

You can contact us in the following ways:

To Book:

For 'Legal and Financial' and 'Handle with Care' Sessions, please contact

Worcestershire Association of Carers (WAC) 01905 751340

For all other sessions, please contact

Worcestershire Carers' Unit 0800 389 2896

Worcestershire County Council Carers' Unit

By telephone:

0800 389 2896

By post:

Worcestershire Carers Unit, Pavilion E2
County Hall, WORCESTER. WR5 2NP

By email:

carers@worcestershire.gov.uk

Online:

www.worcestershire.gov.uk/carers

This document can be made available in other languages and alternative formats (large print, audio tape, computer disk and Braille) on request from The Carers' Unit on telephone number 0800 389 2896 or by emailing carers@worcestershire.gov.uk

To the best of our knowledge all information was correct at the time of printing: October 2010.

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Worcestershire Carers' Unit

At a glance: Practical Sessions for Informal / Family Carers in your area January - March 2012

Do you look after an adult who is ill, disabled or frail and cannot manage without your help?

Then these sessions may help



Find out more online:
www.worcestershire.gov.uk/carers



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January

Redditch and Bromsgrove District

16th Legal and Financial: Benefits Advice
10:30am-12:30pm or 12:30-3pm
Individual appointments also available so please book

Wyre Forest

23rd January and **20th February Stress Management**
10am-1.30pm, Kidderminster Library
(both sessions need to be attended)

Wychavon

27th Legal and Financial: Carers Assessments
10:30am-12:30pm, Pershore Civic Centre

Worcester City

16th Dementia Awareness
10am-2pm, Age UK, Malvern gate Worcester
19th Legal and Financial: Wills & Trusts, Power of Attorney, Home Ownership 2pm-4pm, Perdiswell Young Peoples Centre Worcester

Malvern Hills and District

17th Legal and Financial: Making the most of your money Hints and Tips on managing money and benefits
2:30-4pm, Malvern Carers' Group Sherrards Green Malvern

February

Redditch and Bromsgrove District

7th Emergency First Aid 10am-2:30pm, Crabtree Court Bromsgrove
14th Legal and Financial: Paying for Care
10:30am-12:30pm, Ecumenical centre Redditch

Wyre Forest

15th Legal and Financial: Benefits Advice
10:30am-12:30pm, Kidderminster Library
16th Legal and Financial: Wills & Trusts, Power of Attorney, Home Ownership 2:30-4pm, Carers Group St Chads

Wychavon

3rd Legal and Financial: Wills & Trusts, Power of Attorney, Home Ownership 10:30am-12:30pm, Pershore Civic Centre
3rd & 2nd March Stress Management
10am-1:30pm, Pershore Civic Centre
(both sessions need to be attended)

Worcester City

8th Legal and Financial: Benefits Advice
10:30am-12:30pm, Perdiswell Young Peoples Centre Worcester

Malvern Hills District

21st Dementia Awareness 10am-2pm, Prospect View Malvern

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or by email carers@worcestershire.gov.uk

March

Redditch and Bromsgrove District

21st Dementia Awareness 10am-2pm, Amphlett Hall Bromsgrove

Wyre Forest

7th Legal and Financial: Wills & Trusts, Power of Attorney, Home Ownership 10:30am-12:30pm, Kidderminster Library

Worcester City

6th Emergency First Aid 10am-2.30pm, Wainwright Road, Worcester
27th Legal and Financial: Personal Budgets, Direct Payments
10:30am-12:30pm, Perdiswell Young Peoples Centre Worcester

Malvern Hills and District

12th Legal and Financial: Wills & Trusts, Power of Attorney, Home Ownership 10:30am-12:30pm, Malvern Library
29th Legal and Financial: Benefits Advice
10:30am-12:30pm, Malvern Library