

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 st 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
7 week courses and each session lasts 2 ½ hrs per week.	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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Carer Journey Sessions

Caring for someone with memory deterioration (which is not a result of Alzheimer's or Dementia)	Monday 13th Feb 2017 1:00pm to 3:30pm Huddersfield Town Hall	Monday 22nd May 2017 1:00pm to 3:30pm Huddersfield Town Hall	Wednesday 16th August 2017 10:30am to 1:00pm Huddersfield Town Hall	Wednesday 22nd November 2017 10:30am to 1:00pm Huddersfield Town Hall
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Building Resilience (Coping positively with the ups and down of caring for someone)	Thursday 16th March 2017 10:30am to 1:00pm Huddersfield Town Hall	Monday 20th March 2017 10am to 12.30pm Holmfirth Civic Hall	Wednesday 7th June 2017 10:00am to 12:30pm Huddersfield Town Hall	Thursday 7th Sept 2017 1:00pm to 3:30pm Huddersfield Town Hall	Wed 6th Dec 2017 10:30 to 1:00pm Huddersfield Town Hall
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Safeguarding "Everyone's Business" (To protect adults at risk from abuse and neglect.)	Tuesday 28th March 2017 1:00pm to 3:00pm Huddersfield Town Hall	Thursday 12th October 2017 10:00am to 12:00pm Huddersfield Town Hall
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Carer Journey Sessions

Healthy Eating & Nutrition	Tuesday 31st Jan 2017	Friday 24th Feb 2017	Friday 19th May 2017	Tuesday 22nd Aug 2017	Tuesday 21st Nov 2017
	1:00pm to 3:30pm	10.30 to 1pm	10:00am to 12:30pm	1:00pm to 3:30pm	1:00pm to 3:30pm
	Huddersfield Town Hall	Holmfirth Civic Hall Reception Room	Huddersfield Town Hall	Huddersfield Town Hall	Huddersfield Town Hall

Juggling Time as a Carer	Wednesday 25th Jan 2017	Tuesday 5th April 2017	Tuesday 11th July 2017	Tuesday 19th Sept 2017	Tuesday 12th Dec 2017
	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