

## Spring 2010 Training

All sessions to be held at City Mills, Skeldergate 10am – 12 noon

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| <b>Wednesday 27<sup>th</sup> January</b><br><b>10 – 11.30</b> | <b>Falls Prevention</b><br>Speaker from the Falls Prevention Service, NYYPCT   |
| <b>Tuesday 2<sup>nd</sup> February</b><br><b>10 – 12noon</b>  | <b>Personalisation - The National and local perspective.</b><br>Looks at people having more control over the support they receive by having an Individual Budget.<br>Ralph Edwards, Group Manager, Adult Services, CYC<br><b>Booking essential – due to limited space.</b> |
| <b>Tuesday 16<sup>th</sup> March</b><br><b>10 – 12noon</b>    | <b>Moving and Handling</b><br>Sally Hutchinson, Chief Officer, Age Concern York<br><b>(only 12 places available)</b>   |
| <b>Tuesday 13<sup>th</sup> April</b><br><b>10 – 12noon</b>    | <b>The Challenges we face working with people with dementia and their carers</b><br>Peter Cox Mental Health Trainer<br><b>This is a repeat of the session held in August.</b>  |

Travel expenses will be reimbursed. Please keep all your receipts e.g. bus tickets and keep a note of your mileage. **We are keen to start promptly. PLEASE NOTE: DUE TO PRESSURE OF SPACE THERE IS NO PARKING AT CITY MILLS.** Parking is available at St George's Field and Bishopthorpe Rd. We will reimburse your parking costs for the session.

**Please return to: In Safe Hands, Age Concern York, 70 Walmgate, YORK YO1 9TL**

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| I will/will not be able to attend | 27 <sup>th</sup> January | <b>Falls Prevention</b>  |
| I will/will not be able to attend | 2 <sup>nd</sup> February | <b>Personalisation</b><br><b>Places limited – booking essential</b>              |
| I will/will not be able to attend | 16 <sup>th</sup> March   | <b>Moving and Handling</b><br>Places limited – booking essential                 |
| I will/will not be able to attend | 13 <sup>th</sup> April   | <b>The Challenges we face working with people with dementia and their carers</b> |

Name.....

Scheme you volunteer for.....