

Carer Support Programme 2010 - Somerset

Location	January	February	March	April	May	June	July	August	September	October	November	December
Bridgwater	20, 27	3, 10							6,13,20,27			
Burnham					10, 17, 24	7						
Chard		15, 22	1, 15								2,9,16,23	
Frome							7,14,21,28					
Minehead							8,15,22,29					
Taunton	21, 28	4, 11			6,13,20,27				2,9,16,23		4,11,18,25	
Wells						3, 10, 17	1		28	12,19,26		
Wincanton		cancelled										
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 Emily Lang on:

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