



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

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