

The Carers of Children Support Programme (CCSP) 2009

Location	January	February	March	April	May	June
Burnham on Sea (Octopus Children Centre) 6-8pm			2, 9, 16, 23rd			
Minehead (St John Ambulance Division HQ) 11- 14.00				28th	7, 12 & 19th	
Street (Avalon School) 09.30- 14.00			17 & 24th			
Taunton Wooden Spoon House Taunton Opportunity Group 10 – 13:00						30th
Yeovil Fairmead School (10:15 – 13:15)						15,22,29th

Location	July	August	September	October	November	December
Bridgwater Location and Time TBC		21, 28th	5,12th			
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Taunton Wooden Spoon House Taunton Opportunity Group 10 – 13:00	7, 14, 21st					
Yeovil Fairmead School (10:15 – 13:15)	6th					

Sessions include:

- Introduction to care and basic first aid
- Benefits advice and managing continence
- Safer moving and handling and preventing falls
- Stress management and relaxation skills.

For more information or to book your place, please contact:

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