

FREE TRAINING COURSES

COOK & EAT

Working towards level 2 Food & Hygiene, Controlling Temperatures, Food Storage, Food Preparation & Food Safety.

Tuesday 7 May
5 - 7.30pm

Tuesday 14 May
5 - 7.30pm

Tuesday 21 May
5 - 7.30pm

Thursday 30 May
10.30 - 2.30pm

Friday 31 May
10.30 - 2.30pm

Tuesday 4 June
5 - 7.30pm

FIRST AID

First Aid Priorities, Managing incidents, Basic Life Support, CPR, Burns & Scalds, Control of Bleeding, Regulations.

Wednesday 1 May
5 - 7.30pm

Wednesday 8 May
5 - 7.30pm

Wednesday 15 May
5 - 7.30pm

Wednesday 22 May
5 - 7.30pm

Wednesday 29 May
5 - 7.30pm

Wednesday 5 June
5 - 7.30pm

GOAL SETTING

Goal Setting & why it is important. Wheel of Life (self assessment of individual achievement), Barriers & Strategies, Your Action Plan & Monitoring & Review of your Action Plan.

Thursday 6 June
11 - 1.30pm

Thursday 13 June
11 - 1.30pm

Friday 21 June
11 - 1.30pm

Thursday 27 June
11 - 1.30pm

Friday 5 July
11 - 1.30pm

Friday 12 July
11 - 1.30pm

CONFIDENT ME

"Confidence Building", The Power of Positive Thought, Assertiveness Skills, Barriers & Strategies, Managing Relationships & Self Care.

Wednesday 19 June
11 - 1.30pm

Wednesday 26 June
11 - 1.30pm

Wednesday 3 July
11 - 1.30pm

Wednesday 10 July
11 - 1.30pm

Wednesday 17 July
11 - 1.30pm

Wednesday 24 July
11 - 1.30pm

Working in conjunction with Nottingham City Council. The candidate will enroll on one block of sessions with the expectation to commit to all of the agreed dates

We have limited places on each course to book your place call or text us on **07814678460** or for further information about any of the courses

Financial support for public transport excluding taxis will be provided on receipt of your ticket

All the courses will be held at The Carers Federation, 21-23 Pelham Road, Sherwood Rise, Nottingham NG5 1AP



Christopher Cargill House, 21-23 Pelham Road, Sherwood Rise, Nottingham NG5 1AP

Action For Young Carers carersfedayc @carersfedayc Web: www.aycnottingham.co.uk Web: www.carersfederation.co.uk

Registered Address: Christopher Cargill House, 21 - 23 Pelham Road, Nottingham, NG5 1AP Registered Number: 3123142 Registered Charity Number: 1050779