

2017 Free courses for Unpaid Carers in Dewsbury

The Health Trainer Service delivers a range of courses for unpaid carers who are looking for coping strategies to manage their day to day role of being a carer. Our courses run throughout the year and are held in Dewsbury and Huddersfield. This sheet provides dates and times of the courses /sessions which are running in **Dewsbury**. Please contact us if you would like the dates for Huddersfield.

Eligibility is based on an adult over the age of 18 years, who is caring for someone who lives in Kirklees. If you are receiving financial support including carers attendance allowance or PIP, you **are** eligible to attend our free courses.



Looking after Me Courses 7 week courses and each session lasts 2 ½ hrs per week.	Tuesday 7th February to 21st March 1:00pm to 3:30pm Dewsbury Town Hall	Friday 19th May to 30th June 10.00am to 12.30pm Dewsbury Town Hall	Wednesday 13th September to 25th Oct 1:00pm to 3.30pm Dewsbury Town Hall
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2 ½ hour short sessions in:

- Juggling Your Time as a Carer.
- Healthy Eating and Nutrition.
- Caring for someone with memory deterioration which is not a result of Alzheimers or Dementia.
- Building resilience – coping positively with the ups and downs of caring for someone.
- Safeguarding “Everyones’ Business” to protect adults at risk from abuse or neglect.

Dates for the Carer Journey sessions which are delivered in Dewsbury are on page 2 and 3

For more information or to book a course/session, please contact the LAM and Carer Journey Session team in the Health Trainer Service

Email: lookingafterme@kirklees.gov.uk

Call: 01484 414774 select option 3

Visit: www.kirklees.gov.uk/lookingafterme

Online form: www.kirklees.gov.uk/lamenquiryform

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Carer Journey Sessions

Caring for someone with memory deterioration (which is not a result of Alzheimer's or Dementia)	Monday 27th February 2017 1:00pm till 3:30pm Dewsbury Town Hall	Tuesday 18th April 2017 10:30am till 1:00pm Dewsbury Town Hall	Monday 14th August 2017 10:00am till 12:30pm Dewsbury Town Hall	Monday 6th November 2017 1:00pm till 3.30pm Dewsbury Town Hall
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Building Resilience - (Coping positively with the ups and down of caring for someone)	Tuesday 4th April 2017 1:00pm till 3:30pm Dewsbury Town Hall	Wednesday 19th July 2017 10.00am till 12.30pm Dewsbury Town Hall	Tuesday 17th October 2017 10:30am till 1:00pm Dewsbury Town Hall
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Safeguarding "Everyone's Business" (To protect adults at risk from abuse and neglect.)	Tuesday 25th April 2017 1:00pm till 3:00pm Dewsbury Town Hall
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Carer Journey Sessions

Healthy Eating & Nutrition	Wednesday 1st February 2017	Monday 26th June 2017	Thursday 28th September 2017
	10:30 till 1:00pm	1:00pm till 3:30pm	10:30am till 1:00pm
	Dewsbury Town Hall	Dewsbury Town Hall	Dewsbury Town Hall

Juggling Time as a Carer	Wednesday 22nd March 2017	Wednesday 14th June 2017	Tuesday 12th September 2017	Monday 4th December 2017
	10:30am till 1:00pm	10:00am till 12:30pm	1:00pm till 3:30pm	1:00pm till 3:30pm
	Dewsbury Town Hall	Dewsbury Town Hall	Dewsbury Town Hall	Dewsbury Town Hall