

Carer Training Programme

August to December 2017

Lanarkshire Carers Centre's carer training programme covers a range of topics to help carers feel confident in their caring role and look after their own health and wellbeing. Our training opportunities are available to carers registered with Lanarkshire Carers Centre. Below you will find details of forthcoming training opportunities.

Assertiveness & Confidence Building

Learn how to make an impact when communicating with others.

Available Dates

20 September 2017, 10am–2pm
Social Work Locality, Kildonan Street, Coatbridge

Autism—Challenging Behaviour

This course enables carers to identify and confront stress related issues as a result of challenging behaviour.

Available Dates

21 September 2017, 9am–3pm
Dalsderf Community Wing, Ashgillhead Road, Ashgill

Carers Health and Wellbeing Course

This course will provide information and techniques on how to look after your own health and wellbeing.

Available Dates

12 September 2017, 10am–1pm
Motherwell Concert Hall, Windmillhill Street, Motherwell

Dementia Awareness

This session is facilitated by Alzheimer's Scotland and will give carers an introduction to their services in Lanarkshire.

Available Dates

12 October 2017, 10am–2pm
CTEC Building, Main Street, Cambuslang

18 October 2017, 10am–2pm
Airdrie Library, Wellwynd, Airdrie

Epilepsy Awareness

Delivered by Epilepsy Scotland, this session will provide a brief introduction to epilepsy and give you skills to react sensitively and effectively if someone has a seizure.

Available Dates

19 September 2017, 10am–11:30am
Muirfield Community Centre, Brown Road, Cumbernauld

Falls Prevention

Training on how to reduce and prevent falls. The training course will also include a Tai Chi session.

Available Dates

4 December 2017, 10am–1pm
Muirfield Community Centre, Brown Road, Cumbernauld

Financial Entitlement for Carers

Find out about your entitlements as a carer.

Available Dates

28 September 2017, 10am–12pm
Social Work Locality, Main Street, Bellshill

24 October 2017, 10am–12pm
CTEC Building, Main Street, Cambuslang

First Aid Training

Half day first aid training delivered by the British Red Cross.

Available Dates

21 September 2017, 10am–2.30pm
CTEC Building, Main Street, Cambuslang

8 November 2017, 10am–2.30pm
Old Burns Parish Church, Kilsyth

First Steps after Autism Diagnosis

Practical information for parents and carers of newly diagnosed children who want to find out about the services and support available for them and their child.

Available Dates

24 August 2017, 9am–3pm
Muirfield Community Centre, Brown Road, Cumbernauld

Foot Care Awareness

This foot carer awareness session covers basic nail care, giving you a better understanding about foot care and what to do with any foot related problems.

Available Dates

6 November 2017, 10am–11:30am
Low Parks Museum, Hamilton

Continued Overleaf

Healthier Thinking in the Moment

This session explores healthy thinking, why our minds respond to everything we say, the importance of kindness and what your goals are.

Available Dates

6 September 2017, 10am–1pm
Muirfield Community Centre, Brown Road, Cumbernauld

Living Life to the Full

Delivered over 2 days by individuals who effectively manage long term health conditions ensuring an authentic and genuine experience for all workshop participants.

Available Dates

15 November & 29 November 2017, 10am–2pm
Gartlea Community Centre, Hillfoot Road, Airdrie

Men's Relaxation

This session is for male carers, which will teach about ways of coping with stressful situations and how to reduce the feelings of anxiety, depression and anger.

Available Dates

3 November 2017, 10am–12pm
Low Parks Museum, Hamilton

Mental Health First Aid

A 3-day course offering basic general information about mental health.

Available Dates

9 October, 16 October & 23 October 2017, 10am–3pm
Muirfield Community Centre, Brown Road, Cumbernauld

Mindfulness

Delivered by Martin Stepek, one of Scotland's foremost teachers in Mindfulness .

Available Dates

7 September 2017, 10am–12pm
Airdrie Locality, 92 Hallcraig Street, Airdrie

2 October 2017, 2pm–4pm

Murray Owen Centre, 1 Liddell Grove, East Kilbride

1 November 2017, 10am–12pm

Dalziel St Andrews Parish Church, Motherwell

5 December 2017, 2pm–4pm

Fairhill Lifestyles, Neilsland Road, Hamilton

Safer People Moving & Handling

Moving and Handling training provided by Physicare.

Available Dates

23 November 2017, 10:30am–2:30pm
Barncluith Business Centre, Townhead Street, Hamilton

Sensory Impairment

Sensory Impairment in young people with Additional Support Needs.

Available Dates

28 November 2017, 9am–3pm
Carluk Lifestyles, Carnwath Road, Carluk

Steps of Caring

A 3-day programme providing an introductory guide to accessing help and support and establishing contact with ongoing support.

Available Dates

28 August, 4 September & 11 September 2017
Low Parks Museum, Hamilton, 10:30am–1:30pm

16 October, 23 October & 30 October 2017

One Wellwynd, Airdrie, 10:30am–1:30pm

Stress Management/Relaxation

This one day course will teach you about ways of coping with stressful situations and how to reduce the feelings of anxiety, depression and anger.

Available Dates

13 September 2017, 10am–1pm
Burns & Old Parish Church, Kilsyth

Transition from Child to Young Person with Autism

A guide for carers on Self Directed Support, Social Work and services available to support.

Available Dates

5 December 2017, 9am–3pm
Hope Hub, Carlisle Road, Blackwood

Wellness Recovery Action Planning (WRAP)

Delivered over 3 days, these recovery focused workshops promote positive mental health and wellbeing using a self-management approach.

Available Dates

16, 23 & 30 November 2017, 10am–1pm
Murray Owen Centre, 1 Liddell Grove, East Kilbride

How to book training

Book online via our website: www.lanarkshirecarerscentre.org.uk/training
Alternatively, please call us on 01698 428090 / 01236 755550 to book a place.

Note: Training course availability and dates may be subject to change.

Can't find the training you are looking for? Please contact us and we will be happy to discuss your training needs further or complete a Training Needs Analysis form, available on our website.