

And there's more...

This course is being run by Pembrokeshire College and learners are registered as College students. Students have access to all the facilities at the College, including the resource centre, drop in IT centre, health and beauty salon and the fitness suite!

The course is currently offered **FREE** of charge.

If you would like to participate in this course but you feel there is something stopping you, just pick up the phone and tell us what it is. We might be able to help.

Call Sue Leonard on 01437 769422

LEARNING FOR LIVING

Online Learning for Carers

LEARNING FOR LIVING

A new online course designed by City and Guilds and piloted by Carers in Pembrokeshire!

The course is designed specifically to meet the personal development needs of unpaid carers and can lead to a nationally recognised certificate

For more information please contact Sally Davies or Sue Leonard at PAVS on 01437 769422



- All course materials are available online so you can do as much or as little as you want when you have the **time**
- **Support** is given through an online community hub, optional study sessions, one-to-one IT support and a network of *learning mentors* - carers who have been through the course themselves
- On-line **tutor** support is available from Pembrokeshire College - and PAVS is always here to help if you get really stuck
- With a computer and access to the Internet you can study at **home** but don't worry if you haven't got a computer. There are computers in libraries, community centres, PAVS, community schools - and even in some cafés around the County!
- Training can be provided to help **improve** your basic **IT skills** before you start
- PAVS can help with costs of travel and dependant care

There are four modules in the course covering the following areas of learning:

Unit 1: Moving Forward

- Caring for Learning - improving your learning skills
- Tuning in - communicating well
- Standing firm - developing assertiveness
- Shaping your future - putting your skills to good use

Unit 2: Taking Care

- Managing life's 'ups and downs'
- You in the caring role
- Keeping healthy
- Keeping others healthy

Unit 3: Managing Caring

- Managing money
- Working with decision makers
- Knowing how services work
- Safety matters

Unit 4: Living with Others

- Understanding relationships
- Living with loss
- Why do we do the things we do?
- Welcoming differences