



# CARERS TRAINING PLAN

WWW.DCCARERS.ORG

0300 0051213

ADMIN@DCCARERS.ORG

## 15 OCT MAKING SENSE OF CARING

10 AM TO 12NOON  
CROOK

GUIDANCE AND SUPPORT AND A CHANCE TO CONNECT WITH OTHER CARERS

## 20 OCT POWER OF ATTORNEY, WILLS & TRUSTS

6PM TO 7PM  
ONLINE

BRENDA BEVERIDGE LEGAL PROVIDE INFORMAITON AND ADVICE AND ANSWER QUESTIONS

## 23 OCT CREATIVE WRITING

1.30PM TO 3.30PM  
BISHOP AUCKLAND

TIME TO RELAX AND TRY SOMETHING NEW AND MEET NEW PEOPLE

## MAKING SENSE OF CARING

GUIDANCE AND SUPPORT AND A CHANCE TO CONNECT WITH OTHER CARERS

- 29<sup>TH</sup> OCTOBER AT NEWTON AYCLIFFE YOUTH AND COMMUNITY CENTRE FROM 10AM TO 12MPPM
- 5<sup>TH</sup> NOVEMBER AT WOODLEIGH COUNCIL OFFICES, BARNARD CASTLE FROM 10AM TO 12NOON
- 12<sup>TH</sup> NOVEMBER AT SHOTTON COMMUNITY CENTRE FROM 10AM TO NOON

## 31 OCT 6 WEEK ONLINE YOGA FOR CARERS

£10 BOOKING FEE APPLIES

9.15 AM TO  
10.15AM

## 5 NOV FIRST AID COURSE

LEARN HOW TO SAVE A LIFE

10AM TO 1PM  
SPENNYMOOR