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Factsheet G13 – Carers Development and Learning and Caring with Confidence

Why Learn with Carers in Hertfordshire?

Carers attend our events and workshops for one or more of the following reasons:

- ★ To learn new skills
- ★ To develop existing ones
- ★ To progress on a personal level
- ★ To improve their employability skills
- ★ To meet other carers and make new friends who understand what caring is like

Learning is a way to achieve, to have a break and to have time for yourself outside caring. It's a great way to have fun and gain confidence; to meet other like minded people who are carers; and learning keeps the mind agile and healthy, regardless of age.

All *Carers in Hertfordshire* arranged courses are free to attend. There is help available to get you there and support for alternative care arrangements for the person you care for, should you need it. We offer sessions at a large number of community venues, including libraries, further education colleges and children's centres - allowing for learning close to your home. Specifically designed for carers, the courses are informal, welcoming and informative with the opportunity for progression.

For all carers we aim to provide opportunities to try a choice of subjects delivered in a way that can be fitted around caring responsibilities. We also know that timings may have to be flexible. Current examples of our provision are assertiveness courses, computing courses, creative writing, parenting children with additional needs, learning more about legal matters, and lots more. We are always open to new suggestions.

Who can attend?

Courses are open to any carer aged 18+ who:

- lives in Hertfordshire or their cared for lives in Hertfordshire
- is currently caring or whose caring role has ended in the last three years
- is not a student or in full time education or employment

All courses and groups currently running are listed on the Carers Development and Learning pages of the website www.carersinherts.org.uk where you can register for a place online, or find out more by calling details below:

For more information contact either:

Suzy Smith- Carers Development & Learning Officer based at our Hitchin office. Telephone: 01462 456660 or

Alex Daar- Carers Development & Learning Officer based at our Hertford office. Telephone: 01992 586969 Or e-mail: contact@carersinherts.org.uk

www.carersinherts.org.uk

*The information contained on this sheet is correct at the time of issue.
Carers in Hertfordshire takes no responsibility for any inaccuracy in facts supplied to them*

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CARING WITH CONFIDENCE



What is Caring with Confidence?

If you are looking after a friend or relative, Caring with Confidence can help you to make a positive difference to your life and that of the person you care for. Caring with Confidence is aimed at improving support for carers aged 18 and over in England. You can develop your caring knowledge and skills by taking part in free local group sessions around Hertfordshire provided by *Carers in Hertfordshire*.

I look after someone – how will it help me?

Caring with Confidence will:

- Help you build on your strengths as a carer
- Give you the opportunity to share in experiences and learn from others in similar situations
- Give you useful information, ideas and tips about looking after someone
- Help you decide what you might like to change about your caring role

What are the sessions all about?

There are five generic sessions you can attend. We strongly recommend that you attend all sessions if possible to get full benefit from the programme.

❖ **Caring and Coping**

Gives you time and space to look after the emotions involved in looking after someone. What strategies you use and what you could do to cope with stress more effectively.

❖ **Caring Day-to-Day**

Looks at the essentials of caring for someone day-to-day, from medication to emergencies at home.

❖ **Caring and Resources**

How you can maximise your income and access other resources which save you money as a carer.

❖ **Caring and Life**

Invites you to take time out and think about how you juggle competing demands and how your caring role fits with other aspects of your life.

❖ **Caring and Communicating**

Uses real-life caring situations to help you get the best from communicating with professionals and service providers

There are also some specialist sessions on caring for someone with Dementia, and being a parent carer.

If you would like to find more about the programme, the individual sessions or to book yourself onto a session in your area please contact:

Lisa Meakin or Karen Denny:

**Caring with Confidence, Carers in Hertfordshire, The Red House, 119 Fore St,
Hertford SG14 1AX Tel 01992 586969**

www.carersinherts.org.uk