

Stockport Council's Free training for Unpaid Carers

Stockport Council is committed to providing high quality, accessible and enriching training experiences for unpaid carers. We continue to consult with unpaid carers about their training needs, which is reflected in the range of courses now on offer. Our courses are designed to enhance life skills, help those who wish to return to work and provide skills to support you in your caring role. Courses usually close about 3 weeks before the start date and **pre booking is essential**. Places are allocated on a first come first serve basis. Carers need to be over 18 and care for someone over 18.

Unpaid Carers Training Schedule for February – July 2012

Monday 06/02/2012 Or Friday 11/05/2012	Aromatherapy & Hand Massage (Taster Session)	1 st Floor, Charter House Stockport , SK1 3SH	1.30 – 4.00
Friday 17/02/2012 Or Monday 28/05/2012	Aromatherapy & Hand Massage (Follow on full day) Must have attended a previous taster session		10.00 – 4.00
Tuesday 07/02/2012 Or Wednesday 23/05/2012	Valuing Time Identify how you as an individual use time and learn how to play to your strengths	Fred Perry House Edward Street, Stockport, SK1 3UR	1.30 – 4.30
Wednesday 08/02/2012 Or Wednesday 02/05/2012	Developing Resourceful States (Taster) Neuro-Linguistic Programming (NLP) is a model for self-development that seeks to help us change our perceptions of things.	Fred Perry House Edward Street, Stockport, SK1 3UR	1.30 – 3.30
Thursday 23/02/2012 Or Tuesday 22/05/2012	Developing Resourceful States (Follow on Full Day) Consolidate and build upon your previous learning Must have attended a taster session previously		10.00 - 3.30
Monday 13/02/2012 Or Monday 14/05/2012	Laughter Therapy Workshop	Cheadle Library Ashfield Road Cheadle, SK8 1BB Fred Perry House Edward Street, Stockport, SK1 3UR	1.30 - 3.30 1.30 – 3.30

Wednesday 15/02/2012 Or Wednesday 16/05/2012	Eat Well, Move More, Live Longer Learn how small changes to diet and activity can make a big difference to your health	Disability Stockport, High St, Stockport SK1 1EG	10.00 – 1.00 10.00 - 1.00
Monday 20/02/2012 Or Monday 11/06/2012 Monday 27/02/2012 Or Monday 18/06/2012 Monday 5/03/2012 Or Monday 25/06/2012	Living with Technology – 3 part course For those who already have a basic knowledge of computers or have attended the taster session for Computers for the Terrified, Photostory and/or Email/internet . Consolidate the knowledge and take it further. Week 1: How to manage your files and folders effectively Week 2: Using the Internet and Email to send attachments (e.g. how to resize a photograph to send as an attachment) Week 3: Using Photostory to bring your digital photographs alive Please note February dates and June dates cannot be combined	Bridgehall Community Centre, Siddington Avenue, Bridgehall, Stockport, SK3 8NR	1.30 - 3.30 1.30 - 3.30 1.30 - 3.30
Monday 20/02/2012	First Aid Training Level 1	Fred Perry House Edward Street, Stockport, SK1 3UR	1.30 - 3.00
Tuesday 21/02/2012	Mental Capacity Act & Benefits Advice	Fred Perry House Edward Street, Stockport, SK1 3UR	10.00 -12.00
Wednesday 07/03/2012	Personal Budgets & Direct Payments	Fred Perry House Edward Street, Stockport, SK1 3UR	1.30 - 3.30
Monday 12/03/2012 Or Friday 08/06/2012	Managing Stress	Fred Perry House Edward Street, Stockport, SK1 3UR	1.00 - 4.00

Wednesday 14/03/2012	Safeguarding Adults Find out more about Stockport Council's Safeguarding Adults Policy	Fred Perry House Edward Street, Stockport, SK1 3UR	1.30 – 4.00
Friday 16/03/2012 Or Friday 15/06/2012	Learn How to Relax – 3 week short Course for those who have attended the 'Taster Sessions'. Week 1 – Unwind the body and mind	1 st Floor, Charter House Stockport SK1 3SH	1.30 - 4.00
Friday 23/03/2012 Or Friday 22/06/2012	Week 2 – The therapeutic benefits of calm and self help for better sleep		1.30 - 4.00
Friday 30/03/2012 Or Friday 29/06/2012	Week 3 – Positive thinking and self help strategies Please note March and June dates cannot be combined		1.30 - 4.00
Thursday 22/03/2012 Or Wednesday 13/06/2012	Paper Mosaic	Disability Stockport, High St, Stockport SK1 1EG Fred Perry House Edward Street, Stockport, SK1 3UR	2.00 – 4.00 10.00-12.00
Tuesday 27/3/2012	Understanding Behavior Brain, behavior and beyond in dementia	Fred Perry House Edward Street, Stockport, SK1 3UR	10.00 – 1.00
Wednesday 28/03/2012 Or Monday 23/06/2012	I'M OK, You're OK The importance of Assertive Communication	Fred Perry House Edward Street, Stockport, SK1 3UR	10.00 - 12.30
Monday 02/04/2012	Learn How to Relax Taster Session	Fred Perry House Edward Street, Stockport, SK1 3UR	10.00-12.30
Monday 23/04/2012	Understanding Self Identify your personality type	Fred Perry House Edward Street, Stockport, SK1 3UR	9.30 -12.30

Wednesday 18/04/2012	Computers for the Terrified Taster Session	Bridgehall Community Centre, Siddington Avenue, Bridgehall, Stockport, SK3 8NR	10.00 -12.00
Thursday 19/04/2012	Moving & Positioning How to protect your back	Stockport College SK1 3UQ	10.00- 2.00
Friday 13/04/2012	Art with Heart Painted Pebbles	Fred Perry House Edward Street, Stockport, SK1 3UR	10.00-12.00
Tuesday 24/04/2012	Mindfulness Stop Doing and Start being	Fred Perry House Edward Street, Stockport, SK1 3UR	10.00-3.30
Wednesday 25/04/2012	Internet/Email Taster Session	Bridgehall Community Centre, Siddington Avenue, Bridgehall, Stockport, SK3 8NR	10.00-12.00
Tuesday 03/04/2012	Asthma Awareness Training	Fred Perry House Edward Street, Stockport, SK1 3UR	10.00 - 11.30
Tuesday 15/05/2012	Unpaid Carer Training Network Discuss your training needs as a carer and give feedback on any previous training and take part in our surprise workshop	Fred Perry House Edward Street, Stockport, SK1 3UR	10.00-12.30
Tuesday 08/05/2012	Applying personality type (MBTI – Myers Briggs) to dealing with pressure	Fred Perry House Edward Street, Stockport, SK1 3UR	10.-12.30
Tuesday 15/05/2012	Effective Communication to Assist with Behaviour (Not dementia)	Fred Perry House Edward Street, Stockport, SK1 3UR	9.30 – 12.30
Tuesday 17/07/2012	The Declutter Bug How to create a resourceful state so you can start to de clutter your life.	Fred Perry House Edward Street, Stockport, SK1 3UR	1.00-4.00

**Courses shaded in grey form part of a
Personal Development Programme for Unpaid Carers
'COPING WITH CARING'.
Attend 4 or more of these sessions to qualify for a certificate**

If you require more detailed information on any of the courses please telephone Julie Gibson on 07527 387374 218 1771.

For a place please apply by phone, e mail, fax or in writing as below:

Please return to Staff Development, 3rd Floor Stopford House, SK1 3XE

Email staffdev@stockport.gov.uk

Phone: 0161 218 1771

Fax no 0161 480 3497

Venue addresses in full

Fred Perry House, Edward Street, Stockport, SK1 3UR

Bridgehall Community Centre, Siddington Avenue, Bridgehall, Stockport, SK3 8NR

Stockport College, Wellington Road South, Stockport, SK1 3UQ

Disability Stockport, 23 High St, Stockport SK1 1EG

Charter House, (1st Floor), Norbury Street, Stockport , SK1 3SH