



# Carer Training & Education Programme

Published 7<sup>th</sup> October 2016



## Training Courses for Carers in Wiltshire

Welcome to the Carer Support Wiltshire Carer Training and Education Programme.

The training courses in this booklet are part of a multi-agency Carer Training Network which Carer Support Wiltshire has been asked to lead on by Wiltshire Council and NHS Wiltshire CCG. It aims to promote and deliver training to unpaid carers living in Wiltshire, as well as to raise carer awareness amongst professionals.

To book a place on any of our courses or to get access our online courses, please contact Steve Rose on 0800 181 4118 or email him at [stever@carersinwiltshire.co.uk](mailto:stever@carersinwiltshire.co.uk)

This training programme is updated weekly and can be downloaded from the training section our website at [www.carersinwiltshire.co.uk](http://www.carersinwiltshire.co.uk)

All courses are free of charge to unpaid carers who are registered with Carer Support Wiltshire. The only exception to this are courses run by Learn Direct as these are funded by the government and you must be in receipt of benefit payments to qualify – carers allowance is an accepted benefit.




If you are booked onto a course and can no longer attend, please call us on 0800 181 4118 to let us know so that we can offer your place to another carer.

If there is any training that you would like to attend but cannot find it in this programme, please call Steve Rose and he will try to find a suitable course for you.

**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685




## Training Courses for Carers in Wiltshire

Course Title and Description	Organisation	Dates	Time and Length	Location
<b>COMPUTER COURSES: Learning how to use the internet and computer basics</b>				
Get Online with Wiltshire Online – computer help for beginners		Ongoing	As Needed	At local venue or in your own home
<p>Basic Computer Training</p> <p><i>Learners are encouraged to follow the 'Learn My Way' on-line program initially, other queries can be pursued later. Sessions should ideally be reserved in advance but learners do not need to attend every week as the course is worked at the learner's own pace &amp; once an account is made, can be accessed anywhere on any device with Internet connection</i></p> <p><b>It's Get Online week 17<sup>th</sup> to 23<sup>rd</sup> October 2016 so this would be a great excuse to go along and brush up on your online skills</b></p>	 NORTH BRADLEY COMPUTER CLUB	Every Tuesday	10:30 – 12:00	<p>Peace Memorial Hall, Southwick Rd, North Bradley, Trowbridge, BA14 0SH</p> <p>Or at a local venue to suit you</p>
IT to help with return to the workplace		Ongoing	Various	Chippenham

**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685



## Training Courses for Carers in Wiltshire

Course Title and Description	Organisation	Dates	Time and Length	Location
<b>DEMENTIA: for people caring for those living with dementia</b>				
Dementia Friends <i>1 hour session to give awareness of dementia in the community as part of Alzheimer's Society's National Campaign</i>		Regular dates and times throughout the year	1 Hour	Various locations – call for details
Online: Dementia		Ongoing	Learn at your own pace	Online – call for login details
Dementia Awareness, Mental Capacity Act and Person Centered Care		14 <sup>th</sup> October 2016	13:00 – 15:30	Unit 3, Ground Floor, Challymead Business Park, Bradford Road, Melksham, SN12 8BU
The Dementia Friends Champion Induction		17 <sup>th</sup> December 2016	10:00 – 16:00	Trowbridge Town Hall 1. You need to register to be a Dementia Champion at: <a href="http://www.dementiafriends.org.uk">www.dementiafriends.org.uk</a> . 2. Then find the induction that suits you and book to attend that (in this case Trowbridge, although there are others further afield). 3. Tea and coffee will be provided, but not lunch. If you do not have internet access please call Steve Rose on 0800 181 4118.

**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685



## Training Courses for Carers in Wiltshire

Course Title and Description	Organisation	Dates	Time and Length	Location
<b>DEMENTIA Continued: for people caring for those living with dementia</b>				
Staying Healthy – How Carers Can Look After Themselves		7/10/16	10:00 – 12:00	Savernake View Care Home Priory Court Salisbury Road Marlborough SN8 4FE
Safer Moving and Assisting		14/10/16	10:00 – 12:00	Savernake View Care Home Priory Court Salisbury Road Marlborough SN8 4FE

**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685





## Training Courses for Carers in Wiltshire

Course Title and Description	Organisation	Dates	Time and Length	Location
<b>FIRST AID: Basic Skills for use in an emergency situation</b>				
<p>First Aid for Carers.</p> <p>This is a non-accredited course and the content is based on an Emergency First Aid at Work Course. You will be introduced to the principles of first aid and the actions to be taken in an emergency situation. By the end of the session, you will be able to; State and apply the principles of first aid, take effective actions to manage an emergency situation, place a casualty in the recovery position, carry out effective life support, recognise the signs, symptoms and apply the correct treatment/care of common respiratory problems, choking, bleeding, shock, burns, anaphylactic shock and heart attack</p>		<p>9/11/16 7/12/16</p>	<p>14:00 – 17:00</p>	<p>Newbury House, Aintree Avenue, White Horse Business Park, Trowbridge, BA14 0XB</p>
<p>First Aid</p>		<p>20<sup>th</sup> October 2016</p>	<p>09:30 – 12:30</p>	<p>Unit 3, Ground Floor, Challymead Business Park, Bradford Road, Melksham, SN12 8BU</p>

**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685

## Training Courses for Carers in Wiltshire

Course Title and Description	Organisation	Dates	Time and Length	Location
<b>FOOD: Hygiene, nutrition, and infection control</b>				
Food Hygiene Awareness		Monthly	45 Minutes	Leonard Cheshire Disability, 1 <sup>st</sup> Office Suite, The Courtyard, Shires Gateway, Trowbridge, BA14 8FZ
Infection Control		Monthly	45 Minutes	Leonard Cheshire Disability, 1 <sup>st</sup> Office Suite, The Courtyard, Shires Gateway, Trowbridge, BA14 8FZ
Infection Control and Food Hygiene		14 <sup>th</sup> October 2016	09:30-12:30	Unit 3, Ground Floor, Challymead Business Park, Bradford Road, Melksham, SN12 8BU
Elderly Nutrition and Hydration		13 <sup>th</sup> October 2016	12:30 – 15:00	Unit 3, Ground Floor, Challymead Business Park, Bradford Road, Melksham, SN12 8BU

**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685

## Training Courses for Carers in Wiltshire

Course Title and Description	Organisation	Dates	Time and Length	Location
<b>General: Dealing with incontinence, reablement and other skills which may help</b>				
Fire Awareness		Monthly	30 Minutes	Leonard Cheshire Disability, 1 <sup>st</sup> Office Suite, The Courtyard, Shires Gateway, Trowbridge, BA14 8FZ
Continence, Catheter, Stoma Training		18 <sup>th</sup> October 2016	09:30 – 12:00	Unit 3, Ground Floor, Challymead Business Park, Bradford Road, Melksham, SN12 8BU

**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685





## Training Courses for Carers in Wiltshire

Course Title and Description	Organisation	Dates	Time and Length	Location
<b>WELLBEING: General Courses for carer wellbeing and relaxation</b>				
Wellbeing workshops for people diagnosed with a life limiting illness <i>Standalone 1 hour drop in sessions for people affected by a diagnosis of a life limiting condition e.g. cancer dementia, COPD etc. Sessions include breathlessness management, fatigue, anxiety and simple</i>		As Needed	1 Hour	Dorothy House Trowbridge, Bryer Ash Business Park, Trowbridge, BA14 8HE (next to the railway station)
Various courses for relaxation, stress management and wellbeing.		Dates available all year	Varies	Across the county
Health Trainer <i>Carer Support Wiltshire can arrange for you to meet with a Health Trainer to discuss various aspects of your wellbeing and general health. The Health Trainer will meet with you for up to 6 sessions and give you practical advice to ensure that you stay fit and healthy to help you in your caring role.</i>		Dates available all year	Varies	Across the county

**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685



## Training Courses for Carers in Wiltshire

Course Title and Description	Organisation	Dates	Time and Length	Location
<b>MOVING AND HANDLING: Learning safe ways to lift and move the person you care for</b>				
<p><b>Manual Handling</b></p> <p><i>Throughout this session you will learn how to move someone with dignity &amp; respect, how moving someone incorrectly can quite easily become a safeguarding issue. The focus of the session is how to move and position people correctly to avoid injury to them and yourself. You will have explained to you that in order to be able to manoeuvre something correctly, then you will need to have a greater understanding of how joints work. Discussion around how the joints work and the structure of the back and some of the common causes of back pain. You will take part in activities in the use of a stand aid, slide sheet, transfer board, rotunda stand, wheelchair, hospital bed and hoist.</i></p>		9/11/16 7/12/16	10:00 – 13:30	Newbury House, Aintree Avenue, White Horse Business Park, Trowbridge, BA14 0XB
<p>Practical Manual Handling including wheelchair and reablement</p>		12 <sup>th</sup> October 2016	12:30 – 16:30	Unit 3, Ground Floor, Challymead Business Park, Bradford Road, Melksham, SN12 8BU

**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685

## Training Courses for Carers in Wiltshire

Course Title and Description	Organisation	Dates	Time and Length	Location
<b>AUTISM: Caring for people living with autistic conditions</b>				
Introductory Awareness of Autistic Spectrum Conditions (Level 2)		16 <sup>th</sup> and 17 <sup>th</sup> February 2017 (2 days)		Chippenham (February) Trowbridge (May)
		11 <sup>th</sup> and 12 <sup>th</sup> May 2017 (2 Days)		
Understanding Autism		Ongoing	Learn at your own pace	Online – call for login details

**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685


## Training Courses for Carers in Wiltshire

Course Title and Description	Organisation	Dates	Time and Length	Location
<b>MEDICATION: Handling medication safely</b>				
Safer Medication		Monthly	1 Hour	Leonard Cheshire Disability, 1 <sup>st</sup> Office Suite, The Courtyard, Shires Gateway, Trowbridge, BA14 8FZ
Medication and Application of cream		11 <sup>th</sup> October 2016	09:30 – 12:30	Unit 3, Ground Floor, Challymead Business Park, Bradford Road, Melksham, SN12 8BU

**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685

## Training Courses for Carers in Wiltshire


Course Title and Description	Organisation	Dates	Time and Length	Location
<b>Mental Capacity Act – Understanding the mental capacity act</b>				
Online: Mental Capacity Act	 Wiltshire Council Where everybody matters	Ongoing	Learn at your own pace	Online – call for login details

---

**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685

## Training Courses for Carers in Wiltshire

Course Title and Description	Organisation	Dates	Time and Length	Location
<b>MONEY AND FINANCE: Help with benefits and managing money</b>				
Advice & Guidance on Benefits & Debt Management	 <p>the charity for your community</p>	By Appointment	As Needed	Local CAB branch

---

**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685

## Training Courses for Carers in Wiltshire

Course Title and Description	Organisation	Dates	Time and Length	Location
<b>SAFEGUARDING: Protecting adults from maltreatment</b>				
Safeguarding Adults at Risk	 Wiltshire Council Where everybody matters	Ongoing	Learn at your own pace	Online – call for login details
People Focus: Safeguarding, Person Centred Planning & Equality and Diversity	 Leonard Cheshire Disability	Monthly	Varies	Leonard Cheshire Disability, 1 <sup>st</sup> Office Suite, The Courtyard, Shires Gateway, Trowbridge, BA14 8FZ
Safeguarding Vulnerable Adults	 Somerset Care	11 <sup>th</sup> October 2016	13:00 – 15:30	Unit 3, Ground Floor, Challymead Business Park, Bradford Road, Melksham, SN12 8BU

**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685

## Training Courses for Carers in Wiltshire

### Young Adult Carers

Are you aged between 16 and 25 and caring for a family member, friend or neighbour?

If so, our support worker, Andrea, would love to hear from you. She can give you support and advice to help you balance your caring role with your studies and starting work and organises training, groups and events specifically designed to meet the needs of young adult carers.

Andrea can be contacted on 0800 181 4118.



Are you looking for something a bit more in-depth? Maybe you are looking to brush up on your skills and return to the workplace? If so, Learn Direct have a number of courses that could help.

Based in Chippenham, Learn Direct can work with you to assess your current skill level and suggest a training path to help you reach your goals.

Unlike other courses in this guide you do need to be in receipt of some form of benefit to take advantage of these courses however

Carers Allowance is accepted.

Courses include (but are not limited to):

Customer Service	Construction (CSCS)
Food and Hygiene	Fork Lift Truck Driving
SIA Security	Health and Social Care
Information Technology	Retail
Hospitality and Catering	Warehousing and Storage
English	Maths

To discuss your needs please contact Steve Rose on 0800 181 4118 or email Steve at [steve@carersinwiltshire.co.uk](mailto:steve@carersinwiltshire.co.uk) and he will discuss your needs with you and then make a referral to Learn Direct who will then contact you to arrange an initial meeting.

**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685



### Having Your Say and Helping To Influence Change

You may have seen in the Spring/Summer 2016 Carer Support Wiltshire Newsletter, Catharine's comments about having your say and getting involved by using your experiences as a carer to help shape our services, take part in consultations or participate in research.

There are many ways to get involved, from reading and commenting on documents from the comfort of your own home through to taking part in forums and focus groups. We also occasionally ask for carers to take part in interviews with the media and also sit on interview panels when we recruiting new members of staff. How you get involved is up to you and we would never ask you to take part in something you are not comfortable with. We will also contact you before assigning you to any project or request for information.

If you would like to take part (or are currently already a member of our Carer Involvement group and would like to update your details) please go to the website below. The survey should take no more than 10 minutes to complete and most of the questions have drop down options to choose from.

<https://www.surveymonkey.co.uk/r/carerinvolvement>

If you have any problems accessing or completing the survey or would like to know more about Carer Involvement, please give Steve Rose a call on 0800 181 4118 and he can take you through the survey and fill in the answers for you.



**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685



## Mental Health Carer Group Devizes

Carer Support Wiltshire, in conjunction with Wiltshire Mind, are excited to announce that we are launching a new series of daytime support groups aimed at carers who are caring for those living with mental health issues. Each monthly group will be facilitated by a trained Wiltshire Mind mental health worker and will feature talks by professionals from around the county designed to help you in your caring role. They are also a great opportunity to share your experiences with others in a safe environment. For more information call Steve Rose on 0800 181 4118 or email Steve at [stever@carersinwiltshire.co.uk](mailto:stever@carersinwiltshire.co.uk)

Tuesday 12th July 2016

Tuesday 9th August 2016

Tuesday 13th September 2016

Tuesday 11th October 2016

Tuesday 8th November 2016

Tuesday December 13th 2016

All groups 10:30 to 12:30

The Bear Hotel  
The Market Place  
Devizes  
SN10 1HS



Carer Support Wiltshire: Registered Charity No. 1092762 Private Company Limited by Guarantee No. 4415685  
Wiltshire Mind: Registered Charity Number: 1113751 Registered Company Number: 5498430



## Mental Health Carer Group Chippenham

Carer Support Wiltshire, in conjunction with Wiltshire Mind, are excited to announce that we are running a series of support groups aimed at carers who are caring for those living with mental health issues. Each monthly group will be facilitated by a trained Wiltshire Mind mental health worker and will feature talks by professionals from around the county designed to help you in your caring role. They are also a great opportunity to share your experiences with others in a safe environment. For more information call Steve Rose on 0800 181 4118 or email Steve at [stever@carersinwiltshire.co.uk](mailto:stever@carersinwiltshire.co.uk)

Wednesday 13th July 2016

Wednesday 10th August 2016

Wednesday 14th September 2016

Wednesday 12th October 2016

Wednesday 9th November 2016

Wednesday 14th December 2016

All groups 10:30 to 12:30

Sheldon Road Methodist Church  
Audley Road  
Chippenham  
SN14 0DU



Carer Support Wiltshire: Registered Charity No. 1092762 Private Company Limited by Guarantee No. 4415685  
Wiltshire Mind: Registered Charity Number: 1113751 Registered Company Number: 5498430

### Courses are provided free of charge to carers

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685

## Training Courses for Carers in Wiltshire

### Support Groups

Come along to one of our monthly support groups, we cover a different topic each month and there is always a support worker on hand to help you with anything you need.

#### Chippenham

Sheldon Road Methodist Church  
1st Thursday of the Month at 14:30

#### Trowbridge

United Church  
3rd Wednesday of the Month at 14:00

For more information, call Steve Rose on  
0800 181 4118.

#### Devizes

The Bear Hotel  
3rd Tuesday of the Month at 10:30

#### Salisbury

Carer Support Wiltshire Offices  
Last Tuesday of the Month at 10:30



Join us at one of our cafes for a break, cup of coffee and a chat. Monthly café's at:

Calne	Royal Wootton Bassett
Chippenham	Salisbury
Corsham	Shrewton
Devizes	Tisbury
Durrington	Trowbridge
Ludgershall	Warminster
Malmesbury	Westbury
Melksham	Winterslow



Cafes are a great way to meet others in a relaxed environment and learn about what's happening at Carer Support Wiltshire.  
For dates and times please refer to the What's On Guide or call Vince on 0800 181 4118

**Courses are provided free of charge to carers**

CARER SUPPORT WILTSHIRE Charity No. 1092762 Company Ltd by Guarantee No. 4415685