

# CARERS EDUCATION TORBAY

January - June 2024

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

January - June 2024

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, or the organisation offering the course. Where there is a small charge, it is paid on arrival.

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: **FREEPOST Torbay Carers Service**. 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)**

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

If you have any questions or if there is anything which may be preventing you from accessing our courses, please do phone the office on: **(01803) 208455 / (01803) 208456** to see if we can help to sort it.

I hope the courses will be of benefit to you.

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

## CONTENTS

	Page
An Introduction to Watercolour .....	3
Mindful Mandalas .....	4
Jewellery Making with Beads (Intermediate) .....	4
Jewellery Making with Beads (Beginners) .....	5
Felt Making .....	6
Creative Crafts (Mosaics) .....	7
Falls Awareness for Carers .....	7
Emergency First Aid .....	8
Patient Manual Handling .....	9
Shapemaster - New Course .....	10
Aromatherapy Workshop .....	11
Sewing Course .....	12
<b><i>Courses Where You Book Direct</i></b> .....	
Free Online Courses .....	13-14
Application Form .....	15-16

# AN INTRODUCTION TO WATER COLOURS

## A 10 Week Course

This fresh approach to watercolour looks first at the process of painting as a means to calm and de-stress. Many people love the idea of painting but hold themselves back from starting because they are worried about not being good enough or not feeling they are creative.

This watercolour course is accessible to everyone, you will start by painting very simple lines, patterns, and shapes in calming and dynamic colours, by concentrating each week on brush strokes and techniques. You will build up your skills and gain a Level 1 Qualification in Creative Craft, Art and Design. A small amount of written work will be part of the course.

<b>Date</b>	Tuesday Feb 20th, 27th Mar 5th, 12th, 19th, 26th <b>(April 2nd &amp; 9th half term)</b> April 16th, 23rd, 30th May 7th
<b>Time</b>	1:00pm – 3:00pm
<b>Venue</b>	Centre for Health and Care Professions (CHCP), 187 Newton Road, Torquay, TQ2 7FT

# MINDFUL MANDALAS

## A 4 week course

Create a colourful Mandala pebble by painting dots in a simple geometric pattern, with no specialist skills required and full tuition given. Each week you will immerse yourself in the calming process of creating beautiful tactile designs. You will achieve a E3 Craft Qualification.

<b>Date</b>	Tuesday Feb 20th, 27th Mar 5th, 12th
<b>Time</b>	10am - 12noon
<b>Venue</b>	Centre for Health and Care Professions (CHCP), 187 Newton Road, Torquay, TQ2 7FT

# JEWELLERY MAKING WITH BEADS INTERMEDIATE

## A 5 week course

If you have enjoyed beadwork before this, then this course is for you. You will build on your past experience to make more intricate beautiful jewellery in the colours that suit you, in your style and to your taste. The tutor will have equipment to borrow and beads.

Approx cost of the beads will be £3 per session. For photos and more information go to: [www.jalsbeads.weebly.com](http://www.jalsbeads.weebly.com)

<b>Dates</b>	Friday Feb 23rd, Mar 1st, 8th, 15th, 22nd
<b>Time</b>	1:00pm - 3:00pm
<b>Venue</b>	Paignton Carers Centre, Room 17, First Floor, Paignton Library

# JEWELLERY MAKING WITH BEADS BEGINNERS

## A 5 week course

This introduction to beadwork will show you that it is about far more than stringing beads. You will learn how to make beautiful jewellery in the colours that suit you, in your style and to your taste. The tutor will have equipment to borrow and beads. Approx cost of the beads will be £3 per session. For photos and more information go to:

**[www.jalsbeads.weebly.com](http://www.jalsbeads.weebly.com)**

<b>Dates</b>	Thursday February 29th, March 7th, 14th, 21st, 28th
<b>Time</b>	1:00pm - 3:00pm
<b>Venue</b>	Paignton Carers Centre, Room 17, First Floor, Paignton Library

# FELT MAKING

## A 6 Week Course

Wet felt making is a creative craft that combines wool fibres to create a bespoke piece of artwork. We will design and produce a piece of felt that can be personalised with embellishment and made into a book cover or to keep as a piece of art.

- Gain knowledge of the wet felting process
- Explore different types of textile decoration and embellishment
- Produce a finished bespoke piece of felt
- Enjoy a relaxed, informal creative craft

<b>Date</b>	Tuesday Mar 19th, 26th (April 2nd & 9th – half term) April 16th, 23rd, 30th May 7th
<b>Time</b>	10.00am – 12.00pm
<b>Venue</b>	Centre for Health and Care Professions (CHCP), 187 Newton Road, Torquay, TQ2 7FT

# CREATIVE CRAFTS - MOSAICS (NEW)

## 3 hour workshop

During the session you can either create two small projects (coasters) or a larger one like a house number. You will be given all materials and the project will be grouted on the day. To see what type of projects you can make, please visit Facebook, Instagram, or our web address.

**Web address:** [www.tesseracthub.co.uk](http://www.tesseracthub.co.uk)

**Facebook:** Tessera Hub Creative Design | **Instagram:** tesseracthubcreative

Please pick one date from below:

<b>Dates</b>	Saturday 13th April or Saturday 25th May
<b>Time</b>	10.00am – 1.00pm
<b>Venue</b>	Tessera Hub, Reddenhill Road, Babbacombe, Torquay, TQ1 3NT
<b>Cost</b>	£5 contribution towards materials

# FALLS AWARENESS FOR CARERS

## A 3 hour course

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 18th April
<b>Time</b>	10:30am – 1:00pm
<b>Venue</b>	Paignton Carers Centre, Room 17, First Floor, Paignton Library

# 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.

<b>Date</b>	Thursday 2nd May
<b>Time</b>	10:00am – 1:00pm
<b>Venue</b>	Paignton Carers Centre, Room 17, First Floor, Paignton Library

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).

# PATIENT MANUAL HANDLING

## A 3 hour course

This course has been specifically designed for generic Carer scenarios and will not cover individualised advice.

This session covers:

- Causes of back injury
- Principles of safer handling
- Sit to Stand, from chair to chair, from chair to wheelchair
- Safe moving techniques
- Safe patient handling between
- How to prevent pressure ulcers

The Course is free to carers (NB: This programme is not available to staff working in agencies or paid carers).

A moving and handling handbook with course overview will be provided.

<b>Dates</b>	Wednesday 8th May
<b>Time</b>	12:30pm - 3:30pm
<b>Venue</b>	Paignton Carers Centre, Room 17, First Floor, Paignton Library

# SHAPEMASTER - NEW COURSE

**Allow 45-60 minutes**

**Shapemaster Suite at International Riviera Centre**

Starting from Tuesday May 14th, 21st, 28th, June 4th **(no class on June 11th)** 18th, 25th

We will be offering free Shapemaster and gym sessions for Carers.

Our Shapemaster Studio offers a circuit of power-assisted equipment to aid users in a low-impact, full body workout to help keep active and increase mobility among many other benefits.

All you need to do is arrive between 2pm & 3pm each Tuesday and register with Reception. If you would like more information please call: **01803 299 992** and speak to a member of our team.

<b>Dates</b>	Tuesday May 14th, 21st, 28th June 4th <b>(no class June 11th)</b> 18th, 25th
<b>Time</b>	2pm - 3pm
<b>Venue</b>	Shapemaster Suite at International Riviera Centre, Torquay

# AROMATHERAPY WORKSHOP

## 2 hour session

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>	Friday 17th May
<b>Time</b>	1.00pm – 3.00pm
<b>Venue</b>	Paignton Carers Centre, Room 17, First Floor, Paignton Library
<b>Cost</b>	£5 Contribution towards materials

# SEWING COURSE (NEW)

**5 Week Course - (Please bring your own machine)**

**Learn to use your sewing machine with a project of your choice**

**A £5.00 Contribution is required for this course**

**Week 1** - Learn how to use your sewing machine. Bring your own project if you are proficient alternatively you are welcome to join in the class project.

**Week 2** - Learn appliqué and cut a bag

**Week 3** - Stitch a bag

**Week 4** - Cut out and decorate a bag / napkin

**Week 5** - Finish all the projects

Materials, threads, patterns and different colour swatches for appliqué will be provided, but could you please bring any scraps of fabric to the first session.

<b>Date</b>	Mondays June 3rd, (no class on 10th), 17th, 24th and July 1st, 8th
<b>Time</b>	10.00am – 12.00pm
<b>Venue</b>	Paignton Carers Centre, Room 17, First Floor, Paignton Library
<b>Cost</b>	A one off £5 contribution

# COURSES WHERE YOU BOOK DIRECT (INSTRUCTIONS)

The following courses are applied for direct on the websites or phone numbers provided and will not be counted as a part of your 3 choices.

---

## HOPE Courses

### A 6 week course (2 hours per week)

The HOPE (Help Overcoming Problems Effectively) Programme supports individuals to consider “what is important to me?” and to build the confidence and resilience to better manage their condition(s), symptoms and challenging experiences that may arise.

To book on courses go to: **[www.myhealth-devon.nhs.uk/local-services/hope-programme/hope-programme-courses/face-to-face-hope](http://www.myhealth-devon.nhs.uk/local-services/hope-programme/hope-programme-courses/face-to-face-hope)**

For more information about courses please email: **[hope.devon@nhs.net](mailto:hope.devon@nhs.net)**

---

## Cygnet Autism Programme

### 6x 3-hour sessions and one, 1-hour individual session

After a diagnosis of autism parents, carers and professionals can have a lot of questions about autism. The course offers practical solutions to managing social communication and behaviour difficulties. Topics covered are: Autism and diagnosis/strengths and challenges/a parent’s journey, sensory issues, communication, understanding behaviour, supporting behaviour, parents’ choice.

For further information please refer to the Working Families website:

**[www.workingfamilies.org.uk](http://www.workingfamilies.org.uk)** or phone: **0800 013 0313**.

To attend request an application form to register an interest in the programme by emailing us at: **[slt.sdht@nhs.net](mailto:slt.sdht@nhs.net)** Or phoning the Speech & Language Therapy Service – Early Bird Team on: **01803 655581**

# 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: [www.devonrlc.co.uk/contact](http://www.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. [www.open.edu/openlearn/for-study](http://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. [www.futurelearn.com](http://www.futurelearn.com)

## Free Courses in England

Is a directory of courses that are available to anyone to undertake FREE of charge, in order to help people succeed in whatever role they are in. Understanding Autism - this course is suitable for anyone who wishes to develop their understanding of autism and the principles of supporting individuals to live healthy and fulfilled lives (limited spaces). Available at: <https://freecoursesinengland.co.uk/autism-course/>



# 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
Emergency First Aid <b>Location</b>	<b>1<sup>ST</sup></b>

Example 2	tick to apply
Legal Workshop for Carers <b>Location</b>	<b>2<sup>ND</sup></b>

Name: .....

Address: .....

Telephone Number:.....

e-mail: .....

Your GP Surgery: .....

Name of the person you care for: .....

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).

An Introduction to Watercolours	tick to apply
Tuesday Feb 20th, 27th   Mar 5th, 12th, 19th, 26th (April 2 & 9th half term)   April 16th, 23rd, 30th May 7th <b>Centre for Health and Care Professions (CHCP)</b>	

Mindful Mandalas	tick to apply
Tuesday (20th & 27th February) & (5th & 12th March) <b>Centre for Health and Care Professions (CHCP)</b>	

Jewellery Making with Beads (Intermediate)	tick to apply
Friday (23rd February) & (1st, 8th, 15th & 22nd March) <b>Paignton Library</b>	

<b>Jewellery Making with Beads (Beginners)</b>	<b>tick to apply</b>
Thursday (29th February) & (7th & 14th, 21st & 28th March) <b>Paignton Library</b>	

<b>Felt Making</b>	<b>tick to apply</b>
Tuesday (19th & 26th March) & (2nd, 9th, 16th, 23rd & 30th April) & (7th May) <b>Centre for Health and Care Professions (CHCP), Torquay</b>	

<b>Creative Crafts - Mosaics</b>	<b>tick to apply</b>
Saturday 13th April <b>Tessera Hub, Torquay</b>	
Saturday 25th May <b>Tessera Hub, Torquay</b>	

<b>Falls Awareness for Carers</b>	<b>tick to apply</b>
Thursday 18th April <b>Paignton Library</b>	

<b>Emergency First Aid</b>	<b>tick to apply</b>
Thursday 2nd May <b>Paignton Library</b>	

<b>Patient Manual Handling</b>	<b>tick to apply</b>
Wednesday 8th May <b>Paignton Library</b>	

<b>Shapemaster - New Course</b>	<b>tick to apply</b>
Tuesday (14th, 21st & 28th May) & (4th, 18th, 25th June) <i>(no class June 11th)</i>   <b>Riviera Centre, Torquay</b>	

<b>Aromatherapy Workshop</b>	<b>tick to apply</b>
Friday 17th May <b>Paignton Library</b>	

<b>Sewing</b>	<b>tick to apply</b>
Mondays (3rd, 17th & 24th June) <i>(no class June 10th)</i> & (1st & 8th July)   <b>Paignton Library</b>	

Could you please return your application form no later than three weeks prior to enrolment (no stamp needed) to: **FREEPOST Torbay Carers Service** (All on one line please)