

# CARERS EDUCATION TORBAY

January - June 2021

For more details contact Carers Services on:  
**01803 208455 / 01803 208456**

**To apply for courses:**  
please complete pages 15/16.

- or alternatively -

**You can apply online at:**  
[www.torbayandsouthdevon.nhs.uk/services/carers-service/courses-for-carers](http://www.torbayandsouthdevon.nhs.uk/services/carers-service/courses-for-carers)  
OR BOOK DIRECT WHERE STATED

**A selection of courses are also available online.**  
See page 14 for more information.

# CARERS EDUCATION TORBAY

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These courses are available to unpaid Carers who care for someone living in Torbay. Unless otherwise stated programmes are provided free of charge and paid for by Carers Services: where there is a small charge, it is paid on arrival. Courses will be socially distanced or held virtually; any changes due to Covid-19 will be advised prior to course commencement.

At the end of the booklet is an application form that can be used to apply for places on any course. You can apply for a maximum of 3 courses using the application form on page 15/16, please return to: Torbay Carers Service FREEPOST.

Or you can apply online at:

[www.torbayandsouthdevon.nhs.uk/services/carers-service/courses-for-carers](http://www.torbayandsouthdevon.nhs.uk/services/carers-service/courses-for-carers)

Or apply direct for courses on pages 11-13.

Please return your application as soon as possible, as places are limited.

If you have any questions, please phone the office on: **(01803) 208455** and **208456**.

I hope the courses will be of benefit to you.

**Natalie Townsend** - Carers Services Co-ordinator

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# EMERGENCY FIRST AID

## A 3 hour course

This course has been specifically designed for Carers to cover key areas that family Carers need to learn. The course will be practical and give Carers the chance to discuss their particular needs.

### This session covers:

- Dealing with incidents
- Basic resuscitation
- Heart attacks and strokes
- Burns, scalds
- Poisoning, choking
- Shock, bleeding, fractures and management of the unconscious casualty.

A handbook will be provided for each participant that covers the key course information. The Course is free to Carers (NB: This programme is not available to staff working in agencies or care staff).

<b>Date</b>	Tuesday 9th February 2021
<b>Time</b>	10:00am - 1:00pm
<b>Venue</b>	Online - Live course <b>You will need a computer, or a tablet with a camera and a microphone for this course</b>

# FALLS AWARENESS FOR CARERS

A 2 hour 30 min session for carers of older people

Run by Jane Reddaway, Occupational Therapist and Clinical Specialist Falls

## This session covers:

- The problems of falls in older people and dispelling the myths
- Helping those who attend to understand the ageing process and how this increases a person's risk of falling
- Information about fracture prevention and osteoporosis
- Introducing the falls register
- Exploring possible strategies to reduce falls/fractures in the future

<b>Date</b>	Thursday 25th February
<b>Time</b>	10:30am – 1:00pm
<b>Venue</b>	Online - Live course <b>You will need a computer, or a tablet with a camera and a microphone for this course</b>

# EXERCISE FOR BETTER HEALTH

## An 11 week supervised gym programme

The course will include an eleven week supervised gym programme with a trained fitness instructor, aimed at all levels of fitness.

A tailored programme will be put together to establish regular physical activity, to improve health and wellbeing.

Each course will have a small group of Carers.

**There will be a £5 charge for this course.**

**Please pay at reception on arrival and take your receipt to the gym area.**

Participants will have an individual fitness assessment prior to starting the programme with the Fitness Instructor.

<b>Dates</b>	Friday 7th, 14th, 21st, 28th May
	4th, 11th, 18th, 25th June
	2nd, 9th and 16th July
<b>Time</b>	First session will include meet and greet, induction – health summary and programme 10.00am – 11.00am
<b>Venue</b>	Torbay Leisure Centre, Penwill Way, Paignton
<b>Cost</b>	£5 for the course

# LEGAL WORKSHOP FOR CARERS

## A 1.5 hour course

The aim of this workshop is to explain and offer expert advice on two important legal issues that Carers need to consider when planning for the future:

### **Wills and Trusts**

Making provision for the future is an issue for many Carers, concerned that the person they care for gets the right support and protection they need in the future. The benefits of making Wills and the different types of Trusts will be explained.

The programme is FREE to Torbay Carers. Refreshments will be provided.

The workshop will include presentations on the law, practical advice and the opportunity to ask questions.

<b>Date</b>	Tuesday 11th May
<b>Time</b>	11:00am - 12:30pm
<b>Venue</b>	Paignton Carers Centre, The Drummond Suite, Room 17, First Floor, Paignton Library

# AROMATHERAPY WORKSHOP

**One session – 1.5 hours**

An introductory workshop to aromatherapy: how essential oils can help you live a happier, healthier lifestyle.

We will be discussing the importance of good quality oils, learn simple self-care tips and how to use the oils safely in your home. If you would like to make your own blend during the session, please bring £5 (all oils will be provided).

<b>Dates</b>	Wednesday 21st April	-or-	Wednesday 12th May
<b>Time</b>	10:00am - 11:30am		
<b>Venue</b>	Paignton Carers Centre, The Drummond Suite, Room 17, First Floor, Paignton Library		

Please choose one of these dates and tick the box on the application page.

# DECORATIVE EASTER EGG WORKSHOP

## (NEW COURSE)

**One session – 1 hour**

How about awakening your creative side and trying your hand at making decorative Easter eggs. We will be dying eggs naturally using only a few household ingredients, such as:

Red cabbage, onion skins, white vinegar, salt, eggs and a pair of tights or stockings.

Preparation time is under an hour, plus time for the eggs to be in the dye (overnight for a deeper colour).

You will be shown some that we made earlier and we will go through step by step instructions of what to do on the day.

**We will also send out an instruction sheet for the workshop.**

<b>Dates</b>	Friday 26th March
<b>Time</b>	2:00pm - 3:00pm
<b>Venue</b>	Online - Live course <b>You will need a computer, or a tablet with a camera and a microphone for this course</b>



# COACHING FOR CARERS

A 5 Week course, 1.5 hours per week

Coaching creates a space where you can explore your current situation, the balance of your life and what dreams or aspirations you might like to explore. Life can get very busy, especially as a Carer, so making some time for yourself is paramount.

## This course will cover the following areas:

- Gaining clarity in life's busyness/the wheel of life exercise
- The 3 Principles
- How to manage your thoughts more effectively; enhancing peace and wellbeing
- Discover your true talents and create your goals
- How your values affect your choices

The group will be led by Natalie Townsend, NHS Coach and the content is suitable for all Carers. If you require any more information please contact me on: **(01803) 208456**.

<b>Date</b>	Thursdays
	6th, 13th, 20th, 27th May
	3rd June
<b>Time</b>	1.00pm – 2.30pm
<b>Venue</b>	Online - Live course <b>You will need a computer, or a tablet with a camera and a microphone for this course</b>

## **COURSES WHERE YOU BOOK DIRECT (INSTRUCTIONS)**

The following courses are applied for direct on the phone numbers provided and will not be counted as a part of your 3 choices, however, please tick the box on the application page for our records.

- **HOPE COURSE**
- **SLEEP WORKSHOP BY TALKWORKS**
- **NRS TELECARE**

# HOPE - A COURSE FOR CARERS

A 6 week course – 2 hours per week

## What is HOPE?

HOPE stands for Help Overcoming Problems Effectively. It is a licensed programme that helps people who are living with and whose lives are being affected by a long-term condition achieve 'What matters to them' and their Carers.

## What can HOPE do for you?

It aims to help you to achieve some of the following positive outcomes and to:

- Feel more able to support and share your experiences with others to help you feel less isolated
- Feel reassured and able to recognise your own potential and enhance your happiness and quality of life
- Feel more confident in dealing with emotional issues such as anxiety, anger, depression and uncertainty
- Increase your ability to handle stressful situations
- Discover how to use relaxation techniques to refresh your mind and body
- Learn how to make plans and achieve goals that are important to you that can help you make changes for the better
- Use the skills from the course to improve and self-manage your life

We will cover: managing fatigue, getting active/feeling good, goal setting, gratitude diary, managing stress and communication.

<b>Date &amp; Time:</b>	TBA
<b>Venue</b>	Online - Live course until further notice <b>You will need a computer, or a tablet with a camera and a microphone for this course</b>
<b>Book</b>	To book on this course please ring: <b>(01803) 210493</b> or email: <b>hope.devon@nhs.net</b>

# SLEEP WORKSHOP BY TALKWORKS

## 2 hour on-line session

TALKWORKS sleep workshop provides a comprehensive overview of the science behind sleep, it covers factors that will affect the ability to sleep and offer a range of techniques to help you improve your sleep routine. This is an on-line course to be run via Microsoft Teams - instructions to set his up will be provided on booking with TALKWORKS.

To request a place on this course please call TALKWORKS direct on **0300 555 3344**, and ask to speak to the Torbay team to be booked onto the Carers sleep workshop.

<b>Date</b>	Mondays
	1st March (6.00pm - 8.00pm)
	17th March (12.00pm - 2.00pm)
	31st March (6.00pm - 8.00pm)
<b>Venue</b>	Online - Live course until further notice <b>You will need a computer, or a tablet with a camera and a microphone for this course</b>
<b>Book</b>	To book on this course please ring: <b>0300 555 3344</b>

Please choose which date and time are most suitable and book your place on the number provided.

# NRS TELECARE

## TECS - Technology Enabled Care

TECS provide assistive technology to support you and those you care for, to remain as independent as possible.

### We are currently offering a 2 hour session, which will cover:

- What is TECS and how can it help me/my family?
- What support will I receive in choosing the right equipment?
- What will it cost or will I be able to get financial support?
- Who installs the equipment and how is it maintained?
- Where can I find more information?

<b>Dates</b>	Tuesdays
	9th March (10.30am - 12.30pm)
	23rd March (2.00pm - 4.00pm)
	4th May (10.30am - 12.30pm)
	25th May (2.00pm - 4.00pm)
<b>Venue</b>	Online - Live course until further notice <b>You will need a computer, or a tablet with a camera and a microphone for this course</b>
<b>Book</b>	To book on this course please ring: <b>0300 100 0255</b> stating your preferred date and time.

# FREE ONLINE COURSES

## Step One

Be Well @ Step One aims to help people who may not have support to manage their mental health. Courses include: Anxiety, Coping with Change and Developing Resilience among others.

For more information go to: [www.steponecharity.co.uk](http://www.steponecharity.co.uk)

## Devon Recovery Learning Community

A recovery college provided by Devon Partnership NHS Trust, to support mental health and wellbeing. There are Free Courses and resources available.

For more information contact: **(01392) 677067**

or email: [dpn-tr.drlc@nhs.net](mailto:dpn-tr.drlc@nhs.net) or go to: <https://devonrlc.co.uk/contact>

## Orange Box also known as Learning Curve

Provide 38 fully funded Level 2 Courses covering a range of subjects from Autism, Health & Social Care, to Counselling.

To find out more contact: **(01492) 874530**

or go to: [www.orangeboxtraining.com](http://www.orangeboxtraining.com)

**They do charge for cancellation of a course, should you leave midway:  
£120 - £140**

## Open Learn

The home of free learning from The Open University. If you are looking for a new topic to explore, or want to dig deeper into something you've already discovered. Whether it's a 60-second animated video, a 24-hour course, or Beginners French or Spanish, you will find it on OpenLearn for free. <https://www.open.edu/openlearn/for-study>

## Future Learn

FutureLearn have a diverse range of subjects and courses which vary in length. Most are six to ten weeks long, but some are shorter two and three week courses. Courses are free, or you can upgrade, or buy unlimited.

<https://www.futurelearn.com>



# APPLICATION FORM

Please complete the first section in full with your details and then tick all programmes you wish to apply for with a maximum of 3 per Carer, stating your 1st, 2nd & 3rd preferences. Example shown here:

Example 1	tick to apply
*Day* *Date* *Month* <b>Location</b>	<b>1<sup>ST</sup></b>

Example 2	tick to apply
*Day* *Date* *Month* <b>Location</b>	<b>2<sup>ND</sup></b>

Name: .....

Address: .....

Telephone Number:.....

e-mail: .....

Your GP Surgery: .....

Cared for Name: .....

Address: .....

Do you need any help with transport? Yes / No

Do you need care for cared for person? Yes / No

Do you have any specific needs as a learner? (please give details).

Access/Mobility .....

Any other thing we should know to help ensure a positive learning experience for you (please give details).

.....

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Emergency First Aid	tick to apply
Tuesday 9th February <b>Online</b>	

Falls Awareness For Carers	tick to apply
Thursday 25th February <b>Online</b>	

Legal Workshop For Carers	tick to apply
Tuesday 11th May <b>Paignton</b>	

Exercise For Better Health	tick to apply
Friday 7th, 14th, 21st, 28th May 4th, 11th, 18th, 25th June 2nd, 9th and 16th July <b>Paignton</b>	

<b>Aromatherapy Workshop</b> (pick <i>one</i> date)	<b>tick to apply</b>
21st April <b>Paignton</b>	
- or -	
12th May <b>Paignton</b>	

<b>Decorative Easter Egg Workshop (New Course)</b>	<b>tick to apply</b>
Friday 26th March <b>Online</b>	

<b>Coaching For Carers</b>	<b>tick to apply</b>
Thursdays, 6th, 13th, 20th, 27th May	
3rd June <b>Online</b>	

.....

Ring direct to book the following courses and place a tick in the box if applied

<b>HOPE - A Course For Carers</b>	<b>ring to book</b>	<b>tick to apply</b>
TBA <b>Online</b>	(01803) 210493	

<b>Sleep Workshop by TALKWORKS</b>	<b>ring to book</b>	<b>tick to apply</b>
Monday 1st March <b>Online</b>	0300	
Monday 17th March <b>Online</b>	555	
Monday 31st March <b>Online</b>	3344	

<b>NRS Telecare</b>	<b>ring to book</b>	<b>tick to apply</b>
Tuesday 9th March <b>Online</b>	0300	
Tuesday 23rd March <b>Online</b>	100	
Tuesday 4th May <b>Online</b>	0255	
Tuesday 25th May <b>Online</b>		

Could you please return your application form no later than three weeks prior to enrolment (no stamp needed) to:

**Torbay Carers Service FREEPOST** (All on one line please)