

NEWSLETTER JANUARY – APRIL 2010

TRAINING IN BRAY

Care in the Home:

Our City and Guilds accredited Care in the Home course begins in Bray in 2010. Please contact the Centre for an application form.

FETAC Level 5:

We are running a FETAC Level 5 Practical Home Care Skills course this year. We have a limited number of places left on this course. There is also a separate course for non Family Carers and professionals. Please contact the Centre for more details and an application form.

Self-Help Health Programme:

Shirley McClure is offering a self-help health programme to Carers. The course will run over 6 one hour sessions and cost €60 per person. We need at least 6 Carers to run the course. The course covers Meditation to nourish your core energy, acupressure to improve health and wellbeing, stretching to improve energy flow and Visualisation to aid relaxation. If you are interested in attending the course please contact the Centre.

Card making course:

A card making course will take place in the centre in 2010. The course will be hosted by Brenda Chambers it will run for 6 weeks and will cost €30 (to cover materials).

The course will take place one morning a week for 2 hours per week.

Please view www.chamberscardcraft.com to see the work that Brenda does.

Relaxation course with Valeria Holleran:

We are running a Relaxation course in the Centre. This will cover relaxation techniques for mental and physical rejuvenation, using heated stones on the neck and back, helping to relax muscles to release tension. We need 6-8 people for this course. It will be run once a week for one hour per week. The cost of the course is €60.00.

SOCIAL ACTIVITIES

Support Groups:

We have a Support Group Meeting on the last Wednesday of every month in the centre in Bray.

All our Support Group Meetings start at **11am sharp.**

If you have any ideas or contacts for Support Groups, please contact the Centre.

The dates for our Support Groups are:

Wednesday: January 27th, February 24th, March 31st, April 28th

Internet Cafe

We are offering Carers a chance to surf the net and send emails etc. every Tuesday in the Centre in Bray. A €1.00 donation to the centre will apply.

Massage

For only €25 per hour the IMTA in conjunction with The Carers Association are offering massage therapies on the last Monday of every month in the centre in Bray.

This will commence on 21st December as a special Christmas treat.

For bookings, please contact the office.

Bookings will close one week prior to the massage dates offered.

Massage is available any time between **10am-4pm** on the last Monday of the month. Booking is essential. P.T.O.

OTHER NEWS

SMOKE ALARMS

If you are a Family Carer looking after a person who is over 65 and you would like to avail of a free smoke alarm, please contact the Centre.

MEMBERSHIP

Would you like to become a member of The Carers Association? The fee is just €25 for 5 years. During the first year of membership you receive a Membership Privilege card which gives 10% off Carraig Donn, Carphone Warehouse, 2 for 1 at Dublin Zoo and vouchers and discounts in a number of outlets. This can be renewed if people find it Useful. As well as the Privilege card, membership of The Carers Association gives Carers a greater voice when it comes to advocacy and builds up recognition of how many Family Carers are represented by us.

ARKLOW

Support Groups

We have a Support Group meeting in the Old Credit Union Building, 24 Lower Main Street on the First Tuesday of the month at 11 am.

The dates for these Support Groups are:

Tuesday: January 5th, February 2nd, March 2nd, April 6th.

TRAINING IN ARKLOW

Care in the Home

Our City and Guilds accredited Care in the Home course will be starting again in Arklow in September 2010. Please contact the Centre for an application form.

Please see all courses and social activities in the Centre in Bray which all Carers are welcome to attend.