

FREE Training for Carers

Carers who access our service can also attend any of the training sessions that Age UK Doncaster delivers for **FREE**. The training is part of the induction that all new employees must attend and is delivered by Age UK Doncaster's qualified Training Manager.

There are numerous courses and carers are welcome to attend any they feel would help them in their caring role. These include:

- Dementia Awareness
- Contenance Awareness
- Safeguarding Vulnerable Adults & Children
- Moving & positioning including Hoist & Sling
- First Aid Awareness
- Food Safety/Nutrition Awareness
- Infection Control
- Health & Safety Awareness
- Administering Medication



Relate are now offering FREE relationship Counselling for people over 50 living with Dementia and their carers. Carers can access up to 5 private and confidential counselling sessions either face to face, or over the phone.

Age UK Doncaster now have a Eatwell and Livewell Project.



The service is for people who have lost weight suddenly or are under nourished. It is designed to support people over 50 and/or their carers by:

- Visiting people at home and providing nutritional advice
- Identifying barriers to eating a healthy diet and providing solutions
- Help with accessing groceries; either through on-line shopping or accompanied shopping

Dementia News !

Andrea Aimson, Doncaster Carers Service and Age UK Doncaster Day Service Manager, is a Dementia Champion for Doncaster and delivers the Dementia training at Age UK Doncaster



FOR MORE DETAILS TELEPHONE :

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