



Devon Carers Training

Devon Carers offers a range of training options, on-line and face-to-face, aimed at supporting carers in their caring role.

Courses and workshops are arranged across Devon and are free of charge.

Many different subjects are covered including:

- **Moving and Handling** •
- **Looking After Me** •
- **Stress Management** •
- **First Aid** •
- **Mindfulness** •

The training team welcomes feedback on existing training events and suggestions for new ones.