



Enfield Carers Centre
Empowering Carers

FREE TRAINING FOR FAMILY/INFORMAL CARERS **Learn valuable nursing skills** **to help prevent hospital admissions**

Are you looking after a partner or relative who's ill or disabled? Are they being treated by their GP or District Nurses? Have they had surgery or an infection? If any of these situations apply to the person you care for, this free course will teach you basic nursing skills which will help you keep them healthy and avoid hospital stays or re-admissions.

Medication safety

Unwell out of hours? What services to go to/who to call

Signs of infection and what action to take

Avoid Hospital Re-Admissions

Preventing Infections

How to avoid swallowing problems

Skin care and prevention of pressure ulcers

Want to avoid an unnecessary trip back to A & E or to your GP? Join other carers on this crucial course and learn basic, but vital, clinical skills that once learned, you'll be able to use for life.



Call 020 8366 3677 for available dates and to book your space

Start Time: 10am

Finish Time: 1.45pm

Attendance certificates for all attendees

Light Lunch/Refreshments provided

Training will be held at

**Enfield Carers Centre, Britannia House,
137-143 Baker Street, Enfield EN1 3JL**

Charity Registration No: 1140089

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