

## Free Training & Courses Now Booking

Take a look at our latest training programme. All courses are free to attend for Carers registered at the Centre. To request a place simply call us on **01744 677 335** or complete the online request form on our website [www.sthelenscarers.org.uk](http://www.sthelenscarers.org.uk) or **pop into the centre**.

Detailed instructions will be sent to you once your place is confirmed. All we ask is that you confirm your place, or let us know if you can't attend – that way we can offer your place to another carer, most courses have waiting lists!

<p><b>Digital Skills (ipads/tablets/ smartphones)</b></p>	<p><b>3 week course :</b> <b>Tuesdays 7th, 14th, 21st May - 1.30pm – 4.00pm</b> Want to improve your skills to access the web and online services safely? Learn how to use a tablet/ipad/phone to access the web &amp; navigate safely to complete online forms, communicate &amp; keep in touch via email – ipads will be provided for the course. Delivered by St Helens Council Adult &amp; Community Learning Team.</p>
<p><b>Hand Made Cards</b></p>	<p><b>Thursday 9th May : 1.00pm – 3.30pm</b> Make your own, personalised Cards! Our skilled craft tutor will provide all the materials and instructions required to make your own cards. No skills necessary! Meet other carers, have a cuppa &amp; get creative!</p>
<p><b>The Culture Guides with St Helens Council Arts Service</b></p>	<p><b>Friday 10th May 2019 : 10am – 12noon</b> Working very closely with Gary Conley Cultural Coordinator, in this session you can find out more about local culture and how it can be accessed with a view to forming a Cultural Group with a volunteer Culture Guide. These include professional art venues, theatres, art exhibitions, concerts, performances, culture, heritage, and museums. The group will aim to motivate and inspire others along with trying to identify barriers to public involvement and develop appropriate solutions. If you would like to find out more before booking your place on this session, please come along to our Tea &amp; Toast morning on Tuesday 30th April 10am – 12noon, where Gary Conley will be in attendance to offer more information.</p>
<p><b>Cook &amp; Taste</b></p>	<p><b>3 Week Course : Mondays 13th,20th May &amp; 3rd June : 10am-11.30am</b> Improve your cooking skills, learn healthy cooking methods, menu planning, cooking on a budget. All ingredients utensils and apron provided, plus the opportunity to sit down and eat what you made – or take it home to freeze! Delivered by St Helens Council Healthy Living</p>

<b>Relaxation Techniques</b>	<p style="text-align: center;"><b>Thursday 23rd May : 1.30pm-3.30pm</b></p> <p>Need to relax more, but don't know how to? Our qualified holistic therapist will teach you lifelong skills to help you relax and achieve a greater feeling of wellbeing.</p>
<b>Every Day First Aid</b>	<p style="text-align: center;"><b>Friday 24th May : 10.00am – 12.30pm</b></p> <p>Would you know what to do if someone was choking, had a stroke or stopped breathing? Would you know how to resuscitate someone, or use a defibrillator? Come on this fun, short, interactive workshop and learn what to do in various emergency situations.</p> <p style="text-align: center;">Delivered by the British Red Cross.</p>
<b>Gentle Fitness Taster</b>	<p style="text-align: center;"><b>Tuesday 28th May : 1.30pm-2.45pm</b></p> <p>Want to get fitter and enjoy exercise, but you don't know where to start? How about a gentle fitness taster, a 1 hour, fun, low intensity circuit class – suitable for most levels of ability, delivered by Sharon (Nixon Fitness), to kick start your fitness journey?</p>
<b>Dementia Awareness</b>	<p style="text-align: center;"><b>Thursday 30th May : 1.00pm-3.30pm</b></p> <p>Gain a greater understanding of Dementia and how to support and communicate with the people you care for. Meet other carers in a similar situation &amp; have a cuppa &amp; a chat!. Delivered by a facilitator from St Helens Council Adult &amp; Community Learning Team.</p>
<b>Dementia Journey</b>	<p style="text-align: center;"><b>4 session course:</b></p> <p style="text-align: center;"><b>Thursdays, 20th &amp; 27th June, 4th &amp; 11th July - 1.00pm-3.30pm</b></p> <p>Learn what dementia is, how to support someone to live their life as fully as possible and living with dementia. The course covers topics such as communication, eating and activities, but the course is tailored to &amp; centred around the needs of the carers attending. Delivered by a facilitator from St Helens Council Adult &amp; Community Learning</p>
<b>Cook &amp; Taste</b>	<p style="text-align: center;"><b>3 session course</b></p> <p style="text-align: center;"><b>Mondays 24th June &amp; 1st, 8th July</b></p> <p style="text-align: center;"><b>10.00am-11.30am</b></p> <p>Improve your cooking skills, learn healthy cooking methods, menu planning, cooking on a budget. All ingredients utensils and apron provided, plus the opportunity to sit down and eat what you made – or take it home to freeze!</p> <p style="text-align: center;">Delivered by St Helens Council Healthy Living Team.</p>

<p><b>Digital Skills (ipads/tablets/ smartphones)</b></p>	<p style="text-align: center;"><b>3 session course</b>  <b>Tuesdays 25th June, 2nd &amp; 9th July</b>  <b>1.30pm – 4.00pm</b></p> <p>Want to improve your skills to access the web and online services safely? Learn how to use a tablet/ipad/phone to access the web &amp; navigate safely to complete online forms, communicate &amp; keep in touch via email – ipads will be provided for the course. Delivered by St Helens Council Adult &amp; Community Learning Team.</p>
<p><b>Gentle Fitness Taster</b></p>	<p style="text-align: center;"><b>Wednesday 26th June : 1.30pm-2.45pm</b></p> <p>Want to get fitter and enjoy exercise, but you don't know where to start? How about a gentle fitness taster, a 1 hour, fun, low intensity circuit class – suitable for most levels of ability, delivered by Sharon (Nixon Fitness), to kick start your fitness journey?</p>
<p><b>Spa Experience: Reflexology Taster</b></p>	<p style="text-align: center;"><b>Monday 1st July : 1.00pm – 3.00pm</b></p> <p>Performed on the feet using gentle massage and pressure, stimulating movement of energy along neural pathways promoting deep relaxation, both physical and emotional benefits Demonstration &amp; explanation from a master, followed by practice session if time allows</p>
<p><b>My Turn</b></p>	<p style="text-align: center;"><b>Wednesday 10th July : 10.00am - 3.00pm</b>  <b>(includes sandwich lunch)</b></p> <p>Designed to help you build a positive mindset and overcome barriers to change, build confidence &amp; set goals to build a positive future.</p>
<p><b>Habits of Happiness - Mental Health Conditions Explained</b></p>	<p style="text-align: center;"><b>Monday 15th July</b></p> <p>Two short one hour taster sessions about mental health delivered by Lancashire Care NHS Trust's "Mindmatter" service book one or both!</p> <p><b>Habits of Happiness – 10.00am-11.00am</b>  Interactive session focussing on the 7 steps to improved wellbeing, encouraging you to acknowledge the positivity already present in your life with guidance on how to cultivate further happiness</p> <p><b>Common Mental Health Problems Explained – 11.30am-12.30pm</b>  Information about common mental health problems such as anxiety and depression. How you can help yourself and how Mindmatter can help you. There will be time at the end for a Question &amp; Answer Session.</p>

<p><b>Mental Health Awareness</b></p>	<p style="text-align: center;"><b>2 session course</b>  <b>Thursday 18th &amp; 25th July : 1.00pm – 3.30pm</b></p> <p>If you care for someone with a mental health issue, this course will help develop your awareness, understanding and coping strategies, plus the chance to meet other carers. Learn more about the carer support and training available from North West Boroughs Healthcare, whose expert delivers this training.</p>
<p><b>Every Day First Aid</b></p>	<p style="text-align: center;"><b>Friday 19th July : 10.00am – 12.30pm</b></p> <p>Would you know what to do if someone was choking, had a stroke or stopped breathing? Would you know how to resuscitate someone, or use a defibrillator? Come on this fun, short, interactive workshop and learn what to do in various emergency situations.</p> <p style="text-align: center;">Delivered by the British Red Cross</p>
<p><b>Spa Experience: Indian Head Massage</b></p>	<p style="text-align: center;"><b>Wednesday 24th July : 1.30pm-3.30pm</b></p> <p>Learn this wonderfully relaxing massage based on the Ayurveda system of healing, practiced for over a thousand years. Relaxing, but also stimulating and invigorating! Reduces stress, encourages relaxation, elevates mood – creates a feeling of balance and calm</p>
<p><b>Decoupage</b></p>	<p style="text-align: center;"><b>Thursday 1st August : 1.00-3.30pm</b></p> <p>Get creative and learn how to apply decorative paper to objects, have a cuppa &amp; meet new friends.</p> <p style="text-align: center;">All materials provided - take your creation home with you!</p>
<p><b>Stay Safe Online &amp; Scam Awareness</b></p>	<p style="text-align: center;"><b>Monday 5th August</b></p> <p><b>Stay Safe Online - 10.00am – 11.00am</b></p> <p>Do you know how to stay safe online? This short interactive info &amp; advice session from Merseyside Police will cover topics such as passwords, fraud, emails, social media &amp; security online – all the things you should be considering, but maybe aren't.</p> <p><b>Scam Awareness – 11.15am-12.15pm</b></p> <p>Information about current, common local and national scams and how to avoid being duped. Delivered by an Officer from Merseyside Police Economic Crime Team</p>

<p><b>Wills &amp; Probate</b></p>	<p><b>Wednesday 14th August : 10.30am – 12.30pm</b>  St Helens Solicitors Forster Dean will discuss and give advice on making wills and dealing with probate issues plus chance for brief Q&amp;A, if time allows.  Sandwich lunch for those also attending the Power of Attorney course later in the day</p>
<p><b>Power of Attorney &amp; Deputyship</b></p>	<p><b>Wednesday 14th August : 1.00pm – 3.00pm</b>  St Helens Solicitors Forster Dean will be discussing all aspects of this complex and often confusing legal framework with case studies, plus chance for brief Q&amp;A, if time allows. Sandwich lunch for those also attending the Wills &amp; Probate course earlier in the day.</p>
<p><b>Spa Experience: Massage Techniques</b></p>	<p><b>Thursday 15th August : 1.30pm-3.30pm</b>  Learn the techniques from our qualified therapist to do your own mini massages at home! Informal session with practice on hands and shoulders for those who want to.</p>
<p><b>My Turn</b></p>	<p><b>Wednesday 10th July : 10.00am - 3.00pm (includes sandwich lunch)</b>  Designed to help you build a positive mindset and overcome barriers to change, build confidence &amp; set goals to build a positive future.</p>
<p><b>Hand Made Cards</b></p>	<p><b>Thursday 22nd August : 1.00pm – 3.30pm</b>  Make your own, personalised Cards! Our skilled craft tutor will provide all the materials and instructions required to make your own cards. No skills necessary!  Meet other carers, have a cuppa &amp; get creative!</p>



## Tea & Toast Carer Drop in...

Don't forget that every Tuesday - Anytime between 10am and 12noon, you can drop into our Carer Clubhouse, opposite St Helens Town Hall and take the weight off your feet for a chat, cuppa and help yourself to some toast! Meet with other carers in an informal setting.