

Carer Support Programme 2010 - Somerset

Location	January	February	March	April	May	June	July	August	September	October	November	December
Bridgwater	20, 27	3, 10						4,11,18,25				
Burnham					10, 17, 24	7						
Chard											2,9,16,23	
Frome							7,14,21,28					
Minehead							8,15,22,29					
Taunton		21, 28	4, 11		6,13,20,27			5,12,19,26			4,11,18,25	
Wells						3, 10, 17				5,12,19,26		
Wincanton			18, 25	4, 11								
Yeovil					28	4, 18, 25			30	14, 21, 28		
Carers Reunion						Monday 14						

- Week 1** The carer's role and basic first aid
- Week 2** Benefits advice and managing continence
- Week 3** Safer moving and handling and preventing falls
- Week 4** Stress management and relaxation skills

NB Each course comprises four mornings of three hours each: 10.30am – 1.30pm (including lunch)

To find out more information or to book your place, please contact Jude Glide on:

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