

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

Registration form

Mr/Mrs/Miss/Ms: First name:

Last name:

Address:

.....

..... Postcode:

Telephone: Mobile:

Email:

What are your current, caring responsibilities? (e.g. who you care for)

.....

.....

Do you need support to attend the course? (e.g. someone to be with the person you care for whilst you attend the course?) Yes ☐ No ☐

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

Preferred location: Huddersfield ☐ Dewsbury ☐

Office use only

Date received: Referral by:

Participants have said:



“Since I’ve started this course, I feel like a new person”
“I feel I have grown on this course, I am determined to make positive changes now”
“I’ve learnt new ways to relax”
“The course has helped me to think about what I want out of life”
“The course has given me more motivation, confidence, understanding and coping ideas”
“It’s made me look at my problems in other ways”
“I felt alone but now I know how and where to access support”
“I realised that I am not alone in my caring role”
“My family, friends and even my doctor has noticed a positive difference in me”
“I’ve found me again”
“It made me remember that Im not just a carer, but a person with feelings, ambitions and a future too”



“It’s amazing how comforting it is to sit in a room with other carers who understand me”



For more information and details of the next course

We also provide short one off sessions to support carers. For further information please see our Carer Journey Session leaflet or contact the Health Trainer Service...

Call: **01484 414774 select option 3**

Email: **lookingafterme@kirklees.gov.uk**

Visit: **www.kirklees.gov.uk/lookingafterme**

www.kirklees.gov.uk/healthtrainers

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

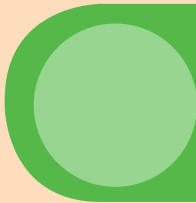
Part of the Expert Patients Programme (EPP)

Please Note

Looking after me does not cover carers’ rights or benefits, or practical caring skills such as lifting and handling, although there will be information available on these topics during the sessions.

EPP self-management courses

The *Looking after me* course has been developed as a companion course to the core EPP Chronic Disease Self-Management Course, which supports people living with one or more long-term health conditions to develop the confidence, skills and knowledge they need to manage their health condition better and have more control of their lives. Details of theses courses can also be found on the website.



A free course for unpaid carers

Looking after me
Supporting Carers

Do you look after someone?

Want to learn how to look after your own emotional and physical health needs whilst caring for someone?

Then ‘*Looking after me*’ is for you!

“The EPP
Looking after me
course for carers
is helping
people like
you”

Fold here

No
stamp
required

Looking after me
Freeport RTHS-EUEY-ZYCB
Ground Floor North
Civic Centre 1
High Street
Huddersfield
HD1 2NF

Looking after me Calendar 2017

January							February							March							April										
Wk	S	M	T	W	T	F	S	Wk	S	M	T	W	T	F	S	Wk	S	M	T	W	T	F	S	Wk	S	M	T	W	T	F	S
1	1	2	3	4	5	6	7	5				1	2	3	4	9				1	2	3	4	13						1	
2	8	9	10	11	12	13	14	6	5	6	7	8	9	10	11	10	5	6	7	8	9	10	11	14	2	3	4	5	6	7	8
3	15	16	17	18	19	20	21	7	12	13	14	15	16	17	18	11	12	13	14	15	16	17	18	15	9	10	11	12	13	14	15
4	22	23	24	25	26	27	28	8	19	20	21	22	23	24	25	12	19	20	21	22	23	24	25	16	16	17	18	19	20	21	22
5	29	30	31					9	26	27	28					13	26	27	28	29	30	31		17	23	24	25	26	27	28	29
																								18	30						

May							June							July							August											
Wk	S	M	T	W	T	F	S	Wk	S	M	T	W	T	F	S	Wk	S	M	T	W	T	F	S	Wk	S	M	T	W	T	F	S	
18		1	2	3	4	5	6	22						1	2	3	26						1	31				1	2	3	4	5
19	7	8	9	10	11	12	13	23	4	5	6	7	8	9	10	27	2	3	4	5	6	7	8	32	6	7	8	9	10	11	12	
20	14	15	16	17	18	19	20	24	11	12	13	14	15	16	17	28	9	10	11	12	13	14	15	33	13	14	15	16	17	18	19	
21	21	22	23	24	25	26	27	25	18	19	20	21	22	23	24	29	16	17	18	19	20	21	22	34	20	21	22	23	24	25	26	
22	28	29	30	31				26	25	26	27	28	29	30		30	23	24	25	26	27	28	29	35	27	28	29	30	31			

September							October							November							December										
Wk	S	M	T	W	T	F	S	Wk	S	M	T	W	T	F	S	Wk	S	M	T	W	T	F	S	Wk	S	M	T	W	T	F	S
35						1	2	40	1	2	3	4	5	6	7	44							48							1	2
36	3	4	5	6	7	8	9	41	8	9	10	11	12	13	14	45	5	6	7	8	9	10	11	49	3	4	5	6	7	8	9
37	10	11	12	13	14	15	16	42	15	16	17	18	19	20	21	46	12	13	14	15	16	17	18	50	10	11	12	13	14	15	16
38	17	18	19	20	21	22	23	43	22	23	24	25	26	27	28	47	19	20	21	22	23	24	25	51	17	18	19	20	21	22	23
39	24	25	26	27	28	29	30	44	29	30	31					48	26	27	28	29	30			52	24	25	26	27	28	29	30
																								53	31						

- Courses held at Huddersfield Town Hall
- Courses held at Dewsbury Town Hall

Morning and afternoon sessions are running throughout the year. Please contact us for more information

“Since doing
the course I am
more content
with my life and
know how to
cope better”

Do you look after a family member,
partner, friend 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?

Would you like to feel more in control?
If yes then the Looking after me course could be for you

Looking after me is a course for adults who care for someone living in
Kirklees with a long-term health condition or disability.

As the name implies the course is about you making time to look after your own
physical and emotional health needs and wellbeing. It aims to help you take more
control of your caring situation, increase confidence and make a positive difference
to your life.

The course looks at:

- topics and issues specific to the
needs of carers
- strategies and discussions to
improve your caring situation
- self-management advice on
healthy living
- exploring your emotional health
needs.

Course content also includes:

- relaxation techniques
- goal setting
- tiredness and pain management
- problem solving
- communication skills
- getting a good night’s sleep
- preventing falls and improving balance
- working with professionals.

Practicalities:

This course is led by trained tutors who themselves have experience of caring for
someone. It is run over 7 weekly sessions, each lasting about two and a half hours.

Additional 1-1 support and advice is available for carers before the course, during
and after the course has been completed.

We can provide and pay for carer’s relief support on the dates you are attending the
course, depending on your requirements.

If you are receiving PIP or carer’s attendance allowance, you **are eligible** to attend
our course.