

Helping you feel confident in your
caring role at home

CARERS SUPPORT

FREE ONLINE TRAINING

Clean Hands & Clean Wounds Infection Prevention & Control in everyday life	17th Sept 2026	10:00 - 12:00
Connecting Through Communication Supporting people living with Dementia	1st Oct 2026	14:00 - 16:00
Looking After Yourself Nutrition, hydration, dental care, vaccinations, screening & managing appointments	12th Oct 2026	10:00 - 12:00
Medicines Management Storage, record keeping, expiry dates, missed doses & community pharmacy advice	28th Oct 2026	10:00 - 12:00
Preventing Falls At home and while out and about	11th Nov 2026	14:00 - 15:30
Meet Your Carers Centre An introduction to your local Carers Centre & the support available to you	26th Nov 2026	10:30 - 12:30



Carers Network



London Borough
of Hounslow



Scan the QR code to book your place or contact us on:



07877078261 (MeI)



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