

## 2017 Free courses for Unpaid Carers in Huddersfield

The Health Trainer Service delivers a range of courses for unpaid carers who are looking for coping strategies to manage their day to day role of being a carer. Our courses run throughout the year and are held in Dewsbury and Huddersfield. This sheet provides dates and times of the courses /sessions which are running in Huddersfield. Please contact us if you would like the dates for Dewsbury.

**Eligibility** is based on an adult over the age of 18 years, who is caring for someone who lives in Kirklees. If you are receiving financial support including carers attendance allowance or PIP, you **are** eligible to attend our free courses.



Looking after Me Courses	Wed 1 <sup>st</sup> Feb to 15th March	Thursday 20th April to 1st June	Friday 14th July to 25th August	Tuesday 26th Sept to 7th Nov	Thursday 2nd Nov to 14th Dec
<b>7 week courses and each session lasts 2 ½ hrs per week.</b>	10:30am to 1:00pm	10:30am to 1:00pm	10:00am to 12:30pm	1:00pm to 3:30pm	10:00am to 12:30pm
	Huddersfield Town Hall	Huddersfield Town Hall	Huddersfield Town Hall	Huddersfield Town Hall	Huddersfield Town Hall



### 2 ½ hour short sessions in:

- Juggling Your Time as a Carer.
- Healthy Eating and Nutrition.
- Caring for someone with memory deterioration which is not a result of Alzheimers or Dementia.
- Building resilience – coping positively with the ups and downs of caring for someone.
- Safeguarding “Everyones’ Business” to protect adults at risk from abuse or neglect.

Dates for the Carer Journey sessions which are delivered in Huddersfield are on page 2 and 3

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For more information or to book a course/session, please contact the LAM and Carer Journey Session team in the Health Trainer Service

Email: [lookingafterme@kirklees.gov.uk](mailto:lookingafterme@kirklees.gov.uk)

Call: 01484 414774 select option 3

Visit: [www.kirklees.gov.uk/lookingafterme](http://www.kirklees.gov.uk/lookingafterme)

Online form: [www.kirklees.gov.uk/lamenquiryform](http://www.kirklees.gov.uk/lamenquiryform)



## 2017 Free courses for Unpaid Carers in Huddersfield

### Carer Journey Sessions

<b>Caring for someone with memory deterioration</b> (which is not a result of Alzheimer's or Dementia)	<b>Monday 13<sup>th</sup> Feb</b>  1:00pm to 3:30pm  Huddersfield Town Hall	<b>Thursday 13<sup>th</sup> April</b>  5.30 – 7.30pm  Huddersfield Town Hall	<b>Monday 22nd May</b>  1:00pm to 3:30pm  Huddersfield Town Hall	<b>Wednesday 16th August</b>  10:30am to 1:00pm  Huddersfield Town Hall	<b>Wednesday 22nd November</b>  10:30am to 1:00pm  Huddersfield Town Hall
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<b>Building Resilience</b> (Coping positively with the ups and down of caring for someone)	<b>Thursday 16th March</b>  10:30am to 1:00pm  Huddersfield Town Hall	<b>Tuesday 23<sup>rd</sup> May</b>  5.30 – 7.30 pm  Huddersfield Town Hall	<b>Wednesday 7th June</b>  10:00am to 12:30pm  Huddersfield Town Hall	<b>Thursday 7th Sept</b>  1:00pm to 3:30pm  Huddersfield Town Hall	<b>Wednesday 25<sup>th</sup> October</b>  10am to 12.30pm  Holmfirth civic Hall	<b>Wed 6th Dec</b>  10:30 to 1:00pm  Huddersfield Town Hall
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<b>Safeguarding “Everyone’s Business”</b> (To protect adults at risk from abuse and neglect.)	<b>Tuesday 28th March 2017</b>  1:00pm to 3:00pm  Huddersfield Town Hall	<b>Thursday 12th October 2017</b>  10:00am to 12:00pm  Huddersfield Town Hall
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## 2017 Free courses for Unpaid Carers in Huddersfield

### Carer Journey Sessions

<b>Healthy Eating &amp; Nutrition</b>	<b>Friday 24th Feb</b>	<b>Wednesday 29<sup>th</sup> March</b>	<b>Friday 19th May</b>	<b>Wednesday 21<sup>st</sup> June</b>	<b>Tuesday 22nd Aug</b>	<b>Tuesday 21st Nov</b>
	10.30 to 1pm	1:00pm to 3:30pm	10:00am to 12:30pm	10am to 12.30pm	1:00pm to 3:30pm	1:00pm to 3:30pm
	Holmfirth Civic Hall Reception Room	Huddersfield Town Hall	Huddersfield Town Hall	Holmfirth Civic Hall, Reception Room	Huddersfield Town Hall	Huddersfield Town Hall

<b>Juggling Time as a Carer</b>	<b>Monday 13<sup>th</sup> March</b>	<b>Wednesday 5th April</b>	<b>Tuesday 11th July</b>	<b>Tuesday 19th Sept</b>	<b>Tuesday 12th Dec</b>
	10:30am to 1:00pm	10:00am to 12:30pm	1:00pm to 3:30pm	10:30am to 1:00pm	10:30pm to 1:00pm
	Huddersfield Town Hall	Huddersfield Town Hall	Huddersfield Town Hall	Huddersfield Town Hall	Huddersfield Town Hall