

Working in partnership, Abingdon and Witney College and Action for Carers Oxfordshire has created 'A Carers Journey'; specially created to support carers look after their health and wellbeing.

These new FREE courses will take carers through a journey to learn new skills; understand themselves and their caring role; and adapt to any significant change. It aims to increase well being and quality of life by learning strategies that will help carers to cope and manage.

The phases covered are as follows:

**Phase 1 Skills and Confidence Building** will help carers gain the skills needed to keep them self safe and physically well.

**Three sessions:**

First Aid at home - Safer Moving & Handling at Home - Individual care at home

**Phase 2 Wellbeing and Self Recognition** assures carers that they are not alone in their experiences or feelings and enables them to take proactive approaches to their caring roles helping to sustain them in the future and prevent them from becoming unwell.

**5 Sessions:**

Building resilience - Emotional Literacy – Mindfulness - Yoga for Relaxation - Aromatherapy Massage

**Phase 3 Life after Caring** is created to help carers at a time of significant change such as bereavement or moving into care, it's aimed at helping carers to manage feelings and change. A short course that supports the practical and emotional challenges associated with change and life after caring.

**We recommend the full journey but it's up to you; you can choose which would be most helpful to you.**

All of these courses are free to carers and Action for Carers volunteers; aged 19 or above, they are on the college website now and can be found by clicking on the 'Oxfordshire Adult Learning' tab then 'The Carer's Project' button: [www.abingdon-witney.ac.uk/oal/carers/](http://www.abingdon-witney.ac.uk/oal/carers/) or call 01235 555 585 to sign up.

Would you like to attend but can't leave the person you support? We may be able to offer support for the person you care for so that you can attend? **Time Out** service offers up to 20 hours free time out so you could attend these courses (Time Out support is also free).

Starting in January 2018, Oxfordshire Adult Learning and Action for Carers Oxfordshire are launching 'A Carers Journey'. The following three-hour workshops are delivered in local communities.

## Phase 1

### **Workshop Title: First Aid at Home**

This workshop covers basic emergency first aid skills, including topics such as wound dressing, caring for burns and CPR. This is a practical session so please wear comfortable clothing.

### **Workshop Title: Safer Moving and Handling at Home**

This workshop aims to provide the carer with the knowledge needed to provide moving and handling assistance confidently and safely promote an individual's independence and help to reduce injury and strain.

### **Workshop Title: Individual Care at Home**

This workshop will provide the carer with methods, tips and practical skills enabling them to provide individualised care within the home environment with dignity and independence at the foremost.

## Phase 2

### **Workshop Title: Aromatherapy Massage**

There is an opportunity to learn how to give a basic massage; the safe use of aromatic oils and their contra-indications; learn basic anatomy and the properties and uses of 5 essential oils. Please wear loose, comfortable clothing and please ensure that your finger nails are short. You may wish to remove your top and wrap yourself in a towel for shoulder massage. Please bring a large towel, and a saucer or small bowl.

### **Workshop Title: Yoga for Relaxation**

There is an opportunity to experience a range of gentle Yoga postures to improve health and wellbeing to lower stress levels, working at your own pace to carry out stretching, breath work and relaxation. Bring a bottle of water for re-hydration.

### **Workshop Title: Building Resilience**

The workshop aims to introduce the learner to the benefits of resilience when coping with a life disruption or extended periods of pressure. It highlights the need to remain flexible in our thoughts, feelings and behaviours so that we can emerge from difficulty stronger, wiser and more able.

### **Workshop Title: Emotional Literacy**

The workshop introduces the learner to emotional literacy - the ability to recognise, understand, handle and appropriately express emotions. An emotionally literate person will be aware and think about their emotions/feelings before they react to that emotion. They will use their capabilities to manage their life positively and take responsibility for their own actions and relationship.

### **Workshop Title: Mindfulness**

The workshop introduces the learner to Mindfulness. It is a method of mental training that provides a set of simple, yet powerful, practices that can be incorporated into daily life to help manage the constant demands of the modern world. It is based on 'mindfulness-based cognitive therapy' (MBCT) and offers ways to break free from some of the unconscious habits of thinking and behaving that can prevent someone from living life to the full.

### Phase 3

#### Workshop Title: Reclaiming Me

By the end of this short course the learner will have had an opportunity to: explore ways of managing feelings of guilt and loss; recognise they are living with 'Option B'; learn how to communicate their needs, wants and feelings; consider what they might want to do next and begin to appreciate their skills and attributes.

#### First Aid at Home

UCRP401P	16 January 2018	10am to 1pm	Berinsfield
UCKP401P	18 January 2018	1pm to 4pm	Kidlington
UCGP401P	22 January 2018	10am to 1pm	Grove
UCXP401P	23 January 2018	10am to 1pm	Blackbird Leys

#### Safer Moving and Handling at Home

UCRP402P	30 January 2018	10am to 1pm	Berinsfield
UCKP402P	1 February 2018	1:30 to 4:30pm	Kidlington
UCGP402P	5 February 2018	10am to 1pm	Grove
UCXP402P	6 February 2018	10am to 1pm	Blackbird Leys

#### Individual Care at Home

UCRP403P	6 February 2018	10am to 1pm	Berinsfield
UCKP403P	22 February 2018	1pm to 4pm	Kidlington
UCGP403P	26 February 2018	10am to 1pm	Grove
UCXP403P	27 February 2018	10am to 1pm	Blackbird Leys

#### Workshop Title: Aromatherapy Massage

UCKP405P	8 March 2018	1:30 to 4:30pm	Kidlington
UCXP405P	6 March 2018	1pm to 4pm	Cowley
UCGP405P	16 April 2018	1pm to 4pm	Grove
UCRP405P	15 May 2018	10am to 12pm	Berinsfield

#### Workshop Title: Yoga for Relaxation

UCXP406P	12 March 2018	10am to 1pm	Cowley
UCRP406P	17 April 2018	10am to 12pm	Berinsfield
UCKP406P	19 April 2018	1:30 to 4:30pm	Kidlington
UCGP406P	30 April 2018	10am to 1pm	Grove

**Workshop Title: Building Resilience**

UCRP407P	27 March 2018	10am to 1pm	Berinsfield
UCGP407P	19 March 2018	10am to 1pm	Grove
UCXP407P	8 May 2018	10am to 1pm	Cowley
UCKP407P	7 May 2018	1:30 to 4:30pm	Kidlington

**Workshop Title: Emotional Literacy**

UCGP404P	5 March 2018	10am to 1pm	Grove
UCKP404P	22 March 2018	1:30 to 4:30pm	Kidlington
UCRP404P	8 May 2018	10am to 1pm	Berinsfield
UCXP404P	21 May 2018	10am to 1pm	Cowley

**Workshop Title: Mindfulness**

UCRP408P	20 March 2018	3pm to 6pm	Berinsfield
UCXP408P	23 April 2018	1:30 to 4:30pm	Cowley
UCKP408P	10 May 2018	1:30 to 4:30pm	Kidlington
UCGP408P	14 May 2018	10am to 1pm	Grove

**Workshop Title: Reclaiming Me**

UCGP409P	5 June to 9 July 2018	10am - 12pm	Grove
UCKP409P	7 June to 12 July 2018	1:30 to 3:30pm	Kidlington