



The Princess Royal Trust
for Carers

Carers Training Programme

**Richmond Carers
Centre**

**Autumn
2010**

Last updated: 14 July 2010

The following information workshops are available to all carers currently registered with Richmond Carers Centre (RCC). If you are interested in any of the information workshops listed below, please contact Richmond Carers Centre on 020 8867 2386 or primarycare@richmondcarers.org to book your place or alternatively complete the form overleaf and return using the FREEPOST address.

There is a maximum of 12 places available on each session, unless otherwise stated, and places are allocated on a first come, first served basis. On receiving your completed form, any places allocated will be confirmed by Karen at RCC. All sessions take place at RCC, 5 Briar Road, Twickenham, TW2 6RB unless otherwise stated.

If you are not registered with us, but would like to do so, please do not hesitate to get in contact with us and we can assist you with your registration.

| Date & Time | Workshop Title | Brief Description |
|---|--|---|
| Thursday 9th September 10.15am-12.30pm | <u>Planning for a Family Emergency or Crisis</u> | An information workshop for carers to help them plan for an unforeseen event. Planning tips and advice will be provided to help carers make a plan for a short term event (eg. Broken down car) to a longer period of time (eg ill health.) This session is run by Karen from RCC |
| Friday 24th September 1pm-3pm | <u>Nutrition</u> | A popular information session that carers have been demanding and is facilitated by Dr. Des Deen. The session will cover nutrition in relation to your body for health and well being. |
| Tuesday 5th October 10.15am-12.30pm | <u>Planning for the Future</u> | An information workshop on planning for the future for the person you care for. This session will cover Wills, Power of attorney and trusts to safeguard the financial future of your family. |
| Wednesday 6th October 10.15am-12.30pm | <u>Homeopathic Remedies for Stress</u> | This workshop is back by popular demand and will cover homeopathic remedies that may help individuals to reduce their stress levels. |
| Tuesday 19th October 10.15am-12.30pm | <u>Helping Carers to deal with Violence & Aggression</u> | An information workshop that will provide carers with both information and practical ideas to help them deal with aggression and violence. (This is a general session and does not concentrate on specific conditions.) This workshop will take place at The Old Bakery, Mortlake Training Centre, Lower Richmond Road, Mortlake, SW14 7HJ |
| Thursday 28th October 10.15am-12.30pm | <u>Helping carers learn more about Dementia</u> | An information workshop that covers the signs and symptoms of dementia, and also information on coping with diagnosis and a loved one with the condition. |
| Thursday 4th November 10.15-12.30pm | <u>Homeopathic remedies for people with Autistic Spectrum Disorders</u> | An information workshop that will provide parent carers with information on homeopathic remedies that may be of benefit to children with Autistic Spectrum Disorders run by Candice Joyce. |

Training programme continued over page

Booking Form. Please tick the sessions that you would like to attend.

| | | | | | |
|------------------|--------------------------|-------------------------|--------------------------|---------------------|--------------------------|
| Aggression | <input type="checkbox"/> | Planning for a crisis | <input type="checkbox"/> | Dementia | <input type="checkbox"/> |
| Depression | <input type="checkbox"/> | Nutrition | <input type="checkbox"/> | Homeopathy & Stress | <input type="checkbox"/> |
| Managing Stress | <input type="checkbox"/> | Planning for the future | <input type="checkbox"/> | 1 st aid | <input type="checkbox"/> |
| Homeopathy & ASD | <input type="checkbox"/> | Violence & Aggression | <input type="checkbox"/> | | |

Name: _____ Address: _____

Tel No: _____

E-mail: _____ Signed: _____

I am/am not registered with RCC (Please delete as appropriate.)

I would like to register with RCC

Please return to: **FREEPOST RRKZ-TTCE-RYES, Richmond Carers Centre, 5 Briar Road, Twickenham, TW2 6RB OR telephone 020 8867 2386 to make a telephone booking**

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Detach the above booking form and return to Karen Training Programme Continued

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|---|---|--|
| Monday 8th November 10am-3pm | <u>Emergency First Aid</u> | An information workshop that will provide carers with all the knowledge to help them deal with first aid emergencies. This workshop will be held at he Mortlake Training Centre, Lower Richmond Road, Mortlake, SW14 7HJ. Lunch will be included. |
| Thursday 11th November 10.15am-12.30pm | <u>Depression in older people</u> | An information workshop the will help carers learn more about depression in older people, signs, symptoms and where to go for further information. |
| Friday 3rd December | <u>Carers Rights Day Event</u> | Further details to follow. |
| 19th January 2011 10.15am-12.30pm | <u>Helping Carers to Manage Stress</u> | An information workshop to help carers identify what stresses them and how to deal with these stressors using stress management techniques. |

Support Available to Help Carers Access the Information Workshops

Would you like to access any of the Carers Information Workshops?

Are you worried about the cost of travelling to RCC to attend the workshops?

Do you require respite for the person you care for to be able to attend the workshops?

If you are worried about any of these issues, or any aspect of support to help you access our information workshops then we may be able to assist you. RCC may be able to cover the cost of respite to allow you to attend a session, and if necessary we may also be able to organise and pay for transportation where required. If you have an issue you would like to discuss further, please do not hesitate to contact Karen on 020 8867 2386.

Non Attendance

Non attendance at workshops has increasingly become a problem in recent months. There are a limited number of places available on each workshop which are allocated on a first come, first served basis. A reminder letter is sent a week before the scheduled workshop so that carers can confirm that they will be attending. At this stage, any cancelled places are allocated to the first person at the top of the reserve list. There has been an increase in the number of people not responding to reminder letters, and on good faith spaces being held for carers. From now on, places will not be held, therefore, if you do not respond to the reminder letter by the date issued, your place will be allocated to another carer.

Please remember that by not attending a workshop, other carers are missing out on the opportunity to attend. We fully understand that there are some days when it is just impossible to attend a workshop, and in this case we would appreciate a telephone call so that we are aware that you will not be attending. These changes will hopefully enable more carers to benefit from the Carers Training Programme throughout the year.

Richmond Carers Centre is committed to equality of opportunity.



Richmond Carers Centre
Registered Charity Number: 1032459
Company Number: 4412793