



The Princess Royal Trust
St Helens Carers Centre

Training & Leisure Courses / Opportunities

If you would like to book a place on any of these courses please complete the form and return it to me at the FREEPOST address at the end. I will then contact you to let you know if you have been allocated a place. If you are unsuccessful this time I can put your name on the waiting list for a cancellation or the next course.

Course	Date/s	Time/s	No. of Sessions	Description	Tick to book
Benefits Awareness	Wednesday 4 th November	10am-12pm	1	An insight into the benefits you may be able to claim	
Iced Plaques	Wednesday 4 th & 11 th November	1.30-3.30	2	Make your own Festive Iced plaques to decorate your seasonal fayre	
First Aid	Thursday 5 th November	9.45-12.45	1	Information and advice on how to deal with accidents in the home	
Reiki Workshop	Thursday 12 th November	10am-1pm	1	Learn about Reiki, an ancient Japanese art that can promote self-healing and relaxation	
Iced Plaques	Wednesday 18 th & 25 th November	1.30-3.30	2	Make your own Festive Iced plaques to decorate your seasonal fayre	
Jewellery Making	Monday 23 rd November	1.30-3.30	1	Learn to make your own hand crafted jewellery	
Caring With Confidence	Wednesday 25 th November then each Wednesday		7	Covers all aspects of Caring giving you skills and confidence to make a positive difference to your life.	
Reiki Level 1	Thursday 26 th November, 3 rd & 10 th December	10am-1pm	3	For those who have attended the Reiki workshop	
Jewellery Making	Monday 30 th November	1.30-3.30	1	Learn to make your own hand crafted jewellery	
Flower Arranging	Friday 4 th December	10am-12pm	1	Produce a decorative festive flower arrangement for your holiday table.	
Basic Internet Skills	Monday 7 th , 14 th & 21 st December	1.30-3.30	3	From getting access to the web to using search engines to find the information you want.	
Flower Arranging	Friday 11 th December	10am-12pm	1	Produce a decorative festive Flower Arrangement for your holiday table	
Benefits Awareness	Tuesday 15 th December	10am-12pm	1	An insight into the benefits you may be able to claim	

Your name: _____

Your address: _____

Please drop this form at the Carers Centre or mail to: Peter Sinnott,
St. Helens Carers Centre,
FREEPOST RRLX-ESJL-UJXH
31-35 Baldwin Street
St Helens WA10 2RS

Please be aware that due to planned industrial action by Royal Mail staff, we recommend you telephone the Centre to book any courses that are due to commence in the next 3 weeks. You can telephone 01744 675 615 and ask to speak to Peter to book a course.