

## Parent Carers: Confidently Managing Behaviour that Challenges

**When:** Thursday 18th June  
**Where:** High Wycombe

**Time:** 10am - 2pm  
**Please bring a packed lunch**

This course explores your perceptions of what is challenging behaviour and looks at the reasons for unusual and challenging behaviour (physiological and other factors). It will help you develop effective behaviour management plans and strategies for common challenges.

## How to Manage Behaviour that Challenges

**When:** Wednesday 8th July  
**Where:** Iver Heath

**Time:** 10am - 1pm

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.

## Practical Gardening

**When:** Wednesday 22nd July - Wednesday 26th August (6 week course)  
**Time:** 12:15pm - 1:15pm  
**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. Soil preparation, pruning and feeding plants in the garden will also be covered. This course is run by Bucks Adult Learning.

*"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 B3GA40NAO.**

## Lasting Power of Attorney

**When:** Wednesday 16th September  
**Where:** Chesham

**Time:** 1:30pm - 3:30pm

A lasting Power of Attorney is a legal document that allows a person to appoint attorneys to act on their behalf if they lose capacity to do so.

This session explains the different types of LPoA, why it is important to take one out and how to do so.

Carers Bucks is the operating name of Carers Trust Bucks and Milton Keynes.  
Registration Charity No. 1106745 Company No. 494 1481

# CarersBucks



## Practical & Emotional Learning Programme for Carers

### June - October 2015

Carers Bucks  
Ardenham Court  
Oxford Road  
Aylesbury  
HP19 8HT

0300 777 2722 (local charge rate)

mail@carersbucks.org

www.carersbucks.org www.youngcarersbucks.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@carersbucks.org](mailto:timea.sharrad@carersbucks.org)**

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



**Dedicated to supporting carers**

## 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.

You can book to come along to all the sessions or just the sessions you are interested in. However carers that have attended the whole programme have said how helpful they have found it.

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

Our next programme will run:

**When: Thursdays, from 18th June - 23rd July**  
**Time: 10:30am -1:30pm**  
**Where: Chesham**

### Session 1: 18th June Caring and You

Take time to look at the balance between your caring role and other aspects of your life. You will be encouraged to make small but significant changes to your life.

### Session 2: 25th June Getting the Help that You Need

Looks at what support carers and the person you care for can expect to receive from local authority and NHS trust. Also helps you look at getting the best from communicating with professionals.

### Session 3: 2nd July Money Matters and Resources

Find out about the main benefits carers are entitled to and how to maximise your income.

### Session 4: 9th July Caring Day to Day

This covers some of the essential issues of caring, from medication management, safe moving and handling, and dealing with emergencies.

### Session 5: 16th July Managing the Stresses

This session looks at the emotions involved in caring for someone, what strategies you use and how to cope more effectively with stress.

### Session 6: 23rd July Looking After Yourself

Think about how you can look after your own health by building on existing skills and learning new ones.

**Dedicated to supporting carers**

**When: Tuesdays, from 22nd September - 27th October**  
**Time: 10:30am -1:30pm**      **Where: Stokenchurch**

### Session 1: 22nd September Caring and You

Take time to look at the balance between your caring role and other aspects of your life. You will be encouraged to make small but significant changes to your life.

### Session 2: 29th September Getting the Help that You Need

Looks at what support carers and the person you care for can expect to receive from local authority and NHS trust. Also helps you look at getting the best from communicating with professionals.

### Session 3: 6th October Caring Day to Day

This covers some of the essential issues of caring, from medication management, safe moving and handling, and dealing with emergencies.

### Session 4: 13th October Money Matters and Resources

Find out about the main benefits carers are entitled to and how to maximise your income.

### Session 5: 20th October Managing the Stresses

This session looks at the emotions involved in caring for someone, what strategies you use and how to cope more effectively with stress.

### Session 6: 27th October Looking After Yourself

Think about how you can look after your own health by building on existing skills and learning new ones.

## Art as Therapy

**When: Tuesdays 16th, 23rd and 30th June (3 session course)**  
**Time: 10:30am -12:30pm**  
**Where: Chesham**

Making art within a group can be very helpful for some people who need support and struggle letting their feelings, needs and wishes be known to others. Using art as a therapeutic tool in this way does not need any special skill or talent because anyone at any age can communicate their feelings and thoughts creating an image.

This group is run by an Art Therapist (who are not art teachers!). Their role is to facilitate the group in an emotionally supportive role. The aim of using art as therapy is not to find the answers or to 'interpret' the image, however it can sometimes be surprising what is discovered!

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