

Looking after Me and Carer Journey Sessions in 2017 - Free courses for unpaid carers in Dewsbury and Huddersfield

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|--|---|---|---|--|---|--|---|--|
| Looking after Me Courses 2017 Dates | Wed 1 st Feb to 15 th March | Tuesday 7 th Feb to 21 st March | Thursday 20 th April to 1 st June | Friday 19 th May to 30 th June | Friday 14 th July to 25 th August | Tuesday 26 th Sept to 7 th Nov | Wed 13 th Sept to 25 th Oct | Thursday 2 nd Nov to 14 th Dec |
| | 10:30am to 1:00pm | 1:00pm to 3:30pm | 10:30am to 1:00pm | 10:00am till 12:30pm | 10:00am till 12:30pm | 1:00pm till 3:30pm | 1:00pm till 3:30pm | 10:00am till 12:30pm |
| | Huddersfield Town Hall | Dewsbury Town Hall | Huddersfield Town Hall | Dewsbury Town Hall | Huddersfield Town Hall | Huddersfield Town Hall | Dewsbury Town Hall | Huddersfield Town Hall |

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| Caring for someone with memory deterioration which is not a result of Alzheimer's or Dementia | Monday 13 th Feb 2017 | Monday 27 th Feb 2017 | Tuesday 18 th April 2017 | Monday 22 nd May 2017 | Monday 14 th August 2017 | Wednesday 16 th August 2017 | Monday 6 th November 2017 | Wednesday 22 nd November 2017 |
| | 1:00pm till 3:30pm | 1:00pm till 3:30pm | 10:30am till 1:00pm | 1:00pm till 3:30pm | 10:00am till 12:30pm | 10:30am till 1:00pm | 1:00pm till 3:30pm | 10:30am till 1:00pm |
| | Huddersfield Town Hall | Dewsbury Town Hall | Dewsbury Town Hall | Huddersfield Town Hall | Dewsbury Town Hall | Huddersfield Town Hall | Dewsbury Town Hall | Huddersfield Town Hall |
| Building Resilience Coping positively with the ups and down of caring for someone | Thursday 16 th March 2017 | Monday 20 th March 2017 | Tuesday 4 th April 2017 | Wednesday 7 th June 2017 | Wednesday 19 th July 2017 | Thursday 7 th Sept 2017 | Tues 17 th Oct 2017 | Wed 6 th Dec 2017 |
| | 10:30am till 1:00pm | Morning session | 1:00pm till 3:30pm | 10:00am till 12:30pm | 10:00am till 12:30pm | 1:00pm till 3:30pm | 10:30am till 1:00pm | 10:30 till 1:00pm |
| | Huddersfield Town Hall | Denby Dale area tbc | Dewsbury Town Hall | Huddersfield Town Hall | Dewsbury Town Hall | Huddersfield Town Hall | Dewsbury Town Hall | Huddersfield Town Hall |

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

Call: 01484 414774 select option 3

Visit: www.kirklees.gov.uk/lookingafterme

Online form: www.kirklees.gov.uk/lamenquiryform



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| Safeguarding “ Everyone’s Business” To protect adults at risk from abuse and neglect. | Tuesday 28 th March 2017 1:00pm till 3:00pm Huddersfield Town Hall | Tuesday 25 th April 2017 1:00pm till 3:00pm Dewsbury Town Hall | Thursday 12 th October 2017 10:00am till 12:00pm Huddersfield Town Hall | | | | | | |
| Healthy Eating | Tuesday 31 st Jan 2017 1:00pm till 3:30pm Huddersfield Town Hall | Wednesday 1 st Feb 2017 10:30 till 1:00pm Dewsbury Town Hall | Friday 24 th Feb 2017 10.30 until 1pm Holmfirth Reception Room | Friday 19 th May 2017 10:00am till 12:30pm Huddersfield Town Hall | Monday 26 th June 2017 1:00pm till 3:30pm Dewsbury Town Hall | Tuesday 22 nd Aug 2017 1:00pm till 3:30pm Huddersfield Town Hall | Thursday 28 th Sept 2017 10:30am till 1:00pm Dewsbury Town Hall | Tuesday 21 st Nov 2017 1:00pm till 3:30pm Huddersfield Town Hall | |
| Juggling Time as a Carer | Wednesday 25 th Jan 2017 10:30am till 1:00pm Huddersfield Town Hall | Wednesday 22 nd March 2017 10:30am till 1:00pm Dewsbury Town Hall | Tuesday 5 th April 2017 10:00am till 12:30pm Huddersfield Town Hall | Wednesday 14 th June 2017 10:00am till 12:30pm Dewsbury Town Hall | Tuesday 11 th July 2017 1:00pm till 3:30pm Huddersfield Town Hall | Tuesday 12 th Sept 2017 1:00pm till 3:30pm Dewsbury Town Hall | Tuesday 19 th Sept 2017 10:30am till 1:00pm Huddersfield Town Hall | Monday 4 th Dec 2017 1:00pm till 3:30pm Dewsbury Town Hall | Tuesday 12 th Dec 2017 10:30pm till 1:00pm Huddersfield Town Hall |

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