



Camden Carers Centre

3rd Floor, 293-299 Kentish Town Road,
London NW5 2TJ

Tel: 020 7428 8950 www.camdencarers.org.uk
Email: info@camdencarers.org.uk

December 2011

Dear Carer

Re: Training Timetable – January-March 2012

Please find enclosed the above-mentioned Training Timetable. On the back of it there is a form for you to enter your contact details and any special requirements we should know about, to enable you to attend our training events. Please consider carefully which of the days and courses would be of most benefit to you, then put a tick in the box next to each one you wish to book.

On the reverse of this letter you will find a short description of the different training days or events which are offered, to help you to decide. Once you have ticked all the days you wish to attend on the main form, as a reminder to yourself, please also tick the boxes on the reverse of this letter **which you should then keep**.

Please send the completed original form, with your contact details entered on the back, to the Freepost address printed on it. You will receive a letter confirming your place on each day/course that you have selected approximately one week prior to the event, with full details and how to get to the venue.

I look forward to seeing you at an event very soon. If you would like any further information about the training days we offer, please contact Camden Carers Centre.

With best wishes,

Jill Pay

Jill Pay
Carers Training Coordinator
Mobile: 07508 420210
jill@camdencarers.org.uk

Training Events Information January–March 2012

Event/Course/Workshop	What it's about
Camden Crafty Carers Workshops <i>Friday 20th January</i> <i>Fri 17th February</i> <i>Fri 16th March</i>	These 3 hour workshops are an opportunity to relax together with other carers and engage in some creative work/play. You may do a collage, embroidery or knitting, paint, sculpt, make greetings cards – there are all sorts of possibilities. Carers who attended the Autumn 2011 sessions had a lot of fun making some wonderful pictures, knitting an amazing scarf and creating cards for loved ones. See our website page for examples of their creations.
Creative Writing at Bishopsgate Institute <i>From Monday 16th January</i>	Camden Carers Centre have been given this opportunity for 20 carers to work together for 8 weeks (one morning a week) on a creative writing project. As places are limited, please phone Deborah Knight to book your place – thank you.
Personal Planning for 2012 <i>Thursday 12th January</i>	This is a brand new one-day course for 2012! Together we will look at ways of planning the year and what we would like to achieve. Through group exercises, guided visualisations, specific planning and goal-setting techniques, you will have the opportunity to see your life differently for the coming year.
Dementia Carers Group <i>Weds 18th January</i> <i>Weds 15th February</i> <i>Weds 14th March</i>	The Dementia Carers Group will meet once a month. There will be an opportunity for inviting a speaker – from a specific service or organisation – to speak to the group and take questions; as well as the chance to catch up with each other, swap notes and give each other support.
Mental Health First Aid <i>Tues 22nd and Thurs 24th March</i>	This is a two-day certificated course which gives you the skills and understanding required to support someone who is having a mental health crisis. Open to all carers – please note: you must attend both days.
Stress-Buster & Pamper <i>Weds 25th January</i> <i>Sat 11th February</i>	A pampering day which gives you the opportunity to learn ways to unwind and take time out from your busy caring life.
It's All About Me for a Change <i>Three parts: 13th, 20th and 27th February (all Mondays)</i>	This 3-day course gives you the opportunity to look at your own life outside your caring role and explore ways to identify, maintain or even re-engage with activities which you enjoy.
Setting Healthy Boundaries - "Your Stuff - My Stuff" <i>Sat 10th March</i>	This is a two-day course in which we explore how to set healthy boundaries & identify ways in which we can take responsibility for ourselves and our own issues, without taking on board other people's, which can bog us down.
Not a Care in the World <i>Tues 27th March</i>	Nick Llewellyn facilitates this lively, drama-based day which carers have described as "taking them out of their comfort zone in a good way"! Supports you in building self-confidence and assertiveness.
Let Rip! Let Go! <i>Tues 6th March</i>	Alan Margolis and Jill Pay facilitate this day. What do you do with all those pent-up feelings? Come along and find out safe ways to "Let Go"!

Please keep this form safe - for your information.

Please note – if you require any further information on any of these days, please telephone Jill or Deborah at Camden Carers Centre. Also, please look out for notices of any other events which are not on the current schedule. We look forward to seeing you at a training event very soon! Camden Carers Centre – 020 7428 8950.