

What do our workshops cover?

BASIC FIRST AID & SAFETY

resuscitation, wounds, sprains and minor injuries, falls prevention, moving and handling

PERSONAL CARE

nutrition & hydration, continence, medicine management, infection control

WHAT IS CARING?

your health, nutrition, breaks, support networks and the Care Act

LEGAL AND FINANCIAL MATTERS

financial assessments, benefits and wills and lasting power of attorney

END OF LIFE CARE

palliative care, planning ahead and support services

MEMORY LOSS

what is dementia, managing at home, communications etc.

Courses will run throughout the year. Please check the website www.helpandcare.org.uk for future workshops.



If you care for someone and you would like to find out about the support available to you or if you would like some free confidential advice we can help.

We also provide a **Short Break Service** which enables carers to take a break by providing a care attendant from a local approved agency to stay with a friend or relative in their own home. The service is for people who look after a friend or relative who has an illness or disability and cannot be left alone. The cared for person must live in Dorset (excluding Bournemouth and Poole).

Our Dorset Macmillan Advocacy service can support carers with a cancer diagnosis or carers of people living with cancer to make informed choices about cancer treatment and care.



Free Workshops for Carers

caring for someone who lives in Dorset

Are you a Carer?

Do you care for a family member or friend?

Caring for a family member or friend can be a rewarding and fulfilling experience. However, it can also present challenges especially when faced with new situations. Most carers need help and advice at some point so that the best of care can continue to be given.

Help and Care, in partnership with Dorset HealthCare, are running free, informal information workshops. You can attend any of the workshops listed on the timetable.

To book your place and receive further information, please contact

Help and Care: 0300 111 3303

email: carerstraining@helpandcare.org.uk

visit our website: www.helpandcare.org.uk



Funded by



	CHRISTCHURCH	EAST DORSET	WEST DORSET	NORTH DORSET	MID DORSET	PURBECK	WEYMOUTH
JANUARY 2016	END OF LIFE CARE Tuesday 12th January 2016 10.00am - 2.00pm Christchurch	MEMORY LOSS Thursday 14th January 2016 10.00am - 2.00pm Wimborne	BASIC FIRST AID Wednesday 27th January 2016 10.00am - 2.00pm Bridport	PERSONAL CARE Tuesday 26th January 2016 10.00am - 2.00pm Blandford	WHAT IS CARING? Thursday 21st January 2016 10.00am - 2.00pm Dorchester	LEGAL & FINANCIAL MATTERS Monday 25th January 2016 10.00am - 2.00pm Wareham	END OF LIFE CARE Thursday 28th January 2016 10.00am - 2.00pm Weymouth
FEBRUARY 2016	MEMORY LOSS Tuesday 9th February 2016 10.00am - 2.00pm Christchurch	BASIC FIRST AID Wednesday 3rd February 2016 10.00am - 2.00pm Wimborne	PERSONAL CARE Tuesday 23rd February 2016 10.00am - 2.00pm Bridport	WHAT IS CARING? Tuesday 2nd February 2016 10.00am - 2.00pm Blandford	LEGAL & FINANCIAL MATTERS Thursday 11th February 2016 10.00am - 2.00pm Dorchester	END OF LIFE CARE Monday 15th February 2016 10.00am - 2.00pm Wareham	MEMORY LOSS Thursday 18th February 2016 10.00am - 2.00pm Weymouth
MARCH 2016	BASIC FIRST AID Thursday 24th March 2016 10.00am - 2.00pm Christchurch	PERSONAL CARE Tuesday 15th March 2016 10.00am - 2.00pm Wimborne	WHAT IS CARING? Thursday 3rd March 2016 10.00am - 2.00pm Bridport	LEGAL & FINANCIAL MATTERS Monday 7th March 2016 10.00am - 2.00pm Blandford	END OF LIFE CARE Thursday 10th March 2016 10.00am - 2.00pm Dorchester	MEMORY LOSS Monday 14th March 2016 10.00am - 2.00pm Wareham	BASIC FIRST AID TBC 10.00am - 2.00pm Weymouth
	CHRISTCHURCH Christchurch Library Druitt Buildings High Street Christchurch BH23 1AW	EAST DORSET Church House High Street Wimborne BH21 1HT	WEST DORSET Mountfield Rax Lane Bridport DT6 3JP	NORTH DORSET Woodhouse Gardens The Tabernacle, Blandford Forum DT11 7ND	MID DORSET The Dorford Centre Bridport Road Dorchester Dorset DT1 1RR	PURBECK Wareham Scout and Guide HQ North Bestwall Road Wareham Dorset BH20 4HX	WEYMOUTH Safewise Weymouth Community Safety Centre Radipole Lane Weymouth DT4 0QF

To find out about further courses after March 2016 please visit our website www.helpandcare.org.uk or call 0300 111 3303

Why come to the workshops?

You will....

- Have an opportunity to find answers to some key questions
- Have a chance to meet up with other carers in a similar position
- Find out about ongoing support



Carers who have attended the workshops have said

“ I was really worried about going to a new group - but it was great - there was no role play or writing - everyone was relaxed and friendly

I learnt more at this one course than I have in the past 6 months, which has really helped me with the support I give my wife

There was plenty of discussion, not just a lecture & no feeling of being hurried

It was a good experience, there was another man who is also caring for his wife who has dementia, we shared a lot of information

I thought I would be the oldest there but it was a good mix of ages from people in their 40's to 80's **”**