



**Lancashire
Adult Learning
College**

Taking Care of the Carer

A recharge for **Mind and Body**

A residential course for unpaid carers

**At Waddow Hall in Lancashire
Tuesday 19th July – Thursday 21st July 2016**

Subjects include:

History of Lancashire Canals

Fabric Recycling and Design

Experimental Painting and Brusho-Relax Techniques

Power of Positivity

This is a valuable opportunity for carers to relax and take a well-deserved break, with meals and accommodation included.

For more information contact Mark Roberts

✉ mark.roberts@lancashire.gov.uk ☎ 01257 516 401

☎ 0300 123 6711

🌐 www.lancashire.gov.uk/adultlearning



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In partnership with Lancashire Adult Social Care Services this residential course has been devised specially for unpaid carers resident in Lancashire County Council's area. The cost of £54.50 includes accommodation, meals, tuition and course materials.

Waddow Hall offers a friendly atmosphere, comfortable surroundings and good food. This course is for unpaid carers who care for a family member or friend. Places are also available for former carers whose caring role has ceased within the last two years.

Priority will be given to carers who have not previously attended one of these learning breaks, however, all carers are welcome to apply.

For enrolment forms and/or further information please contact
Mark Roberts

 01257 516 401

 mark.roberts@lancashire.gov.uk

PLEASE NOTE: Administration of these courses takes place at Lancashire College, Southport Road, Chorley, PR7 1NB. Please do not send correspondence relating to these courses to Waddow Hall.

Lancashire Adult Learning

Waddow Hall, Waddington Road, Clitheroe, Lancashire, BB7 3LD

Lancashire College, Southport Road, Chorley PR7 1NB