

Learning and Training: supporting carers in their caring roles.

Sometimes you may need to understand more about your caring role or to learn new skills, particularly if you are new to caring or if you need to give more care.

The Three Carers Centres in Oxfordshire can help carers find out what local short courses are available to help carers in their caring roles. There may be help with care or transport costs. The Carers Centres run their own training courses. Information about what is on offer can be found in their regular newsletters or by phoning the centres direct.

North and West Carers Centre 01295 264545
Oxford Carers Centre 01865 205192
South and Vale Carers Centre 01235 510212

Courses in the Oxfordshire County Council Learning & Development Brochure are free to carers. Carers can view these at the Carers Centres or phone 01865 797123.

Parent Carers

The Parenting and Family Learning Team offer a variety of courses for parents wanting to support their role as parents. These courses aim to help parents become more confident and comfortable and to help them raise the achievement of their child.

'Parent Talk' is a special course aimed at supporting the parents of children and young people at risk of exclusion from school or in trouble with the law.

Find out about courses for parents by telephoning 01865 747870

Oxfordshire Parentlineplus offer a range of groups, courses and workshops to support parent carers. For more information telephone 01865 791711.

Short specialist courses for parent carers of disabled children are organised regularly. They are usually most helpful for parents who are experiencing difficulties managing their child's behaviour.

Find out about these courses by telephoning or emailing Barnardos' Children's Services Manager on 01295 275507 or Emma Hyde, Specialist Community Nurse, 01865 228118, emma.hyde@ridgeway.nhs.uk

For more information: see Carers in Oxfordshire website
www.oxoncarers.org.uk