



Training Programme – March 2021

We remain very conscious of the continuing impact of Covid-19 on carers' lives and the rippling side effects of all kinds it has had, particularly for those caring for others. This month our training programme offers practical advice through two legal talks as well as support to help cope with everyday challenges by providing several ways to manage your health and wellbeing during this difficult time.

To book a place on a workshop, please email support@richmondcarers.org or call and leave a message on 020 8867 2380.

Relaxation Techniques – monthly session with Giorgia Pontet

Our popular monthly session for you to explore ways to relax both your mind and your body.

Tuesday 2nd March 10am-12pm

Court of Protection – legal talk with Marie Quinn, M2M Community Solicitors LLP

A talk that covers the circumstances of when a person needs deputyship, and outlines when they should not need it, especially in relation to Property and Financial affairs. If it is necessary, then a guide is offered to the general process which needs to be followed.

Wednesday 10th March at 11.30am

Redundancy – legal talk with Marie Quinn, M2M Community Solicitors LLP

This talk covers the different elements of redundancy and settlement agreements.

Wednesday 17th March at 11.30am

Getting the most out of food – talk with Brian Isbell

Brian Isbell has extensive experience in working with and delivering talks to carers. During this workshop he will open a discussion and focus on the anatomy of the digestive system, the role of water, chewing and the stomach in a healthy digestive system as well as factors reducing its efficiency. The talk will also explore irritable bowel syndrome and its treatment.

Monday 22nd March at 11am

Strengthening the immune system – talk with Brian Isbell

During this workshop Brian Isbell will open a discussion and focus on the effectiveness of the immune system. You will explore a lifestyle for a healthy immune system and discuss the importance of deep breathing, exercise, and foods to strengthen antibody defences.

Wednesday 31st March at 1.30pm