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

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.

Registered Company No. 03187574 | Registered Charity No. 1055056
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To find out about further courses after March 2016 please visit our website [www.helpandcare.org.uk](http://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"