



FREE TRAINING FOR CARERS

Please select your chosen courses on the enclosed booking form and keep this schedule for your future reference. Return the booking form to: **Carers Bucks, FREEPOST SCE15449, Aylesbury HP19 8BR** or email: mail@carersbucks.org

PLEASE NOTE: On receipt of your completed booking form a place will automatically be reserved for you on the course(s) you have chosen. You will only be contacted if there is a change to the course/event. Please let us know if you are unable to attend any courses you have booked onto.

Schedule for October 2011 – February 2012

1.	Monday 10 th October	<p>Supporting Siblings</p> <p>This is a workshop for parents of disabled children. It will help you understand the needs of siblings and give you practical ideas for giving siblings attention, explaining disability and supporting siblings with their feelings</p>	<p>Methodist Church Community Centre Buckingham Street Aylesbury HP20 2NQ</p>	10.00am – 1.00pm
2.	Tuesday 11 th October	<p>Information Café for Parent Carers</p> <p>Find out about local services for children with additional needs; enjoy a free relaxation class and attend a talk on wills and trusts.</p>	<p>Community Centre, Gravel Hill, Chalfont St Peter SL9 9QX</p>	10am – 1pm
3.	Tuesday 11 th October	<p>Affordable Warmth</p> <p>Matt Roberts talks about keeping warm over winter and keeping fuel bills down.</p>	<p>The Community Lounge, Brooke Furmston Place, Little Marlow Road Marlow SL7 1GN</p>	10.00am – 12noon
4.	Tuesday 11 th October	<p>Bach Flower Remedies (replacing previously planned talk on Stress Busting)</p> <p>Learn about the healing powers of specific wild flowers that work to rebalance our energies and relieve anxiety, sleep disorders, ADD, ADHD and other maladies. It's the ideal remedy for busy lives!</p>	<p>Ardenham Court Oxford Road Aylesbury HP19 8HT</p>	11.00am – 1.00pm

5.	Thursday 13 th October	Bach Flower Remedies (as above)	Library Room High Street Wendover HP22 6DU	1.00pm – 3.00pm
6.	Wednesday 19 th October	Looking after your Feet Advice on caring for your feet from an experienced Podiatrist.	Methodist Church Bellingdon Road Chesham HP5 2HA	10.30am – 12.30pm
7.	Friday 21 st October	Chocolate is good for your Health Learn about the history of chocolate and taste samples from around the world.	Pusey House 9a Amersham Road High Wycombe HP13 6PN	10.00am – 12 noon
8.	Monday 24 th October	Seated Yoga By Liz Chisnall See how you can stay active with seated yoga.	Amersham Free Church Woodside Road Amersham HP6 6AJ	10.00am – 12 noon
9.	Monday 24 th October	Stress Sense Nutrition advice & information learn about acupressure points (acupuncture without needles).	Methodist Church Hall High Street Haddenham HP17 8ES	11.00am – 1.00pm
10.	Tuesday 25 th October	Enriching your life through Art Learn some basic techniques to start you on this interesting hobby.	St Marks Hall Green Tiles Lane Denham Green UB9 5LF	2.00am – 4.00pm
11.	Wednesday 26 th October	Aspects of Buckingham Talk by Ed Grimsdale (organised by North Bucks Carers Partnership)	Community Centre Cornwalls Meadow Buckingham MK18 1RP	10am – 12 noon
12.	Wednesday 26 th October	Mental Capacity, Deputyship and Court of Protection This talk is aimed at carers of people with learning disabilities and will touch on legal issues that affect carers where capacity is an issue.	Ardenham Court Oxford Road Aylesbury HP19 8HT	10.30am – 12.30pm
13.	Monday 7 th November	Iridology - The Eyes Say It All Iridology is an alternative medicine technique which believes that health problems can be identified in the iris. Talk with Jade Beisinger.	The Club Room Community Centre Stratton Road Princes Risborough HP27 9AX	10.00am – 12 noon

14.	Tuesday 8 th November	Cards for You! Join us as we create beautiful cards for the festive season with an experienced card maker.	Ardenham Court Oxford Road Aylesbury HP19 8HT	11.00am – 1.00pm
15.	Tuesday 8 th November	Enriching your life through Art Learn some basic techniques to start you on this interesting hobby	The Community Lounge Brooke Farmston Place Little Marlow Road Marlow SL7 1GN	10.00am – 12 noon
16.	Wednesday 9 th November	Boost Your Self-Esteem with Mike Roarty	Community Centre Cornwalls Meadow Buckingham MK18 1RP	10am -12 noon
17.	Thursday 10 th November	Cards for You! How creative are you? This is a fun card making session in preparation for Christmas.	Library Room High Street Wendover HP22 6DU	1.00pm – 3.00pm
18.	Thursday 10 th November	Mental Capacity, Deputyship and Court of Protection This talk is aimed at carers of people with learning disabilities and will touch on legal issues that affect carers where capacity is an issue.	St. Andrews Church Hatters Lane High Wycombe HP13 7NJ	10.30am – 1.00pm
19.	Friday 18 th November	Making the Most of your Money Tips and hints on looking after your money	Pusey House 9a Amersham Road High Wycombe HP13 6PN	10.00am – 12 noon
20.	Monday 21 st November	How to say NO without Feeling Guilty by Liz Lught How to become more assertive in everyday life.	Amersham Free Church Woodside Road Amersham HP6 6AJ	10.00am – 12 noon
21.	Tuesday 29 th November	Making the most of your Money Tips and hints on looking after your money.	St Marks Hall Green Tiles Lane Denham Green UB9 5LF	2.00am – 4.00pm
22.	Monday 16 th January	Bach Flower Remedies Learn about the healing powers of specific wild flowers that work to rebalance our energies and relieve anxiety, sleep disorders, ADD, ADHD and other maladies.	Amersham Free Church Woodside Road Amersham HP6 6AJ	10.00am – 12 noon

23.	Friday 20 th January	Enriching your life through Art Learn some basic techniques to start you on this interesting hobby.	Pusey House 9a Amersham Road High Wycombe HP13 6PN	10.00am – 12 noon
24.	Monday 6 th February	The Life of Bees About the importance of bees in our lives and the plants to attract them.	The Club Room Community Centre Princes Risborough HP27 9AX	10.00am – 12 noon
25.	Thursday 9 th February	Let's Face it... How well do you know your face? This is a fun session on discovering your face and how to take care of it.	Library Room High Street Wendover HP22 6DU	1.00pm – 3.00pm
26.	Tuesday 14 th February	Let's Face it... How well do you know your face? This is a fun session on discovering your face and how to take care of it.	Ardenham Court Oxford Road Aylesbury HP19 8HT	11.00am – 1.00pm
27.	Friday 17 th February	How to say NO without Feeling Guilty Learn to be more assertive.	Pusey House 9a Amersham Road High Wycombe HP13 6PN	10.00am – 12 noon
28.	Monday 20 th February	Clear Thinking by Liz Lught Learn how to de-clutter your brain and learn new thinking patterns that will help ease your caring responsibilities.	Amersham Free Church Woodside Road Amersham HP6 6AJ	10.00am – 12 noon
29.	Monday 27 th February	The Life of Bees About the importance of bees in our lives and the plants to attract them.	Methodist Church Hall High Street Haddenham HP17 8ES	11.00am – 1.00pm

Up to date copies of our training programme can be found on our website at
www.carersbucks.org

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