

## How to Manage Behaviour that Challenges

When: Thursday 4th September  
Time: 10am -1pm  
Where: Amersham

This information session is for those caring for someone with dementia, Parkinson's Disease, MS or any illness that can cause uncharacteristic behaviour. The session will look at how these illnesses affect the brain, and help you understand the meaning behind the behaviour so that you find it easier to stay calm and deal effectively with situations that arise.

**For more information and to book your place contact Timea on 0300 777 2722 or email [timea.sharrad@carersbucks.org](mailto:timea.sharrad@carersbucks.org)**

## Computing for Carers

When: Friday 3rd October (6 weeks with a break for half-term)  
Time: 12.30pm - 2.30pm  
Where: Quarrendon Adult Learning Centre, Aylesbury

This course is for carers who are new to computers and the internet. It will help you become confident in using the internet so you can access information to help you and the person you care for.

**To book contact Bucks Adult Learning on 0845 045 4040 quoting title of workshop and course code Q51T37ASM.**

## For Parent Carers - Confidently Managing Behaviour that Challenges

When: Thursday 13th November  
Time: 10am - 2pm (please bring a packed lunch)  
Where: Aylesbury

This course explores your perceptions of what is challenging behaviour and looks at the reasons for it. It will help you develop effective management plans and strategies for common challenges.

**For more information and to book your place contact Timea on 0300 777 2722 or email [timea.sharrad@carersbucks.org](mailto:timea.sharrad@carersbucks.org)**

**Unless otherwise stated courses are free for carers.**



Dedicated to supporting carers

# CarersBucks



## Learning & Development for Carers

### June - October 2014

Carers Bucks  
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Carers Bucks is the operating name of Carers Trust Bucks and Milton Keynes.

Charity number 1106745;  
company number 4941481

Dedicated to supporting carers

## Caring for You

We are again running our successful Caring for You programme. This course, consisting of six weekly sessions, aims to help carers make a positive difference to their life and that of the person they care for.

*"I thought the course was extremely well run. It was focused, practical and interesting, and the facilitators were excellent"*

The programme will run on **Wednesdays** from 10th September - 15th October 10am - 1pm in **Princes Risborough**.

### **Session 1: 10th September**

#### **Caring and You**

Take time to look at the balance between your caring role and other aspects of your life. You will be encouraged to make small but significant changes to your life.

### **Session 2 : 17th September**

#### **Getting the Help that You Need**

Looks at what support you and the person you care for can expect to receive from the local authority and NHS Trust. It also helps you get the best from communicating with professionals.

### **Session 3 : 24th September**

#### **Caring Day to Day**

This covers some of the essential issues of caring, from medication management, safe moving and handling, dealing with emergencies.

### **Session 4 : 1st October**

#### **Money Matters and Resources**

Find out about the main benefits that carers are entitled to, and how to maximise your income.

### **Session 5 : 8th October**

#### **Managing the Stresses**

This session looks at the emotions involved in caring for someone, what strategies you use and how to cope more effectively with stress.

### **Session 6 : 15th October**

#### **Looking After Yourself**

Think about how you can look after your own health by building on existing skills and learning new ones.

**For more information and to book your place contact Timea on 0300 777 2722 or email [timea.sharrad@carersbucks.org](mailto:timea.sharrad@carersbucks.org)**

## Confidence Building Workshop

When: Tuesday 5th August

Time: 10am -1pm

Where: Quarrendon Adult Learning Centre

This is for carers who feel they would benefit from learning techniques to help increase their confidence. **To book contact Bucks Adult Learning on 0845 045 4040 quoting the name of the workshop and course code Q2EC300AFM.**

## Stress Management Workshop

When: Thursday 7th August

Time: 10am - 1pm

Where: Quarrendon Adult Learning Centre

This workshop explains the causes of stress and looks at different techniques and life skills that can help deal with stress, such as time management, assertiveness, dealing with change and developing support networks. **To book contact Bucks Adult Learning on 0845 045 4040 quoting the name of the workshop and course code Q4EC310AF0.**

## Seated Yoga

When: Third Thursday of the month

Time: 3.30pm

Where: Pusey House, 9a Amersham Road, High Wycombe HP13 6PN

**To book contact Pusey House 01494 463198.**

## Practical Gardening Introduction

When: Wednesdays 6th August - 10th September

Time: 1.30pm - 2.30pm

Where: Hughenden Manor, High Wycombe HP14 4LA

Enjoy the therapeutic benefits of gardening in the company of other carers. This is a step by step introduction to garden design skills using plants to design your own planting schemes. Soil preparation, pruning and feeding plants in gardens will also be covered.

*"This course was very relaxing and enjoyable. The group was very friendly and I learnt lots".*

**To book, contact Bucks Adult Learning on 0845 045 4040 quoting Practical Gardening Introduction. Course Code B3GA34NAO**

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