

**To Book:**

For 'Bills to Wills' and 'Handle with Care' sessions, please contact

**Worcestershire Association of Carers (WAC)** 0800 652 3151 or 01905 26500

For all other sessions, please contact

**Worcestershire Carers' Unit** 0800 389 2896

'For more information about the sessions, please contact us for a booklet'

**Worcestershire County Council Carers' Unit**

**By telephone:**

0800 389 2896

**By post:**

Worcestershire Carers' Unit, North Wing First Floor, Wildwood, County Hall Campus,  
Worcester WR5 2NP

**By email:**

carers@worcestershire.gov.uk

**Online:**

www.worcestershire.gov.uk/carers

This document can be made available in other languages and alternative formats (large print, audio tape, computer disk and Braille) on request from The Carers' Unit on telephone number 0800 389 2896 or by emailing carers@worcestershire.gov.uk

To the best of our knowledge all information was correct at the time of printing: November 2009.

52391 11/09

# At a glance Practical Sessions for Informal/family carers in your area

Do you look after an adult who is ill, disabled or frail  
and cannot manage without your help?

Then these sessions may help



## December - March 2010

Month	December 2009	January 2010	February 2010	March 2010
<b>Redditch and Bromsgrove District</b>	<p><b>*** 2<sup>nd</sup> Handle with Care</b> 10am - 3pm Church View, Bromsgrove</p> <p><b>*** 17<sup>th</sup> Handle with Care</b> 10m - 3pm St. David's House, Redditch</p>	<p><b>20<sup>th</sup> Assertiveness and Confidence Building</b> 10am - 2.30pm Amphlett Hall, Bromsgrove</p>	<p><b>4<sup>th</sup> Emergency First Aid</b> 10am - 2.30pm Ecumenical Centre, Redditch</p>	<p><b>*** 4<sup>th</sup> Handle with Care</b> 10am - 3pm Church View, Bromsgrove</p> <p><b>*** 10<sup>th</sup> Handle with Care</b> 10am - 3pm St. David's House, Redditch</p>
<b>Evesham</b>		<p><b>*** 26<sup>th</sup> Handle with Care</b> 10am - 3pm Indy Enabled Living, Evesham</p>		<p><b>3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup> Managing Stress</b> 10am - 1.30pm Evesham Library <b>all 3 sessions must be attended</b></p>
<b>Kidderminster</b>			<p><b>***10<sup>th</sup> Handle with Care</b> 10am - 3pm The Grange Resource Centre, Kidderminster</p>	
<b>Malvern Hills</b>			<p><b>10<sup>th</sup> Emergency First Aid</b> 10am - 2.30pm Friends Meeting House, Malvern</p> <p><b>***24<sup>th</sup> Handle with Care</b> 10am - 3pm OT Stores Ltd Malvern</p>	
<b>Worcester</b>	<p><b>***2<sup>nd</sup> Bills to Wills</b> <b>Wills, Trusts, Benefits, Direct Payments etc.</b> Employment Information especially for carers of children and young people with additional needs, disabilities and complex needs 10am-1pm or 6pm-8pm Perdiswell Young Peoples Centre</p>	<p><b>***12<sup>th</sup> Handle with Care</b> 10am - 3pm Timberdine Resource Centre, Worcester</p> <p><b>26<sup>th</sup> Dementia Awareness</b> 10am - 1pm Age Concern, Worcester</p> <p><b>27<sup>th</sup> January, 3<sup>rd</sup> and 10<sup>th</sup> February</b> Managing Stress 10am - 1.30pm Perdiswell Young Peoples Centre <b>All 3 sessions must be attended</b></p>	<p><b>***3<sup>rd</sup> Bills to Wills</b> Mental Capacity Act, Deprivation of Liberties, Safeguarding Adults and Paying for Care 10am-1pm Perdiswell Young People's Centre</p>	<p><b>9<sup>th</sup> Emergency First Aid</b> 10am-2.30pm Red Cross Centre Worcester</p> <p><b>***24<sup>th</sup> Handle with Care</b> 10am-3pm Timberdine Resource Centre Worcester</p> <p><b>24<sup>th</sup> Getting Decision Makers to Listen to You</b> 10am-1pm Young Peoples Centre Perdiswell Worcester</p> <p><b>***25<sup>th</sup> Bills to Wills</b> <b>Wills, Trusts, Powers of Attorney and Benefits Checks</b> 10am-1pm Perdiswell Young People's Centre</p>

Please see overleaf for details on how to book any of these sessions