



**A**ndrew Wensch, a qualified trainer, will be providing seminars on Life Skills at the Dementia Club UK weekly Carers Group session every Tuesday from 7pm to 8.30pm.

- ◆ The session starts at 7pm for carers to raise and chat generally about any concerns.
- ◆ **The seminar will start at 7.30pm for 30 minutes**, followed by questions and answers at 8pm.
- ◆ There will also be an opportunity for further chat on any other matters.
- ◆ The session finishes at 8.30pm.

## Life Skills Seminars at the weekly Carers Group

**List of topics available:** (Some topics may take more than one session)

- 1) Understanding Distressed Behaviour
- 2) Dementia Awareness (types of Dementia)
- 3) Infection Prevention and Control
- 4) Nutrition and Hydration
- 5) Basic Life Support (theory only) - Delivered by Peter Simaliak
- 6) Fire Awareness
- 7) Moving and Handling - Theory only (30 mins for hints and tips or 4 hours for the full subject)
- 8) Equality and Diversity
- 9) Mental Health - both learning basics and actual support if people need (Andrew is also happy to do one to one with people in the evenings or weekends if people need support.)
- 10) Mindfulness - Normally 8 weeks programme – a number one choice for people facing stress. Andrew can support stress reduction as well as mindfulness.
- 11) COSHH (for anyone that needs it) (Control of Substances Hazardous to Health)
- 12) Stroke Awareness
- 13) Person Centeredness

### Other topics that people might be interested in;

- 14) VAK test- know how you learn and how you retain information.
- 15) Personality profile (basic personality profile based on the DISC assessment with elements of Myers Briggs)
- 16) First Aid (certified) will need to be done face to face
- 17) Basic Life Support (certified) is being configured to support online learning, available later this year.

**For further details to join please email Lisa**

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