



West Norfolk Carers
Supporting Carers
across Norfolk

TRAINING WORKSHOPS FOR CARERS

Come and learn in an informal and relaxed atmosphere with fellow Carers. Each Workshop costs £5 and will run from 10:30 am to 12:30 pm at Providence Street Community Centre, Providence Street, King's Lynn PE30 5ET and will be delivered by professional tutors from LMW Training, Contact and MoneySense.

Thurs 2nd Nov 2017 STRESS-BUSTING FOR CARERS

A relaxed and informative workshop aimed at sharing with carers a range of easy-to-use tips and techniques to help combat the stressful niggles of everyday life.

Thurs 9th Nov 2017 MANAGING BEHAVIOURS AROUND AUTISM

Led by Dawn Stilwell: Parent Advisor for Contact – The Charity for families with Disabled/Additional needs children. Understanding why your child may behave in certain ways is not always easy. The session will look some of the behaviours that challenge us and some of the ways we can work out what our children are trying to say through their behaviour. Come and share ideas and strategies with other families.

Mon 27th Nov 2017 OVERCOMING GENERAL ANXIETY

Aimed at giving carers a better understanding of the personal effects of anxiety and then exploring some of the possible steps that can be taken to reduce them. It's all about looking at ways of controlling everyday anxiety rather than letting it control you.

Thurs 14th Dec 2017 SOCIAL & EMOTIONAL WELLBEING

This workshop is all about giving carers the time and space to explore ways of improving their social & emotional wellbeing – reducing stress and building resilience to better cope with their caring roles.

Thurs 18th Jan 2018 REDUCING STRESS THROUGH NUTRITION

A fun and informative workshop which is all about discovering how the food we eat can affect our stress levels. Some everyday food has a calming influence on the body, other types of food actually add to both our physical and emotional stress levels. Come along and find out how to make nutrition work for you.

Mon 29th Jan 2018 MANAGING THE MONEY

Personal budgeting for carers. This workshop will allow carers to plan weekly/monthly budgets, give ideas on setting priorities, reducing monthly bills, avoiding debt and how to manage income and expenditure. Grant information too. Follow on 1 to 1 support available from Money Sense if required.

Mon 5th Feb 2018 ASSERTIVENESS, EXPRESSING HOW YOU FEEL

For carers, identifying personal needs/wants and of those cared for, and then being able to communicate them to those who need to know (e.g. support workers, person you care for, family, health professionals etc) can be a challenging process. This supportive workshop will allow carers to explore a variety of different ways they can confidently communicate those key messages.

Thurs 8th Mar 2018 GOAL SETTING FOR CARERS

Being a carer can be life changing – having to reassess your whole way of living and the future plans you once had. This can often generate a sense of loss around once valued goals, leading to possible feelings of resentment and guilt towards those you care for. However... goals can still be achieved, it's just about thinking of different ways of approaching them. This workshop will give carers the time and space, in a supportive environment, to explore the goal setting process - helping them effectively plan for the future.



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BOOKING FORM

Please return this form to: West Norfolk Carers, 20 Thoresby College, Queen Street, King's Lynn PE30 1HX (with your cheque made payable to West Norfolk Carers).

Places are limited and will be allocated on a first-come-first-served basis. Therefore it is recommended you apply as early as possible to avoid disappointment. If any course you apply for is full your form and cheque will be returned to you. Once enrolled on a course no refunds will be available. Your place will be confirmed by letter or email with joining instructions.

For further information contact West Norfolk Carers on 01553 768155.

Registered Charity No, 1107546

Name _____

Address _____

Post Code _____

Email _____

Tel No. _____

Have you any special needs/requirements? _____

I apply to attend the following Workshops (please tick)

- | | |
|--|--|
| <input type="checkbox"/> STRESS-BUSTING FOR CARERS | <input type="checkbox"/> MANAGING BEHAVIOURS AROUND AUTISM |
| <input type="checkbox"/> OVERCOMING GENERAL ANXIETY | <input type="checkbox"/> SOCIAL AND EMOTIONAL WELL BEING |
| <input type="checkbox"/> REDUCING STRESS THROUGH NUTRITION | <input type="checkbox"/> MANAGING THE MONEY |
| <input type="checkbox"/> ASSERTIVENESS – EXPRESSING HOW YOU FEEL | <input type="checkbox"/> GOAL SETTING FOR CARERS |

I have enclosed a Cheque for £ _____
(£5 per Workshop. Cheques payable to West Norfolk Carers)

Signed _____ Date _____

West Norfolk Carers offers a range of services and support to unpaid, family carers of all ages. For further information go to www.westnorfolkcarers.org.uk