

Calling all Direct Payment Employers and Personal Assistants FULLY FUNDED (free to attend)

Awareness Sessions

We are pleased to now confirm the dates that will start the series of awareness sessions that have been designed specifically for you during 2016.

The topics advertised on the back are based on what you have said are most important to you. Other priorities were, 'Becoming a Direct Payment Employer' and 'Introduction to the role of Personal Assistant'. Look out for the dates of these sessions, which will be advertised very soon.

The sessions will be delivered by expert trainers who will also be able to offer you advice and information. There will be plenty of opportunities for you to ask questions.

Health & safety Awareness Session

Are you keeping yourself safe and healthy in your home? Have you considered the risks of what could go wrong and have you taken all reasonable steps to guard against them? This session will introduce some of the things to consider when making your home as safe as possible for you and your personal assistant

Safer Person Handling

Would you or the person caring for you benefit from an introduction to the basic principles of moving someone as safely as possible? This session will include practical demonstrations of manual handling that protects *both of you*.

Basic Life Support/First Aid

Would you or your personal assistant know what to do if you had a fall? Are you confident about your resuscitation techniques? The correct use of the recovery position? This session will give practical tips on how to help until the emergency services arrive

Food Hygiene

Are you sure that meals are prepared, stored and handled correctly? Are you always confident of when food is safe to eat? Have you and or your personal assistant taken the steps needed to ensure the highest possible hygiene standards? This session will cover the basic principles of keeping you safe

and well in terms of food. We look forward to seeing you at these awareness sessions.

Topic	Date	AM/PM	Venue
Health & Safety	28 th January	10.00am-1.00pm	Streetly Methodist Church Thornhill Road, Sutton Coldfield, B74 3EH
Health & Safety	9 th February	12.30pm-3.30pm	St Laurence Pastoral Centre, 173 Church Road, Northfield, B31 2LX
Health & Safety	24 th February	10.00am-1.00pm	Small Heath Baptist Church 14 Jenkins Street, Small Heath, B10 0QH
Health & Safety	17 March	12.30pm-3.30pm	Life Community Church Lodge Rd, B18 5PW
Food Hygiene	26 th January	12.30pm-3.30pm	Emmanuel Church, Birmingham Road, Sutton Coldfield, B72 1YG
Food Hygiene	17 th February	10.00am-1.00pm	The HUB Hazelwell, 318 Vicarage Rd, Birmingham B14 7NH
Food Hygiene	10 th March	10.00am-1.00pm	Life Community Church Lodge Rd, B18 5PW
Food Hygiene	23 rd March	12.30pm-3.30pm	Small Heath Baptist Church 14 Jenkins Street, Small Heath, B10 0QH
Basic Life Support	11 th Feb	10.00am-1.00pm	Trinity Centre, Church Hill, Mill Street, Sutton, B72 1TF
Basic Life Support	1 st March	12.30pm-3.30pm	To be confirmed (North Birmingham)
Basic Life Support	8 th March	10.00am-1.00pm	To be confirmed (South Birmingham)
Basic Life Support	21 st March	12.30pm-3.30pm	Small Heath Baptist Church 14 Jenkins Street, Small Heath, B10 0QH
Safer People Handling	4 th February	10.00am-1.00pm	Life Community Church Lodge Rd, B18 5PW
Safer People Handling	22 nd March	10.00am-1.00pm	To be confirmed (South Birmingham)
Safer People Handling	24 March	12.30pm-3.30pm	Trinity Centre, Church Hill, Mill Street, Sutton B72 1TF
Safer People Handling	3 rd March	12.30pm-3.30pm	Small Heath Baptist Church 14 Jenkins Street, Small Heath, B10 0QH
Health Awareness/Preventi on Talks	25 February	10.00am-1.00pm	Trinity Centre, Church Hill, Mill Street, Sutton Coldfield, B72 1TF
Health Awareness/Preventi on Talks	29 February	12.30pm-3.30pm	The HUB Hazelwell, 318 Vicarage Rd, Birmingham B14 7NH

Booking your place or for more information

Please book as soon as possible

Please email us at bcda@birmingham.gov.uk or call us on **0121 303 0990**