

## Lasting Power of Attorney

**When: Tuesday 8th March Time: 11am-1pm Where: Aylesbury**

A Lasting Power of Attorney is a legal document that allows a person to appoint attorneys to act on their behalf if they lose their capacity to do so.

This session explains the different types of LPOA, why it is important to take one out and how to do so.

## Assertiveness Skills

**When: Friday 12th February Time: 10am-12.30pm Where: Aylesbury**

This workshop will explore what is meant by Assertiveness and will look at:

- Our communication styles
- How we can say what we would like to say in a calm and positive manner
- The importance of our body language
- An opportunity to talk through some situations you would like to deal with more assertively

***For more information or to book your place on any of the training sessions run by Carers Bucks, please contact Timea on 0300 777 2722 or [timea.sharrad@carersbucks.org](mailto:timea.sharrad@carersbucks.org)***

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



## Practical and Emotional Learning and Development Programme for Carers

### November 2015 - March 2016

Carers Bucks  
Ardenham Court  
Oxford Road  
Aylesbury  
HP19 8HT

0300 777 2722 *(local charge rate)*

[mail@carersbucks.org](mailto:mail@carersbucks.org)

[www.carersbucks.org](http://www.carersbucks.org)

[www.youngcarersbucks.org](http://www.youngcarersbucks.org)

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# CarersBucks

## Caring For You

Our six session 'Caring for You' programme aims to help carers make a positive difference to their life and that of the person they care for. You can book to come along to all six sessions or just the sessions that you are interested in. However carers that have attended the whole programme have said how helpful they have found it.

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

Our next programmes will run: **Aylesbury** on **Thursdays**, from **25th February to 31st March 2016, 10.30am - 1.30pm**

### **Session 1: 25th February** **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: 3rd March** **Getting The Help That You Need**

Look at what support carers and the person you care for can expect to receive from the local authority and NHS Trust. Also helps you look at getting the best from communicating with professionals.

### **Session 3: 10th March** **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: 17th March** **Money Matters and Resources**

Find out about the main benefits people may be entitled to and how to maximise your income.

### **Session 5: 24th March** **Managing the Stresses**

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

### **Session 5: 31st March** **Looking After Yourself**

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

**Dedicated to supporting carers**

# CarersBucks

## Seated Yoga

**When: Third Thursday of the month**

**Time: 3.30pm**

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

To book, please contact Pusey House on 01494 463198

## Planning for an Emergency

**When: Thursday 19th November Time: 7pm-9pm Where: Aylesbury**

**When: Tuesday 29th March Time: 2pm-4pm Where: Denham**

Have you considered what could happen if you were to suddenly become unable to carry out your caring role?

Putting an emergency plan in place can ease concerns for you and other family members and give you peace of mind about the future.

We will guide you through this process and help you to create an emergency plan. You may wish to bring with you your emergency numbers and contact details to help complete your emergency plan.

## How To Manage Behaviour That Challenges

**When: Wednesday 17th February**

**Time: 10.30am-1.30pm**

**Where: Wycombe**

This information session is for those caring for someone with Dementia, Parkinsons, MS or any illness that causes uncharacteristic behaviour. You may find this behaviour confusing, irritating or difficult to deal with, leaving you feeling stressed, irritable or helpless.

This 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.

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