



**Carers**  
Gloucestershire  
A better life for carers

# Positive Caring

Training, development and support for unpaid carers

Positive Caring is the collective umbrella of **FREE** learning and training opportunities that are on offer to unpaid carers in Gloucestershire. Any person who provides substantial care or support for a family member, friend or child with an additional need, is welcome to attend.

**Replacement care and transport are available upon request. Please call us to discuss.**



Date		Course	Where
<b>Wednesdays</b> <b>2.00pm – 4.30pm</b>		<b>Tewkesbury Carers Course</b> 4-week course to support you in your caring role. Including: <ul style="list-style-type: none"> <li>• Health and wellbeing</li> <li>• Practicalities of caring</li> <li>• Accessing services and support</li> <li>• Juggling caring with other demands</li> </ul> A chance to meet other carers and share experiences	Marina Court, Trafalgar Road Tewkesbury <b>GL20 5BX</b>
9	January		
16	January		
23	January		
30	January		
<b>Fridays</b> <b>9.30am – 12.00pm</b>		<b>Gloucester Parent Carers Course</b> 6-week course supporting you in your parent carer role. Including: <ul style="list-style-type: none"> <li>• Looking at resources and support available</li> <li>• Tips on daily life</li> <li>• Accessing services</li> <li>• Communication techniques with professionals</li> </ul> Giving you the opportunity to meet other parents	Carers Gloucestershire 2 <sup>nd</sup> Floor, Messenger House 35 St Michaels Square Gloucester <b>GL1 1HX</b>
11	January		
18	January		
25	January		
1	February		
8	February		
15	February		
<b>Monday</b> <b>10.00am – 12.00pm</b>		<b>Benefits Advice Session for Carers</b> An opportunity to talk with a Carer Adviser. Topics are likely to include <ul style="list-style-type: none"> <li>• Having a will</li> <li>• Benefits check</li> <li>• Support for older people</li> <li>• Power of attorney</li> <li>• Pension entitlement</li> <li>• Cost effective living</li> </ul>	Carers Gloucestershire 2 <sup>nd</sup> Floor, Messenger House 35 St Michaels Square Gloucester <b>GL1 1HX</b>
4	February		
<b>Wednesdays</b> <b>10.30am – 1.00pm</b>		<b>Cheltenham Mental Health Carers Course</b> Do you care for someone with mental health condition? Come and join us for a carers course specifically to support your role as an unpaid carer. An opportunity to meet with other carers and find tools and resources available to you	Cheltenham Fire Station East Keynsham Road Cheltenham <b>GL53 7PY</b>
16	January		
23	January		
30	January		
6	February		
<b>Wednesdays</b> <b>10.30am – 1.00pm</b>		<b>Stroud Carers Course</b> 4-week course to support you in your caring role. Including: <ul style="list-style-type: none"> <li>• Health and wellbeing</li> <li>• Practicalities of caring</li> <li>• Accessing services and support</li> <li>• Juggling caring with other demands</li> </ul> A chance to meet other carers and share experiences	Health Education Room Stroud Health Centre Beeches Green Stroud, Gloucestershire <b>GL5 4BH</b>
16	January		
23	January		
30	January		
6	February		

## Contact us to book your place

Call 01452 500885 or email [positivecaring@carersgloucestershire.org.uk](mailto:positivecaring@carersgloucestershire.org.uk)

Carers Gloucestershire  
Messenger House, 35 St. Michael's Square, Gloucester, GL1 1HX  
Registered Charity No. 1110529 Company Limited by Guarantee 5475527

[www.carersgloucestershire.org.uk](http://www.carersgloucestershire.org.uk)

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<p><b>Tuesday</b> <b>1.00pm – 4.00pm</b></p> <p>22 January</p>	<p><b>Mental Capacity Act</b></p> <p>This training supports individuals with gaining an understanding of the mental capacity act and lasting power of attorney.</p>	<p>Carers Gloucestershire 2<sup>nd</sup> Floor Messenger House 35 St Michaels Square Gloucester <b>GL1 1HX</b></p>
<p><b>Mondays</b> <b>10.00am – 1.00pm</b></p> <p>25 February 4 March 11 March 18 March</p>	<p><b>Caring for someone with a Life Limiting Illness</b></p> <p>A 4 week programme in partnership with <u>Longfield Hospice</u>.</p> <ul style="list-style-type: none"> <li>The course is for carers of people with <b>life limiting illnesses</b></li> <li>Meet with other carers' to share experiences, gain support and access useful information</li> </ul>	<p>Longfield Hospice Burleigh Lane Minchinhampton Stroud <b>GL5 2PQ</b></p>
<p><b>Tuesdays</b> <b>10.30am – 1.00pm</b></p> <p>5 February 12 February 19 February 26 February</p>	<p><b>Cirencester Carers Course</b></p> <p>4-week course to support you in your caring role. Including:</p> <ul style="list-style-type: none"> <li>Health and wellbeing</li> <li>Practicalities of caring</li> <li>Accessing services and support</li> <li>Juggling caring with other demands</li> </ul> <p>A chance to meet other carers and share experiences</p>	<p>Cirencester Community Fire Station School Lane Cirencester <b>GL7 1JX</b></p>
<p><b>Wednesdays</b> <b>10.30am – 1.00pm</b></p> <p>13 February 20 February 27 February 6 March</p>	<p><b>Stroud Mental Health Carers Course</b></p> <p>Do you care for someone with mental health condition? Come and join us for a carers course specifically to support your role as an unpaid carer. An opportunity to meet with other carers and find tools and resources available to you</p>	<p>Health Education Room Stroud Health Centre Beeches Green Stroud, Gloucestershire <b>GL5 4BH</b></p>
<p><b>Tuesday</b> <b>10.00am – 1.00pm</b></p> <p>19 February</p>	<p><b>Being a Carer of someone with Dementia</b></p> <p>This course offers support to you if you are caring for someone with dementia.</p> <ul style="list-style-type: none"> <li>Looking at coping strategies</li> <li>General advice and support</li> </ul>	<p>Carers Gloucestershire 2<sup>nd</sup> Floor Messenger House 35 St Michaels Square Gloucester <b>GL1 1HX</b></p>
<p><b>Mondays</b> <b>10.30 – 1.00pm</b></p> <p>25 February 4 March 11 March 18 March</p>	<p><b>Gloucester Carers Course</b></p> <p>4-week course to support you in your caring role. Including:</p> <ul style="list-style-type: none"> <li>Health and wellbeing</li> <li>Practicalities of caring</li> <li>Accessing services and support</li> <li>Juggling caring with other demands</li> </ul> <p>A chance to meet other carers and share experiences</p>	<p>Carers Gloucestershire 2<sup>nd</sup> Floor Messenger House 35 St Michaels Square Gloucester <b>GL1 1HX</b></p>
<p><b>Wednesdays</b> <b>10.30 – 1.00pm</b></p> <p>27 February 6 March 13 March 20 March</p>	<p><b>Cheltenham Carers Course</b></p> <p>4-week course to support you in your caring role. Including:</p> <ul style="list-style-type: none"> <li>Health and wellbeing</li> <li>Practicalities of caring</li> <li>Accessing services and support</li> <li>Juggling caring with other demands</li> </ul> <p>A chance to meet other carers and share experiences</p>	<p>Cheltenham Fire Station East Keynsham Road, Cheltenham, <b>GL53 7PY</b></p>

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