

## Learning & Development for Carers

### Spring 2015



Carers Bucks  
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Oxford Road  
Aylesbury  
HP19 8HT

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[www.youngcarerbucks.org](http://www.youngcarerbucks.org)

***For more information or to book your place  
on any of the training sessions run by Carers  
Bucks, please contact Timea on 0300 777 2722  
or [timea.sharrad@carerbucks.org](mailto:timea.sharrad@carerbucks.org)***

***Unless otherwise stated, courses are free for carers.***

## Practical Gardening

**When:** Wednesday 15th April - Wednesday 20th May (6 week course)

**Time:** 12 noon - 1pm

**Where:** Hughenden Manor

Enjoy the therapeutic benefits of gardening in the company of other Carers. This is a step-by-step introduction to garden design skills using plants to design your own planting schemes. So I preparation, pruning and feeding plants in the gardens will also be covered.

*"This course was very relaxing and enjoyable. The group was very friendly and I learnt lots"*

**To book, contact Bucks Adult Learning on 0845 045 4040 and quote Practical Gardening for Carers and the course code B3GA39NAO.**

## How to Manage Behaviour that Challenges

**When:** Thursday 30th April

**Time:** 10:30am - 1:30pm

**Where:** Stoke Mandeville, Aylesbury

This information session is for those caring for someone with Dementia, Parkinsons, MS or any illness that causes uncharacteristic behaviour. You may find this behaviour confusing, irritating or difficult to deal with, leaving you feeling stressed, irritable or helpless.

This session will look at how these illnesses affect the brain and help you understand the meaning behind the behaviour so that you find it easier to stay calm and deal effectively with situations that arise.

## Seated Yoga

**When:** Third Thursday of the month

**Time:** 3:30pm

**Where:** Pusey House, 9a Amersham Rd, High Wycombe, HP13 6PN

**To book contact Pusey House on 01494 463198.**

## Mindfulness Workshop

**When:** Friday 8th May

**Time:** 10:30am - 12:30pm

**Where:** Aylesbury

If you would like to learn more about Mindfulness, this workshop will be an introduction to an approach and techniques that can help us to better manage stress or anxiety and make a positive difference to our health and emotional wellbeing.

## Caring for You

We are again running our successful Caring for You programme. This course, consisting of six sessions, aims to help carers make a positive difference to their life and that of the person they care for.

*"I thought the course was extremely well run. It was focused, practical and interesting, and the facilitators were excellent"*

The course for March and April is now fully booked, however we will be running another programme later in the year.

## Caring for You - Caring Day to Day

**When:** Tuesday 26th May

**Time:** 1pm - 4pm

**Where:** Denham

This workshop is part of the Caring For You course. The workshop will look at the essentials of caring for someone day-to-day; from medication management, safe moving and handling to emergencies at home.

- Feel more confident to deal with the physical aspects of looking after the person you care for.
- Understand the importance of protecting your own wellbeing in order to care for someone else.
- Be aware of the essential facts on: emergency situations at home, dos and don'ts of moving and handling people and managing medication

**Further Caring For You sessions will be running through 2015**