

# St John Ambulance



## Carers Support Programme

St John Ambulance Devon in collaboration with **Carers Champions** are offering the opportunity for carers to attend a free four-session course aimed at providing practical skills and information.

The course covers an introduction to caring skills, managing continence issues, basic first aid, stress management, safer moving and handling, preventing falls and coping with dementia.

Suitable for all carers who look after relatives, friends or neighbours, the course is entirely free for those taking part. It runs over four, morning sessions with a FREE lunch provided.

***‘A very enjoyable course, a breath of fresh air’***

***‘A truly excellent course with plenty of time for discussion and questions, it made me feel valued as a Carer’***

For further information or to book a place on the course please **contact Emma Healey** at St John Ambulance Devon by ringing **01392 822646** or email [emma.healey@devon.sja.org.uk](mailto:emma.healey@devon.sja.org.uk)

See over for venues and dates

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St John Devon HQ, 7-9 Marlborough Court, Manaton Close,  
Matford Business Park, Exeter, Devon EX2 8PF.  
Registered Charity No. 1077265

# Venues & Dates

## 2009

### St Budeaux Library

Tuesday May 19<sup>th</sup>, 26<sup>th</sup>, June 2<sup>nd</sup>, 16<sup>th</sup>

### Plymstock Library Meeting Room

Monday June 29<sup>th</sup>, July 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>

### Local Care Centre, Mount Gould

Monday September 14<sup>th</sup>, 21<sup>st</sup>, 28<sup>th</sup>, October 5<sup>th</sup>

### Crownhill SJA Hall

Wednesday November 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup>

## 2010

### Granby Island Community Centre

Tuesday January 12<sup>th</sup>, 19<sup>th</sup>, 26<sup>th</sup>, February 2<sup>nd</sup>

### Morice Baptist Church, Ham

Wednesday March 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>

## **10am start and closes with lunch at 1.00pm**



Carers Champions is a free service that supports unpaid adult carers. We support carers to get the information, advice and resources they need to keep on top of things, keep them well and happy. These could be emotional, financial, social and more - caring can affect all aspects of life! If you would like further information please call 01752 211348