



Registered Charity no. 1085491

Local offices:
01992 586969 – Hertford
01442 253344 – Hemel Hempstead
01462 456660 – Hitchin

contact@carersinherts.org.uk
www.carersinherts.org.uk

Factsheet G13 Carers and Learning

What is Carers and Learning?

Carers and Learning is for carers who would like to learn new work related skills, or update the skills they already have, at a time and in a place that fits in with their caring responsibilities. It aids a 'life outside caring' and can also be an opportunity to meet with other carers.

Carers in Hertfordshire work with a number of local Further Education Colleges and other learning providers to develop courses specifically tailored to the needs of carers. If you want we can also link you with Hertfordshire Careers Service. Many carers feel that they have lost touch with skills they once had, or want to catch up on some that they have had no time to learn whilst caring. Carers and Learning courses can help as a stepping stone to future employment or volunteering.

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. Courses usually happen on week days in two hourly morning or afternoon sessions and can be one off or take place weekly for a period of 4-6 weeks.

Suzy Smith, *Carers in Hertfordshire's* Carers and Learning Officer can give support, advice and signposting in finding the right one for you.

Who can attend?

Courses are open to any carer aged 18+ who is:

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

Where do they happen?

A variety of venues across the county have been used including:

- Local colleges
- Local libraries
- Children's centres

What sort of courses?

Recent courses have included:

- Getting started with computers
- 'Self matters'
- Assertiveness
- Planning for the future

Carers and Learning has also helped carers form a number of **Reading Groups** who get together regularly to share the pleasure of reading.

We are always looking for new ideas and learning providers to work with on them.

Comments from past attendees include:

- *"I can't believe I can email!"*.
- *"The course was excellent, I would recommend it to other carers - it has given me confidence."*

All courses and groups currently running are listed on the website calendar www.carersinherts.org.uk . If you do not have access to the internet ring us and speak to Suzy Smith or ask to have a copy of the calendar sent to you.

For more information contact Suzy Smith

- Carers & Learning Officer based at our Hitchin office.

- Telephone: 01462 456660 or 01992 586969
- Email: learning@carersinherts.org.uk
- www.carersinherts.org.uk