

# Registration form

Please complete this form,  
fold in half, moisten to seal  
and post. No stamp is needed.

Mr/Mrs/Miss/Ms: ..... First name: .....

Last name: .....

Address: .....

.....

..... Postcode: .....

Telephone: .....

Mobile: .....

Email: .....

What are your current, caring responsibilities? (eg who you care for/  
frequency of caring)

.....

.....

Do you need support to attend the course? (e.g. someone to be with the  
person you care for whilst you attend the course?)

.....

.....

Are you interested in becoming a volunteer tutor? ☐ Yes ☐ No

Where did you hear about this course?

Friend / relative ☐ Care Navigation ☐

GP Surgery (which surgery?) ☐

.....

Community/voluntary organisation ☐ Health Trainer ☐ Hospital ☐

Gateway to Care ☐ Social Worker ☐ Carers Count ☐

Other, if so please give details .....

## Office use only

Date received: ..... Referral by: .....

Location: ..... Place allocation: .....

## 3. Safeguarding “ Everyone’s Business”- to protect adults at risk from abuse and neglect

This session would benefit all carers, whether living with the person you care for or not, or if the person you care for is in supported living. It explores the different forms of safeguarding and how you can support the person you care for to live a fuller life - as well as how and when safeguarding concerns should be reported. It will cover:

- different forms of abuse and neglect
- why safeguarding includes supporting the person you care for to access health and social care
- exploring good and bad practices and experiences
- identifying where abuse and neglect can occur
- how safeguarding concerns can be reported.

## Carers who have attended our Carer Journey Session have said:

“It’s been an opportunity to think and reflect about me, my life and caring role and the changes I now need to make. Thank you”

“A very interesting, thought provoking session”

“An excellent, informative session - most useful and interesting”

We also run the Looking after Me course which is a 7 week self-management course for carers. Please contact us for further information.

## For more information and details of the next session

Call: 01484 414774 select option 3

Email: [lookingafterme@kirklees.gov.uk](mailto:lookingafterme@kirklees.gov.uk)

Visit: [www.kirklees.gov.uk/lookingafterme](http://www.kirklees.gov.uk/lookingafterme)

April 2016

Free courses for unpaid carers

Carer Journey Sessions

Do you look after someone?  
Would you like to feel more in control?  
Then one of our short, informative  
*Carer Journey Sessions* could be for you!





“Carer Journey Sessions are short, powerful, informative sessions to support carers like you”

Fold here

No stamp required

Carer Journey Session  
Freepost RTH-EUEY-ZYCB  
Ground Floor North  
Civic Centre 1  
High Street  
Huddersfield  
HD1 2NF

Carer Journey sessions Calendar 2016

January						
Wk	Mon	Tue	Wed	Thu	Fri	Sat Sun
1	4	5	6	7	8	9 10
2	11	12	13	14	15	16 17
3	18	19	20	21	22	23 24
4	25	26	27	28	29	30 31

February						
Wk	Mon	Tue	Wed	Thu	Fri	Sat Sun
1	1	2	3	4	5	6 7
5	8	9	10	11	12	13 14
6	15	16	17	18	19	20 21
7	22	23	24	25	26	27 28
8	29					

March						
Wk	Mon	Tue	Wed	Thu	Fri	Sat Sun
9	1	2	3	4	5	6
10	7	8	9	10	11	12 13
11	14	15	16	17	18	19 20
12	21	22	23	24	25	26 27
13	28	29	30	31		

May						
Wk	Mon	Tue	Wed	Thu	Fri	Sat Sun
17						1
18	2	3	4	5	6	7 8
19	9	10	11	12	14	14 15
20	16	17	18	19	20	21 22
21	23	24	25	26	27	28 29
22	30	31				

June						
Wk	Mon	Tue	Wed	Thu	Fri	Sat Sun
22			1	2	3	4 5
23	6	7	8	9	10	11 12
24	13	14	15	16	17	18 19
25	20	21	22	23	24	25 26
26	27	28	29	30		

July						
Wk	Mon	Tue	Wed	Thu	Fri	Sat Sun
26					1	2 3
27	4	5	6	7	8	9 10
28	11	12	13	14	15	16 17
29	18	19	20	21	22	23 24
30	25	26	27	28		

September						
Wk	Mon	Tue	Wed	Thu	Fri	Sat Sun
35				1	2	3 4
36	5	6	7	8	9	10 11
37	12	13	14	15	16	17 18
38	19	20	21	22	23	24 25
39	26	27	28	29	30	

November						
Wk	Mon	Tue	Wed	Thu	Fri	Sat Sun
44		1	2	3	4	5 6
45	7	8	9	10	11	12 13
46	14	15	16	17	18	19 20
47	21	22	23	24	25	26 27
48	28	29	30			

- Building Resilience session
- Safeguarding session
- Memory session

Morning and afternoon sessions are running throughout the year at Huddersfield and Dewsbury Town Hall. New sessions will be available in Healthy Eating and Mindfulness. Please contact us for more information.

No courses in May, August, October and December

“Really good session, giving us tools and powers to deal with our caring role”

Do you look after a family member, partner or neighbour in need of help because they are ill, frail, have memory problems, mental ill-health, a disability or a drug or alcohol problem?

Alongside our successful Looking after Me course, we now have three additional Carer Journey Sessions to support you in your caring role.

The Group Sessions are aimed at sharing useful information, coping skills, experiences and strategies to support carers in their caring role and improve their emotional and physical well-being.

The sessions will also include carer specific knowledge, and local and national support for both carers and the person they care for.

1. Caring for someone with memory loss, which is not a result of Alzheimer’s or Dementia.

This session would be beneficial for those caring for someone with memory loss which may not be a result of Alzheimer’s or Dementia, or those who are awaiting diagnosis. It will cover:

- different causes of memory loss
- behaviours associated with memory loss
- affects of memory loss
- coping strategies for carers
- support services for both carers and the person they care for.

2. Building Resilience - coping positively with the ups and downs of caring for someone

This session would benefit all carers, regardless of what stage of caring they may be at or how long they have been caring. It will cover:

- acceptance of roles and the caring situation
- managing change
- overcoming difficulties and challenges
- becoming emotionally aware
- strategies to maintain and improve health and well-being
- local and national support services.