speaker Janet Bishop from NHFA	Ardenham Court Oxford Road Aylesbury HP19 8HT	10am to 12 noon
	Wednesday, 19 <sup>th</sup> November	<b><u>MALE CARERS ONLY</u></b> <b>Snooker Session</b> A chance to try your hand at snooker – Small fee required	High Wycombe Venue to be confirmed For more information phone 01494 463536	11am to 1pm
	Thursday, 20 <sup>th</sup> November	<b>Difficult Relationships</b> Coping with anger, secrecy and unwillingness in the person you support	Well Street Centre Well Street Buckingham MK18 1EN	1.15pm to 3.15pm
	Thursday, 20 <sup>th</sup> November	<b><u>Working Carers</u></b> <b>Inheritance Tax Planning</b> Advice and information from Jackie Almond of IBB Solicitors	Ardenham Court, Oxford Road, Aylesbury HP19 8HT	7.30pm to 9.30pm
	Thursday, 27 <sup>th</sup> November	<b><u>Mental Health Support Group</u></b> <b>Introduction to colour and style analysis with Judith Campbell.</b> Learn about colour and style to empower and enhance who you are	Ardenham Court Oxford Road Aylesbury HP19 8HT	10.30am to 12.30pm

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