

## **Giving Health to Carers Meeting Your Needs**

A series of free meetings to be held in South-West Surrey

March 2010 to March 2011

Funded by West Surrey Joint Training Strategy Group

### **Programme**

**Wednesday 10<sup>th</sup> March** - **Coping with Bereavement**  
10 am - 3 pm at Godalming Baptist Church

**Wednesday 14<sup>th</sup> April** - **Parent Carers Day**  
**2010**  
10 am - 3 pm (tbc)  
at Godalming Baptist Church  
**am: Benefit Entitlements -**  
**Surrey Welfare Rights Unit**  
**pm: Behaviour management, common**  
**queries and ways of coping**

**Friday 18<sup>th</sup> June 2010** - **'Sing Away' - the Joy of Song**  
**during Carers Week (14<sup>th</sup>-20<sup>th</sup> June)**  
details to be confirmed but approximately 10 am - 3 pm

**Thursday 9<sup>th</sup> September** - **Dancing for Health**  
10 am - 3 pm (tbc) at Fairlands Community Hall, Guildford

**Thursday 11<sup>th</sup> November** - **Dementia, Coping with**  
**2010** **Challenging Behaviour**  
10 am - 3 pm (tbc) at Godalming Baptist Church

**Wednesday 19<sup>th</sup> January** - **Stress Management**  
**2011**  
10 am - 3 pm (tbc) at Godalming Baptist Church

**March 2011** - **Caring for someone with**  
date to be confirmed **personal care needs**

*If you are interested in attending any of the above, please contact  
Carers Support Waverley (01252 718166) or Carers Support  
Guildford if you live in Guildford (01483 458123)*

*To register your interest please fill in this form:*

**Booking form** (please return to Carers Support Waverley, Brightwells Gostrey Centre, Brightwells Road, Farnham, Surrey, GU9 7SB)

*Please print in capital letters*

Name \_\_\_\_\_

Address \_\_\_\_\_

\_\_\_\_\_ Postcode \_\_\_\_\_

Contact Tel No \_\_\_\_\_

- *Lunch and refreshments included*
- *Help with the cost of care cover or transport can be offered to enable Carers to attend*
- *Information, maps etc will be sent to you with confirmation of your place*

Please tick which sessions you would like to attend:

- Wednesday 10<sup>th</sup> March 2010 - Coping with Bereavement
- Wednesday 14<sup>th</sup> April 2010 - Benefit Entitlements for Parent Carers
- Friday 18<sup>th</sup> June 2010 - 'Sing Away' - the Joy of Song
- Thursday 9<sup>th</sup> September - Dancing for Health
- Thursday 11<sup>th</sup> November 2010 - Dementia, Coping with Challenging Behaviour
- Wednesday 19<sup>th</sup> January 2011 - Stress Management
- March 2011 - Caring for someone with personal care needs
- Do you need help with transport?*
- Do you have any dietary requirements?*
- Do you need help with care cover?*