

“Needs and Aspirations Project”

A directory offering a wide range of training and leisure opportunities for unpaid Carers

“The Choice is Yours”



February 2011 – June 2011

**Choices in
this edition**

Reference: L550

**OVER 600
PLACES
AVAILABLE**



Northamptonshire
County Council

my
county
council

CARERS TRAINING AND LEISURE ACTIVITIES

Welcome to the 5th edition of the
“Needs & Aspirations Project”.

ARE YOU CARING FOR SOMEONE?

A BREAK FROM YOUR CARING ROLE
COULD BE JUST THE THING YOU NEED.

HAVE A LOOK AT THE EXCITING OPTIONS ON THE
FOLLOWING PAGES TO MAKE YOUR SELECTIONS.

The “Needs & Aspirations Project” is a directory of activities and opportunities available to unpaid Carers and includes those receiving Attendance Allowance. The project recognises the vital contribution made by Carers in our county.

If you know any other Carers who may benefit from these options please pass on the directory or contact us on 01933 396382 to request further copies.




Carers will be offered the option of registering their details on the

Check out the
Silverstone Race Day and
Summer BBQ in June

central Carers database held by NCC. All personal information will be held securely according to Data Protection guidelines. Baseline monitoring data will be shared with Northamptonshire County Council.

WE HOPE YOU ENJOY YOUR OPTIONS

FEBRUARY 2011

OPTION TITLE	WHEN	WHERE	TIMES
Family History 6 sessions	Friday 4 th February – 11 th March	Northampton	10.15 a.m. – 12.30 p.m.
Intermediate Computer Course 4 sessions	Monday 7 th February – 28 th February	Northampton 	1.15 p.m. – 3.30 p.m.
CWC Communicating & Resources	Monday 7 th February	Corby	1 p.m. – 4 p.m.
Aromatherapy 2 sessions	Wednesday 16 th February – 23 rd February	Daventry 	10 a.m. – 12 noon
Stress free Cooking 6 sessions Take home a meal for 2 each week!!	Monday 28 th February – 4 th April	Northampton 	9.30 a.m. – 12.30 p.m.
Hints & Tips on Colour Analysis & Body Image	Monday 28 th February	Northampton	1.30 p.m. – 4 p.m.







**PLEASE NOTE: SOME OPTIONS HAVE
PREVIOUSLY BEEN DELIVERED THROUGH
THE “CARING WITH CONFIDENCE” PROGRAMME.
THESE ARE MARKED “CWC”
BEFORE THEIR TITLE.**

BOOK YOUR PLACE NOW!

Telephone: 01933 396382 quoting reference L550

Email: info@nvca.org.uk quoting reference L550

MARCH 2011







OPTION TITLE	WHEN	WHERE	TIMES
10 Pin Bowling 	Tuesday 1 st March	Welling- borough	1 p.m. - 3 p.m.
First Aid	Thursday 3 rd March	Corby	9.30 a.m. - 4 p.m.
Yoga 6 sessions	Thursday 3 rd March – 7 th April	Northampton 	10 a.m. - 11.30 p.m.
Yoga 6 sessions	Friday 4 th March – 8 th April	Kettering 	1.30 p.m. - 3 p.m.
CWC Caring day to day & Finding time for me	Monday 14 th March	Corby	10 a.m. - 1 p.m.
Facebook 2 sessions	Wednesday 16 th March – 23 rd March	Rushden 	10.15 a.m. - 12.30 p.m.
Power of Attorney Find out how to organise a POA	Wednesday 30 th March	Northampton 	1.30 p.m. - 3.30 p.m.
Computer Taster Day	Thursday 31 st March	Northampton 	10 a.m. - 3.30 p.m.

BOOK YOUR PLACE NOW!

Telephone:01933 396382

Our thanks to Lamb & Holmes Solicitors and Park Woodfine Heald Mellows for providing the Power of Attorney sessions free of charge. Also to Sally Haynes (Paint your own Pottery) and Chris Ebden (Birdwatching) for also supporting local carers and Silverstone Circuit for providing race day tickets.

APRIL 2011

OPTION TITLE	WHEN	WHERE	TIMES
Paint your design on Pottery. Select a piece, paint & take home	Wednesday 6 th April	Wellingborough 	1.30 p.m. - 3.30 p.m.
Computer Taster Day	Wednesday 13 th April	 Corby	10 a.m. - 3.30 p.m.
 10 Pin Bowling	Wednesday 13 th April	Northampton	1 p.m. - 3 p.m.
CWC Caring Day to Day & Finding time for me	Thursday 14 th April	Northampton	10 a.m. - 1 p.m.
Power of Attorney Find out how to organise a POA	Thursday 14 th April	Daventry 	1.30 p.m., - 3.30 p.m.
Aromatherapy 2 sessions	Wednesday 27 th April – 4 th May	Kettering 	1 p.m. - 3 p.m.
Wii Games 2 sessions	Thursday 28 th April – 5 th May	Rushden 	10 a.m. - 12 noon




The selection in this directory has been put together with care and attention.
If there is something missing that you would really like to try please let us know.

TO ENSURE THERE ARE ENOUGH PLACES, PLEASE ONLY SELECT A MAXIMUM OF 4 OPTIONS FROM THIS DIRECTORY.

BOOK YOUR PLACE NOW!

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MAY 2011






OPTION TITLE	WHEN	WHERE	TIMES
Power of Attorney Find out how to organise a POA	Thursday 5 th May	Kettering 	10 a.m. - 12 noon
Create your own Hanging Basket to take home	Thursday 5 th May	Northampton	2 p.m. - 3.30 p.m.
Hints & Tips on Colour Analysis & Body Image	Friday 6 th May	Corby	1 p.m. - 3.30 p.m.
Bird Watching 2 sessions Intro + Field Trip	Monday 9 th May & Monday 16 th May	Rushden & Stanwick Lakes	10 a.m. - 12 noon
CWC Communication & Resources	Monday 9 th May	Towcester	1 p.m. - 4 p.m.
First Aid	Tuesday 10 th May	Wellingborough	9.30 a.m. - 4 p.m.
Computer Taster Day	Wednesday 11 th May	Rushden 	10 a.m. - 3.30 p.m.
Create your own Flowering Tub to take home	Thursday 12 th May	Northampton	2 p.m. - 3.30 p.m.
CWC Caring, Coping & Life	Thursday 12 th May	Northampton	10 a.m. - 1 p.m.
Facebook 2 sessions	Wednesday 18 th May – 25 th May	Corby 	1 p.m. - 3.30 p.m.

BOOK YOUR PLACE NOW!

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JUNE 2011

OPTION TITLE	WHEN	WHERE	TIMES
CWC Caring, Coping & Life	Friday 3 rd June	Towcester	10 a.m. - 1 p.m.
Wii Games 2 sessions	Friday 3 rd June – 10 th June	Northampton 	11 a.m. - 1 p.m.
Supercar FIA/GT1 Race Day	Sunday 5 th June 	Silverstone Circuit	All day event
Aromatherapy 2 sessions	Tuesday 7 th June – 14 th June 	Thrapston	1 p.m. - 3 p.m.
Summer BBQ	Thursday 9 th June 	Northampton	1 p.m. - 4 p.m.
Hints & Tips on Colour Analysis & Body Image	Friday 10 th June	Wellingborough	1 p.m. - 3.30 p.m.
Fly Fishing Includes tutor, tackle, bait & ticket	Wednesday 15 th June	Elinor Trout Fishery Aldwincle	10 a.m. - 4 p.m.
Facebook 2 sessions	Friday 17 th June – 24 th June 	Northampton	10 a.m. - 12.30 p.m.

CARERS SUMMER BBQ

Come along and meet other carers from around the county. Enjoy a relaxing afternoon, make new friends and enjoy a range of exciting food from different nations!

Thursday 9th June 2011

Between 1 p.m. – 4 p.m.

At Carlsberg Social Club Northampton

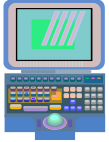


Interested? Booking your choice of activity is as easy as 1—2—3.

STEP ONE



Telephone 01933 396382
quoting reference L550



Email us info@nvca.org.uk
quoting reference L550

Write to:

Nene Valley Community Action
7 West Street Rushden
Northants NN10 0RT



Please note: To ensure that as much funding as possible is used directly for carers we will request your email address (if you have one) so that we can contact you in this way and reduce postage costs.

STEP TWO

NVCA WILL CONFIRM YOUR PLACE HAS BEEN BOOKED AT THE TIME OF BOOKING

STEP THREE

GO ALONG TO YOUR CHOSEN ACTIVITY AND ENJOY!

**NENE VALLEY COMMUNITY ACTION
SUPPORTING COMMUNITIES AND
ORGANISATIONS IN NORTHAMPTONSHIRE**