

ADULT CARER TRAINING

All sessions will take place via Zoom.
Support is available if you need
help to access these sessions.



These events are for carers registered
with Carers Trust Solihull.

To register and for more information

☎ 0121 7881143

✉ michellestoddard@solihullcarers.org

🌐 www.solihullcarers.org

TUESDAY 4TH AUGUST 2PM – 3.30PM

REFLEXOLOGY FOR SELF CARE

This session will demonstrate some hand and facial techniques that you can use at home on yourself.

WEDNESDAY 12TH AUGUST 10AM – 11.30PM

FIRST AID AWARENESS

The Redcross will be holding this session where carers can learn basic first aid and lifesaving skills.

TUESDAY 18TH AUGUST 7PM – 8.30PM

CARERS VIRTUAL QUIZ

General knowledge, true or false, picture round and more. Don't worry, you don't have to be a mastermind, it's just for fun! Cared for and family are welcome to join in too.

WEDNESDAY 19TH AUGUST 11AM – 12.30PM

WILLS AND POWER OF ATTORNEY

A session looking at some of the important legal aspects of caring. Have your questions answered and access information from a professional.

TUESDAY 8TH SEPTEMBER 2PM – 3.30PM

DEMENTIA FRIENDS SESSION

A session learning more about what it is like to live with Dementia, coping strategies for carers, information and advice.

WEDNESDAY 9TH SEPTEMBER 10AM

TRANSITIONING TO ADULT SERVICES (LEARNING DISABILITIES & AUTISM)

This session aims to empower parents to ensure a smooth transition process for their child. Learn about the transition process, important things to know and have the opportunity to ask questions.

WEDNESDAY 23RD SEPTEMBER 11AM

UNDERSTANDING CONTINUING HEALTH CARE

This is an informative session around care costs and continuing health care. You will be able to ask questions and have advice from a professional.