



The Princess Royal Trust
for Carers

Carers Training Programme

Last updated: 16 July 2008

Richmond Carers
Centre

Autumn
2008

The following training & information workshops are available FREE to all carers currently registered with Richmond Carers Centre (RCC). If you are interested in any of the information workshops listed below, please contact Richmond Carers Centre on 020 8867 2386 or primarycare@richmondcarers.org to book your place.

There is a maximum of 15 places available on each session, where this does not apply, the number of places is noted below. **Please complete the booking form overleaf & return to RCC.**

If you are not registered with us, but would like to do so, please do not hesitate to get in contact with us and we can assist you with your registration.

Date & Time	Workshop Title	Venue	Brief Description
Tuesday 9 th September 10.15am-12.30pm	Understanding Dementia	RCC 5 Briar Road Twickenham TW2 6RB	An Information workshop provided by Dr. Baheerathan a Consultant Psychiatrist that will provide carers with an understanding of dementia.
Tuesday 16 th September 12.30pm-2.30pm	Back Care & Spinal Health	RCC 5 Briar Road Twickenham TW2 6RB	An information workshop run by Hounslow Back to Health Chiropractic Clinic providing information & advice on looking after your back & safe lifting & moving of your cared for.
Thursday 25 th September	MS	RCC 5 Briar Road Twickenham TW2 6RB	An information workshop that will provide carers an overview of MS, its signs, symptoms and other information about the condition.
Tuesday 30 th September 10.15am-12.30pm	Epilepsy	RCC 5 Briar Road Twickenham TW2 6RB	An information workshop that will provide carers an insight into epilepsy for themselves or the person they provide care for.
Wednesday 1 st October 10.15am-12.30pm	Managing Aggression	RCC 5 Briar Road Twickenham TW2 6RB	An information workshop that will show carers how to manage the aggression of other people & also their own aggression.
Thursday 2 nd October 10.15am-12.30pm	How to Complain	RCC 5 Briar Road Twickenham TW2 6RB	An information workshop that will provide carers with an insight into the complaints procedure of LBRuT and Richmond and Twickenham PCT.
Tuesday 7 th October 10.15am-12.30pm	Deaf Awareness	RCC 5 Briar Road Twickenham TW2 6RB	An information workshop that will inform carers, and increase their awareness of deafness and hearing impairment.
Tuesday 21 st October 10.15am-12.30pm	How to Write a Will	RCC 5 Briar Road Twickenham TW2 6RB	An information workshop facilitated by DeedSafe Wills & Legal Services that will provide carers with the necessary information about writing a will.
Thursday 6 th November 10.15am-12.30pm	Depression in Older People	RCC 5 Briar Road Twickenham TW2 6RB	An information workshop that will provide carers an insight into depression in older people.

Training programme continued over page

Booking Form. Please tick the sessions that you would like to attend.

- | | | |
|---|--|---|
| Depression in older people <input type="checkbox"/> | Deaf Awareness <input type="checkbox"/> | Understanding Dementia <input type="checkbox"/> |
| MS <input type="checkbox"/> | Epilepsy <input type="checkbox"/> | Managing Aggression <input type="checkbox"/> |
| How to Complain <input type="checkbox"/> | How to write a will <input type="checkbox"/> | Moving & Handling <input type="checkbox"/> |
| Stroke <input type="checkbox"/> | Managing Medication <input type="checkbox"/> | |

Name: _____ Address: _____

Tel No: _____

E-mail: _____ Signed: _____

I am/am not registered with RCC (Please delete as appropriate.)

I would like to register with RCC

Please return to: **FREEPOST RRKZ-TTCE-RYES, Richmond Carers Centre, 5 Briar Road, Twickenham. TW2 6RB OR telephone 020 8867 2386 to make a telephone booking**

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Tuesday 11 th November 10.15am-12.30pm	Moving & Handling	RCC 5 Briar Road Twickenham TW2 6RB	An information workshop that will provide carers with safe practical ways to move and lift the person they care for. This workshop will also illustrate to carers how certain aids can be used when moving a person.
Tuesday 25 th November 10.15am-12.30pm	Stroke	RCC 5 Briar Road Twickenham TW2 6RB	An information workshop for carers that will inform them about stroke, the support services that are local and other information that is helpful when living with someone who has had a stroke.
Thursday 27 th November 10.15am-12.30pm	Managing Medication	RCC 5 Briar Road Twickenham TW2 6RB	An information workshop facilitated by a community pharmacist that will provide carers an overview of how medication gets into the body, different types of medication and their applications.
Friday 5 th December	Carers Rights Day	Further Details to follow	

RICHMOND CARERS CENTRE TRAINING PROGRAMME DONATION SLIP

All money donated to the training programme will ONLY be used to fund training for carers,

Full Name: _____

Address: _____

Post Code _____

I would like to donate the sum of £_____ and enclose a cheque payable to Richmond Carers Centre. (Please do not send money by the post)

If you would like to make a donation and are a UK taxpayer, then we would ask that you complete the Gift Aid Declaration. This will enable us to reclaim tax on your gift (currently 28p for each pound).

Gift Aid Declaration: I am a UK taxpayer/ I am not (*delete as appropriate*) a UK taxpayer and wish any donations I make to Richmond Carers Centre from the date on this declaration to be treated as Gift Aid donations, unless I notify you otherwise.

Signature: _____ Date: _____

NB. You must pay enough Income Tax and/or Capital Gains Tax during the year at least equal to the amount that we reclaim. If you are a higher rate taxpayer you can claim further tax relief through your self assessment tax return.