



Free Training for Unpaid Carers May to December 2018

Subject	Date	Time	Venue
Safer Manual Handling	23 rd May	1.00-3.30	Care Training Consortium Office*
Dementia Awareness	18 th June	10.00-12.30	Castle Douglas Carers Centre
Stress Awareness	18 th June	1.00-3.30	Castle Douglas Carers Centre
Reiki	22 nd June	10-12.30	Care Training Consortium Office*
Dementia Awareness	27 th June	10.00-12.30	Newton Stewart Fire Station
Stress Awareness	27 th June	1.00-3.30	Newton Stewart Fire Station
Dementia Awareness	13 th August	10.00-12.30	Dumfries Carers Centre
Stress Awareness	13 th August	1.00-3.30	Dumfries Carers Centre
Dementia Awareness	27 th August	10.00-12.30	Annan Fire Station
Stress Awareness	27 th August	1.00-3.30	Annan Fire Station
First Aid	5 th September	10.00-12.30	Castle Douglas Carers Centre
Medication Awareness	5 th September	1.00-3.30	Castle Douglas Carers Centre
Coping with Difficult Situations	5 th September	10.00-12.30	Dumfries Carers Centre
Assertiveness	5 th September	1.00-3.30	Dumfries Carers Centre
Reiki	21 st September	10-12.30	Care Training Consortium Office*
First Aid	25 th September	10.00-12.30	Dumfries Carers Centre
Medication Awareness	25 th September	1.00-3.30	Dumfries Carers Centre
Coping with Difficult Situations	17 th October	10.00-12.30	Stranraer Fire Station
Assertiveness	17 th October	1.00-3.30	Stranraer Fire Station
Coping with Difficult Situations	22 nd October	10.00-12.30	Annan Fire Station
Assertiveness	22 nd October	1.00-3.30	Annan Fire Station
First Aid	4 th December	10.00-12.30	Newton Stewart Fire Station
Medication Awareness	4 th December	1.00-3.30	Newton Stewart Fire Station

**To book places on these courses please call the CTC
office on 01387 249111 or email info@caretrain.co.uk**

*The Care Training Consortium, First Floor Office, Franklin Steel Building, Dumfries Enterprise Park,
Tinwald Downs Road, Dumfries, DG1 3SJ, 01387 249111, email: info@caretrain.co.uk