

BOOKING PLACES ON TRAINING COURSES

To book a place on any event, workshop or course, please use the appropriate Booking Form. This should be returned to FREEPOST RSES-EZGE-JCGA, Camden Carers Centre, 3rd Floor, 293-299 Kentish Town Road, London, NW5 2TJ. If need be, please contact the Carers Centre on 020 7428 8950 to request a Booking Form. Upon booking, you will receive a letter of confirmation with all the details of the event - venue, timing, what to bring, map with directions, etc.

SUPPORT FOR CARERS ATTENDING TRAINING

To encourage as many Camden Carers as possible to attend training opportunities, we offer sitting costs at the rate of £6 per hour for one looked-after person or child and £9 per hour for two or more people/children. We also refund the cost of fares to and from the training. Please note that you should normally use public transport (bus, tube) UNLESS it would be extremely difficult for you to attend, in which case we will pay mini-cab fares (please get the agreement of the Carers Centre prior to attending if this is the case).

and FINALLY ...

If you have any questions or comments regarding any aspect of the training Camden Carers Centre offers, or would like to attend a course but have a particular difficulty or support need - please let us know.

We very much look forward to seeing you on some training courses soon!



Camden Carers Centre

CARER TRAINING
Courses, Events & Workshops

January-April 2010

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

Telephone: 020 7428 8950

www.camdencarers.org.uk

SCHEDULE OF EVENTS - January-April 2010

Date	Time	Event
JANUARY 2010		
Sat 23 rd Jan	10.30am-3.30pm	Working Carers Pamper Day
Thurs 28 th Jan	10.00am-3.00pm	Stress Management & Relaxation Day
FEBRUARY 2010		
Tues 2 nd Feb	11.30am-2.30pm	Dementia Carers Pamper Day and Lunch
Thurs 4 th Feb	10.00am-3.00pm	It's All About Me for a Change - Day 1 of 3-Day Course
Tues 9 th Feb	11.00am-3.00pm	Dementia Carers Training - 5 th Course Session 1
Thurs 11 th Feb	10.00am-3.00pm	It's All About Me for a Change - Day 2 of 3-Day Course
Thurs 18 th Feb	10.00am-3.00pm	It's All About Me for a Change - Day 3 of 3-Day Course
Tues 23 rd Feb	11.00am-3.00pm	Dementia Carers Training - 5 th Course Session 2
Thurs 25 th Feb	10.00am-3.00pm	Assistive Technology & Safety in Moving & Handling
MARCH 2010		
Weds 3 rd March	10.00am-3.00pm	Mens Health Day
Tues 9 th March	11.00am-3.00pm	Dementia Carers Training - 5 th Course Session 3
Thurs 11 th March	10.00am-3.00pm	The Caring Relationship
Sat 13 th March	10.30am-3.30pm	<i>Not a Care in the World - Working Carers</i>
Tues 23 rd March	11.00am-3.00pm	Dementia Carers Training - 5 th Course Session 4
Tues 30 th March	11.00am-3.00pm	Dementia Carers Training - 5 th Course Session 5
Weds 31 st March	11.00am-2.30pm	Dementia Carers Group
APRIL 2010		
Thurs 15 th April	10.00am-3.00pm	Carers Rights & The Law
Sat 17 th April	10.30am-3.30pm	Carers Rights & The Law - Working Carers Day
Tues 20 th April	10.00am-3.00pm	Cook & Eat for Spring & Summer Health & Economy
Thurs 29 th April	10.00am-3.00pm	Stress Management & Relaxation Day

Please note that, whilst we will endeavour to maintain this Schedule, it may be subject to change - look out for the individual flyers with booking forms for the latest information. For up-to-date information on training, please contact Camden Carers Centre on 020 7428 8950, or check the website on www.camden carers.org.uk