

## Carer Support Programme 2011 - Somerset

Location	January	February	March	April	May	June	July	August	September	October	November	December
Bridgwater	18,25	1,8							7,14,21,28			
Burnham		17,24	3,10									
Chard			8,15,22,29							6,13,20,27		
Frome						14,28	5,12					
Minehead						6,20,27	4					
Taunton	17,24,31	7			9,16,23		2		19,26	3,10	3,10,17,24	
Wells							17,14,21,28					
Wincanton					11,18,25		1			17,24,31	7	
Yeovil			7,14,21,28								1,8,15,22	
Carers Reunion						Monday 13						

**Week 1 Introduction & The Carer's Role**

**Week 2 First Aid & Preventing Falls**

**Week 3 Safer Moving and Handling, Continence & Benefits**

**Week 4 Dementia & Stress Management**

**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:**

**T 01278 726748**

**E [Emily.Lang@somerset.sja.org.uk](mailto:Emily.Lang@somerset.sja.org.uk)**

**[www.somerset.sja.org.uk](http://www.somerset.sja.org.uk)**

**St John Ambulance Somerset, St John House, Woodlands Court Business Park, Bristol Road Bridgwater TA6 4FJ**

