

OUR CARER TRAINING PROGRAMME

We recognise and value your dedication in your vital caring role. You will be able to meet and share experience with other carers; learn in a safe environment and have access to subject experts where you will be able to gain advice and support. The programme will provide you with a better understanding of your rights as a carer and will help to support your own wellbeing by giving you some ideas and information about looking after yourself and dealing with the stresses of your caring role.

You can see everything that the courses have to offer below.

DAY 1 THURSDAY 18 MAY

Wishing Well, Jubilee
House, St Paul's Street,
Crewe, CW1 2QA

AM: 10:30am - 12:00pm

Infection and prevention control and the
safe handling of medication.

PM: 12:30pm - 2:30pm

Basic food safety, nutrition and fire safety
in the home.

DAY 2 THURSDAY 15 JUNE

Wishing Well, Jubilee
House, St Paul's Street,
Crewe, CW1 2QA

AM: 10:30am - 12:00pm

The benefits of getting a Carers'
Assessment, looking after your health and
wellbeing.

PM: 12:30pm - 2:30pm

Scam awareness, safeguarding concerns
and mental capacity awareness.

DAY 3 FRIDAY 25TH AUGUST

St Michaels Church,
Market Place,
Macclesfield, SK10 1DY

AM: 10:30am - 12:00pm

Infection control, prevention control and
the safe handling of medication.

PM: 12:30pm - 2:30pm

Basic food safety, nutrition and fire safety
in the home.

DAY 4

FRIDAY 8 SEPTEMBER

St Michaels Church,
Market Place,
Macclesfield, SK10 1DY

AM: 10:30am - 12:00pm

Emergency First Aid.

PM: 12:30pm - 2:30pm

Manual Handling.

DAY 5

WEDNESDAY 11 OCTOBER

Congleton Library,
Market Square,
Congleton, CW12 1ET

AM: 10:30am - 12:00pm

The benefits of getting a Carers' Assessment, looking after your health and wellbeing.

PM: 12:30pm - 2:30pm

Scam awareness, safeguarding concerns and mental capacity awareness.

DAY 6

WEDNESDAY 18 OCTOBER

Congleton Library,
Market Square,
Congleton, CW12 1ET

AM: 10:30am - 12:00pm

Emergency First Aid.

PM: 12:30pm - 2:30pm

Manual Handling.

Booking is essential, please call us on **0300 303 0208** or email: **enquiries@cheshireeastcarershub.co.uk**. We will confirm your place by telephone. If your circumstances change and you are no longer able to attend, please let us know.

Parking charges and travel to venues will not be reimbursed.

Each day includes a 30 minute gap where a light lunch will be provided.

