

Family Carer Training Courses - September 2011

Note all these courses are specifically aimed at Unpaid/Family Carers

This spreadsheet is updated regularly by Care Alliance Ireland. Please advise of changes/inaccuracies to ndo@carealliance.ie

Name of Group	Name	Position	Address	Phone	Mobile	Email	Web	Project Summary	Number and Length of Sessions (6 weekly 2 hr sessions etc.)	1-2-1 Follow Up Support - (Phone/In Centre/At Home)	Other Useful Details (eg. Access to Home based respite care when carer is out at training, Facilitate linking in with Carer Support group, Access to Respite Care, etc.)
Acquired Brain Injury Ireland	Carol Rogan	Training Manager	43 Northumberland Avenue, Dunloughra, Co Dublin	01 2804164		crogan@abireland.ie	www.abireland.ie	Nationwide Programme - Introduction to Acquired Brain Injury, How Families cope with ABI, Living with ABI - A Practical Approach, Health Promotion and wellbeing of Carers, Emotional and Behavioural Challenges following ABI, Communication and the challenges after ABI, Attention and memory difficulties after ABI, Children and ABI.	3.5 hour sessions	Follow-on Carer Network meeting organised when the session concludes. Where appropriate/feasible, individual follow-up support provided on a case-by-case basis. Many participants would be already accessing ABI Ireland services so we may be supporting them anyway.	Opportunity to link in with ABI Ireland and/or Headway Support Groups. Follow-on Carer Network meeting facilitated by ABI Ireland staff when the session concludes.
The Alzheimer Society of Ireland	Jo Chadwick	Training Co-ordinator	National Office: Temple Road, Blackrock, Co Dublin	01-2073800		jchadwick@alzheimer.ie	www.alzheimer.ie	Nationwide programme, Understanding Dementia, Changing Relationships, Communication, Understanding Behaviour, Engaging in Life Activities, Personal Care, Looking after yourself as carer, and Accessing Support and Information	Harlequin Hotel, Castlebar, Co Mayo. Course beginning 7th September for 5 consecutive weeks. (Evenings 6.45pm - 9.30pm) Carnegie Court Hotel, Swords, North Dublin. Beginning Tuesday 6th September for 5 consecutive weeks. (Evenings 6.45pm - 9.30pm) Plaza Hotel, Tallaght, South Dublin. Beginning Thursday 22nd September for 5 consecutive weeks. (Evenings 6.45pm - 9.30pm) Carmichael Centre, City Centre, Dublin. Beginning Tuesday 20th September for 5 consecutive weeks. (Mornings from 10am - 1pm) This course is being run in collaboration with Caring for Carers Dublin www.caringforcarers.ie Longford Arms, Main St., Longford. Beginning Tuesday 27th September for 5 consecutive weeks. (Evenings 6.45pm - 9.30pm) Contact Breda Dunne on tel. 043 334 7221 Headford Arms, Kells, Co. Meath. Beginning Thursday 6th October for 5 consecutive weeks. (Evenings 6.45pm - 9.30pm) Contact Bubby Ludden/Helen Stevenson on tel. 046 902 7007 Primary Health Care Centre, Mallow, Co. Cork www.mphc.ie Beginning Wednesday 14th September for 6 consecutive weeks. (Evenings 6.45pm - 9.30pm) This course is being run in collaboration with the HSE. Contact Amy Murphy on 022 433 22	Many already receiving home care and day care services. Participants informed of Helpline, and local services including local support groups	Respite funds available to enable Carers to attend Training; this is assessed on a case-by-case basis. Follow-on Carer Network meetings facilitated by ASI staff when the courses end
Caring for Carers Ireland	Pat Shannon	Head of Services	National Office, Carmody Street Business Park, Ennis, Co Clare	065-6866515		pshannon@caringforcarers.org		Caring for Carers Ireland under the Pobal training for Carers measure has been providing training to a number of Carers Groups throughout Ireland. Training is currently being provided to 19 groups with courses in a variety of areas including Caring in the home, Infection control, Computers, Personal Development, Stress management, Arts and Crafts, Dancing, Therapeutic handcare, First Aid, manual Handling, Risk Management.			
The Carers Association	Sharon Deering	Training Manager	Market Square, Tullamore, Co Offaly	057-9322920	086-8099446	training@carersireland.com	www.carersireland.com	Nationwide Programme - Provided Certified Training Through City & Guilds Care in the Home Training Course & FETAC Level 5 Practical Home Care Skills Training Course. These courses cover sessions on rights and entitlements, nutrition, infection prevention, safety in the home, communication skills, dementia awareness, coping with bereavement loss and terminal illness to name but a few examples. Provide other relevant training and information such as Patient Moving & Handling Training, Stress Management Workshops and topic specific workshops which relate to needs as identified by Carers. An online learning personal development initiative will also be piloted.	City & Guilds Care in the Home Training = 10 x 3hour sessions plus 1 day of Patient Moving & Handling Training. FETAC Level 5 Practical Home Care Skills Training = 14 x 3 hour sessions plus one day of Patient Moving & Handling Training. Stress Management Workshops = 1 day workshop. Other Workshops = 3 hour sessions	All Carers trained are referred to our Centres for ongoing support. One to one support is offered where it is required as well as referral to other appropriate services or supports.	Linking Carers into support groups, other training, other support services as required
Crosscare	Nora Kirrane	Project Leader	Crosscare Carer Support Programme, Clonliffe College, Dublin 3	01-8360011	086 8270032	nkirrane@crosscare.ie	www.crosscare.ie	Open University Course - Health & Social Care, Massage & Aromatherapy, Personal Development, Sexuality & Loss Nutrition, Yoga, Back Care & Safe Lifting, training with Male Carers and parents of children with special needs nutrition, yoga	Nutrition - last talk in October, Finglas 1 hour Back Care & Safe Lifting - last talk in October 1 hour (venue to be confirmed) Yoga - September to October 1.5 hours Clonliffe College for 6 sessions, weekly Male Carer - 30 minute cookery class and group time with male facilitator Parenting courses 1-6 year olds Blanchardstown for 6 weeks 6 - 12 year olds Blanchardstown, evenings for 6 weeks adolescents Blanchardstown 1 day workshop/October	Carers are linked into support, respite and education services.	Financial contribution available for Carer to put towards respite they organise while attending courses - subject to availability.
Shine	Patricia Seager	National Development Manager	38 Blessington Street, Dublin 7	18601620	087 2906811	psseager@shineonline.ie	www.shineonline.ie	To run the Family Education Training For Relatives, Prospect Training For Carers & Recovery & the Family. Training will be peer led			
Roscos Community Development Project	Norah Cullinan Breslin	Project Manager	An Sean Teas, Gweedore Rd, Durneoe, Co Donegal	074 9561686		roscoscp@eircom.net		Dungloe, Co Donegal - Occupational First Aid, Stress Management, Healing Therapy, reflexology			
Rural Community Care Network	Colette Ryan	General Manager	The Health Centre, Knockainey Road, Hospital, Co Limerick	064 383644				Limerick and North Cork - First Aid, Coping skills, Coping with incontinence, Dementia awareness, care of the dependent person, manual handling and patient moving, relaxation therapies			
Sliabh Luachra Local Development	Margaret Daly	Project Manager	The Island Centre, Main Street, Castle Island, Co Kerry	066 7142576		margaretdaly@eircom.net		Castleland, Co Kerry - Care in the home, Communication and listening skills, osteoporosis, first aid, stress management, bereavement supports, personal development, brain injury and money management	Course began in May 2009 - May 2011 Sessions take place once a week	All Carers receive ongoing support from Manager.	
Tacu Ballinrobe Family Resource Centre Ltd.	Mary Jackson	Manager	Glebe Street, Ballinrobe, Co Mayo	094 9542908		ballinrobefamily@eircom.net		Training for eight Traveller women in stress management, personal care, practical home care skills, arts and crafts, manual handling, first aid.			
IRD Duhallow	Trina Murphy	Manager	James O'Keefe Institute, Newmarket, Co Cork	029 60633		tduhallow@eircom.net		Boherbe - Care in the home course, Inanimate patient and manual handling, occupational first aid, caring for children with special needs, personal development course, Stress management, dependent adult training, entitlements for Carers			
Leltrim Integrated Development Company	Bernie Donoghue	Manager	Church Street, Drumshanbo, Co Leitrim	071-9641740		bjdco@eircom.net		Running Care in the Home courses			
Mental Health Ireland	Nicola Morley (Galway), Ted Tierney (Dublin)	Development Officer (Nicola), Ted (Deputy CEO)	St. Brigid's Hospital, Ballinasloe, Co Galway	Dublin - Ted - 01-2841166 Galway - Nicola 086 3837607		nicolam@mentalhealthireland.ie , ted@mentalhealthireland.ie	www.mentalhealthireland.ie	Dublin and Galway - Running Stress Management programme for Carers and Looking After Your Mental Health Training for Carers			
Open University of Ireland	Helen Evans	Senior Lecturer	Faculty of Health and Social Care, The Open University in Ireland	01-678 5399, ext. 72142	00 44 788 0826 754	H.Evans@open.ac.uk	www.open.ac.uk	Providing HETAC Level 6 course Understanding Health and Social Care for Crosscare			
Health Training United Care	Betty Barry	Director	Quaker House, Stocking Lane, Rathfriland, D16	01-4069524	087 228 5286	bjhealthtraining@eircom.net	http://www.healthtrainings.com	Providing Fetac Level 5 Training for Health Care workers and Family Carers in Rathfriland and Ballymun. Modules include Practical Home Care Skills Training, Manual Handling, CPR, Care Support, Care Health and Safety at Work, Communication, Work Experience, Care of the Older Person, Infection Control, Human Growth and Development.	Varies - for example Practical Home Care Skills Module delivered full time over 5 days. Other modules vary - eg 2 modules can be completed over 2 hours 1 evening per week for 16 weeks.	Post course phone based advice as necessary. Refresher courses available.	Trainers are community nurses.