



COURSES FOR CARERS – Spring 2012

These courses, developed by Bracknell & Wokingham College, provide a programme of bespoke learning opportunities for carers. Obstacles and barriers are removed to encourage a positive and rewarding learning experience. Carers develop the confidence to move forward and progress to learn new skills knowing that support and guidance is available when needed. This helps to enrich their lives and to develop the tools and skills for planning future learning and/or preparing for work when their caring responsibilities end.

All courses are held in a relaxed and friendly environment in small supportive groups. To apply for any of the courses, please telephone Enquiries and Admissions on 0845-330-3343 or visit our website at www.bracknell.ac.uk. You can pay by debit or credit card.

Please respond as soon as possible to avoid disappointment.

***Carers will need to arrange their own transport and sitting service**

*If you are a Wokingham Borough carer and have been assessed as eligible for support from Wokingham Adult Social Services then you can talk to them about accessing Carers Breaks funding to assist with travel and sitting costs to enable you to attend the course. If you haven't been assessed, or are not eligible for services, then you might still be able to get support by contacting Wokingham Crossroads who may be able to provide a sitting service while you attend.

For general information about services for carers please contact the Princess Royal Trust for Carers on 0800 988 5462.

Make the best of the Internet

Fee £18

During this course you will learn internet security and safety, how to search the internet and send emails with attachments.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1111	05/03/12 – 19/03/12	Monday	3 weeks	10:00-11:30

Mini Manicure and Hand Care

Fee £12

In 2 weeks you will learn how to file nails into required shape, tidy and maintain cuticles, perform a relaxing hand and arm massage and paint nails to a professional standard.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1112	09/01/12 – 16/01/12	Monday	2 weeks	13:15-14:45

Spring Flower Arrangement**Fee £9**

This one day course will show you how to assemble and create a floral arrangement using spring flowers. Please bring your own flowers, all other foliage and materials will be provided.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1113	28/02/12	Tuesday	1 day	10:00-12:00

Tips and Hints for Healthy Caring**Fee £18**

Join this 3 week course to experience some gentle fitness, yoga relaxation and breathing techniques that may help with stress relief. Learn the basics of a healthy diet with practical suggestions that may help maintain and increase energy, and maintain a stable mood throughout the day.

Please wear comfortable clothing, and bring a blanket/towel for relaxation.

Venue	Course Code	Dates	Day	Duration	Times
Waingels Adult Centre	BC1114	18/01/12 - 01/02/12	Wednesday	3 weeks	13:00-14:30

The Art of Decoupage**Fee £26**

During this 4 week course you will learn the different decoupage techniques and decorate objects using the 'Traditional' and 'Elevations' (3-D) method. Some materials are required.

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1115	29/02/12 - 21/03/12	Wednesday	4 weeks	10:30-12:00

Ceramics**Fee £40**

In 5 weeks you will gain an understanding and competence in ceramic making and decorating techniques to make objects using different glazes. Suitable for beginners. Cost of materials (approx. £5-£10 depending on size and number of pieces).

Venue	Course Code	Dates	Day	Duration	Times
Woodley Hill House	BC1116	12/01/12 - 09/02/12	Thursday	5 weeks	13:00-15:00