

Registration form

Please complete this form,
fold in half, moisten to seal
and post. No stamp is needed.

Mr/Mrs/Miss/Ms: First name:

Last name:

Address:

.....

..... Postcode:

Telephone: Mobile:

Email:

What are your current caring responsibilities? (e.g. who you care for)

.....

.....

Do you need support to attend the course? (e.g. someone to be with the person you care for whilst you attend the course?) ☐ Yes ☐ No

Which session(s) are you interested in?: Memory: ☐ Safeguarding: ☐

Juggling Time: ☐ Healthy Eating: ☐ Resilience: ☐

Preferred location: Huddersfield ☐ Dewsbury ☐ Holmfirth ☐

Are you interested in becoming a volunteer tutor? ☐ Yes ☐ No

Where did you hear about this course?

Friend / relative ☐ Care Navigation ☐ GP Surgery (which surgery?) ☐

.....

Community/voluntary organisation ☐ Health Trainer ☐ Hospital ☐

Gateway to care ☐ Social Worker ☐ Carers Count ☐

Other, if so please give details

Office use only

Date received: Referral by:

4 Safeguarding “Everyone’s Business” - to protect adults at risk from abuse and neglect

This session would benefit all carers, whether living with the person you care for or not, or if the person you care for is in supported living. It explores the different forms of safeguarding and how you can support the person you care for to live a fuller life - as well as how and when safeguarding concerns should be reported. It will cover:

- different forms of abuse and neglect
- why safeguarding includes supporting the person you care for to access health and social care
- exploring good and bad practices and experiences
- identifying where abuse and neglect can occur
- how safeguarding concerns can be reported.

5 Healthy Eating and Nutrition

This session will provide a guide to making healthier eating choices, through an understanding of the impact of food and nutrition on our bodies and mind. The session will be beneficial for carers and people who have long term health conditions. It will cover:

- healthy eating guidelines and choices
- identifying and overcoming barriers that prevent us from eating healthily
- the new Eatwell plate and the five main food groups
- practical tips to maintain a healthy diet
- busting common myths.

Carers who have attended our Carer Journey Session have said:

“It’s been an opportunity to think and reflect about me, my life and caring role and the changes I now need to make. Thank you”

“A very interesting, thought provoking session”

“An excellent, informative session - most useful and interesting”

We also run the Looking after Me course which is a 7 week self-management course for carers. Please contact us for further information.

For more information and details of the next session contact the Health Trainer Service...

Call: 01484 414774 select option 3

Email: lookingafterme@kirklees.gov.uk

Visit: www.kirklees.gov.uk/lookingafterme

Online form: www.kirklees.gov.uk/lamenquiryform

December 2016

Free sessions for
unpaid carers

Carer Journey
Sessions

Do you look after someone?

Would you like to feel more in control?

Then one of our short, informative
Carer Journey Sessions could be for you!

Kirklees
COUNCIL

Do you look after a family member, partner or neighbour in need of help because they are ill, frail, have memory problems, mental ill-health, a disability or a drug or alcohol problem?

Alongside our successful Looking after Me course, we now have five additional Carer Journey Sessions to support you in your caring role.

The Group Sessions delivered in Huddersfield and Dewsbury, are aimed at sharing useful information, coping skills, experiences and strategies to support carers in their caring role and improve their emotional and physical well-being.

To attend, we ask that the person you are 'caring for' is living in Kirklees. If you are receiving PIP or carers attendance allowance, you are eligible to attend our sessions.

“Really good session, giving us tools and powers to deal with our caring role”

The Group Sessions

1 Caring for someone with memory loss, which is not a result of Alzheimer's or Dementia.

This session would be beneficial for those caring for someone with memory loss which may not be a result of Alzheimer's or Dementia, or those who are awaiting diagnosis. It will cover:

- different causes of memory loss
- behaviours associated with memory loss
- affects of memory loss
- coping strategies for carers
- support services for both carers and the person they care for.

2 Building Resilience - coping positively with the ups and downs of caring for someone

This session would benefit all carers, regardless of what stage of caring they may be at or how long they have been caring. It will cover:

- acceptance of roles and the caring situation
- managing change
- overcoming difficulties and challenges
- becoming emotionally aware
- strategies to maintain and improve health and well-being
- local and national support services.

3 Juggling Time as a Carer

This session will explore strategies and tools that can be used to help manage the daily challenges of balancing your caring role, as well as other responsibilities and commitments. It will cover:

- identifying conflicting demands
- adopting a flexible approach to managing time
- time management strategies and tools
- exploring “Where does all my time go?”

Morning and afternoon sessions are running throughout the year at Huddersfield and Dewsbury Town Hall. Please contact us for more information.

Carer Journey sessions Calendar 2017											
Memory session Building resilience session Juggling time session Safeguarding session Healthy eating session											
January											
Wk	S	M	T	W	T	F	S	Wk	S	M	T
1	1	2	3	4	5	6	7	5			
2	8	9	10	11	12	13	14	6	5		
3	15	16	17	18	19	20	21	7	12	13	14
4	22	23	24	25	26	27	28	8	19	20	21
5	29	30	31					9	26	27	28
February											
Wk	S	M	T	W	T	F	S	Wk	S	M	T
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					8	9	10	11			
					15	16	17	18			
					22	23	24	25			
					29	30					
March											
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	10	5	6	7	8	9	10	11			
	11	12	13	14	15	16	17	18			
	12	19	20	21	22	23	24	25			
	13	26	27	28	29	30	31				
April											
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	15	9	10	11	12	13	14	15			
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	17	23	24	25	26	27	28	29			
	18	30									
May											
Wk	S	M	T	W	T	F	S	Wk	S	M	T
18		1	2	3	4	5	6	22			
19	7	8	9	10	11	12	13	23	4	5	
20	14	15	16	17	18	19	20	24	11	12	13
21	21	22	23	24	25	26	27	25	18	19	20
22	28	29	30	31				26	25	26	27
June											
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July											
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August											
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September											
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35						1	2	40	1	2	3
36	3	4	5	6	7	8	9	41	8	9	10
37	10	11	12	13	14	15	16	42	15	16	17
38	17	18	19	20	21	22	23	43	22	23	24
39	24	25	26	27	28	29	30	44	29	30	31
October											
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November											
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December											
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							29	52	24	25	26
								53	31		

“Carer Journey Sessions are short, powerful, informative sessions to support carers like you”

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No stamp required

Carer Journey Session
Freepost RTHS-EUEY-ZYCB
Ground Floor North
Civic Centre 1
High Street
Huddersfield
HD1 2NF