

Lanarkshire Carers Centre



Carer Training Programme

January to June 2018



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.

Steps of Caring

This 3 day programme offers an introductory guide to accessing help and ongoing support. This free course is available locally to carers and features local services and providers

Available Dates

- Murray Owen Centre, 1 Liddell Grove, East Kilbride G75 9AD
15th, 22nd, 29th January 2018, 10.30am-1.30pm

SafeTALK Suicide Awareness

SafeTALK is a training course that prepares anyone to identify persons with thoughts of suicide and connect them to suicide first aid resources.

Available Dates

- Airdrie Library, Wellwynd, Airdrie ML6 0AG
22nd January 2018, 10am-1pm
- Hamilton Library, 102 Cadzow Street, Hamilton ML3 6HH
6th February 2018, 10am-1pm

Respite for the Mind

When things become too much, we cannot see the wood for the trees. This is about taking time out to really immerse ourselves in self-care and self-awareness.

Available Dates

- Hunter Health Centre, Andrew Street,
East Kilbride G74 1AD
25th January 2018, 10am-1pm
- Newmains Community Trust Centre,
15 Manse Road, Wishaw ML2 9AX
1st February 2018, 10am-1pm

Mindfulness

Delivered by Martin Stepek, one of Scotland's foremost Mindfulness teachers, this workshop introduces you to simple techniques aimed at reducing stress, anxiety and increasing happiness.

Available Dates

- Muirfield Community Centre, 1a South Muirfield Road,
Cumbernauld G67 1AX
7th February 2018, 6pm-8pm
- St Patrick's Hall, 1 St John Street, Coatbridge ML5 3HB
7th March 2018, 11am-1pm
- Carluke Lifestyles, Carnwath Road, Carluke ML8 4DF
11th April 2018, 10am-12pm
- Murray Owen Centre, 1 Liddell Grove, East Kilbride G75 9AD
Thurs 17th May 2018, 10am-12pm

Mindfulness with a Japanese Tea Theme

A Japanese tea ceremony, or a Zen tea ceremony, represents and seeks to establish a sense of harmony, respect, purity and tranquility. In addition, it can cultivate a sense of appreciation, simplicity, patience, beauty and kindness.

Available Dates

- Dalziel St Andrew's Parish Church, Upper Hall,
43-47 Merry Street, Motherwell ML1 1JJ
Monday 4th June 2018, 10am-12pm

Autism Awareness and Sensory Issues

So, what is autism? And just what do people mean by sensory issues? Come along to the session and find out about what the 'triad of impairment' is and what this might look like for your child as well as additional information and support to help you and your child.

Available Dates

- Airdrie Locality, 92 Hallcraig Street, Airdrie ML6 6AW
Thursday 25th January 2018, 10am-1pm

Toileting Issues in Autism

At this workshop, the trainer will explain what common toileting issues are. Once you understand the problems, the trainer will work with you to help you come up with your own ideas about how to help your child.

Available Dates

- The ARCH (Autism Resource Coordination Hub)
Reid Street, Burnbank, Hamilton ML3 0RQ
Thursday 22nd February 2018, 10am-1pm

Challenging Behaviour in Autism

Challenging and disruptive behaviours can cause all sorts of problems for people on the autism spectrum, their families and carers. Come along and learn about suggestions and strategies on how to help you and your child/young person better manage their behaviour.

Available Dates

- Newmains Community Trust Centre,
15 Manse Road, Wishaw ML2 9AX
Thursday 29th March 2018, 10am-1pm

How to Talk to Children about Autism?

How to talk to children and young people about their Autism after diagnosis. Do we tell our child/young person or not? When/at what age do we tell them? Who tells them? How do we tell them? Should we tell anyone else – family, friends, and school? Attending this workshop will help you find answers to all of these questions and more. There will be lots of practical resources available for you to browse through. Some are FREE so bring along a memory stick and I will share them with you!

Available Dates

- Murray Owen Centre, 1 Liddell Grove, East Kilbride G75 9AD
Thursday 3rd May 2018, 10am-1pm

Autism - How to Cope with the Holidays?

Holiday time can be exciting and stressful for everyone. Nobody appreciates this more than the parents and carers of children and young people who have autism. This workshop will provide hints, tips and practical strategies to make holidays more fun and less fraught for ALL.

Available Dates

- The ARCH (Autism Resource Coordination Hub),
Reid Street, Burnbank, Hamilton ML3 0RQ
Thursday 14th June 2018, 10am-1pm

Foot Care Awareness

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

Available Dates

- Airdrie Library, Wellwynd, Airdrie ML6 0AG
Monday 29th January 2018, 10am-12pm
- Hamilton Library, 102 Cadzow Street, Hamilton ML3 6HH
Monday 12th March 2018, 10am-12pm

Laughter Club

Laughter Club involves a person laughing. They simply laugh out loud even if they don't feel like it, at first. People initially make themselves laugh out loud. This is called 'voluntary' laughter. Then after a while, people start to laugh for real and soon everyone is having a great time.

As you are laughing, there will also be a series of light exercises. There will be some gentle yoga and other light physical exercises.

Therefore, as you are laughing you are also getting a workout.

Some of the benefits of Laughter Yoga are

- Makes you feel fitter
- Reduces stress levels
- Reduces your risk of depression and anxiety
- Boosts the immune system
- Lowers your blood pressure
- Makes you feel more energetic

But most of all it is Fun!

Available Dates

- Muirfield Community Enterprise Centre,
1a South Muirhead Road, Cumbernauld G67 1AX
Wednesday 31st January 2018, 10am-12pm
- Murray Owen Centre, 1 Liddell Grove, East Kilbride G75 9AD
Tuesday 27th February 2018, 10am-12pm
- Hope Hub, 183A Carlisle Road, Blackwood ML11 9AT
Wednesday 25th April 2018, 10am-12pm
- Newmains Community Trust Centre,
15 Manse Road, Wishaw ML2 9AX
Thursday 3rd May 2018, 10am-12pm

Therapeutic Art Workshop

Bazooka Arts will introduce people to art skills at a pace that helps them feel confident and accomplished quickly without any need for existing artistic skill. Artistic medium that are effective for this are:

- Silk painting
- Clay work
- Print making
- Felt making / needle felting
- Collage

Available Dates

- Art Stop, Quadrant Shopping Centre,
125 Main Street, Coatbridge ML5 3EG
6 week course all 2pm-4pm
Thursday 15th February 2018
Thursday 22nd February 2018
Thursday 1st March 2018
Thursday 8th March 2018
Thursday 15th March 2018
Thursday 22nd March 2018

Safer People Moving and Handling

This practical handling session delivered by Physicare will include safe performance of manoeuvres and tasks regularly undertaken by carers including:

- Assisting forwards and backwards in a chair
- Assisting to stand and sit
- Assisting walking with or without walking aid
- Assisting with falls
- Assisting into and out of bed
- Rolling and turning in bed
- Toilet and bathing

Available Dates:

- Barncluth Business Centre,
Townhead Street, Hamilton ML3 7DP
Monday 19th February 2018, 10.30am-2.30pm
- The Village Centre, 12 Maxwell Drive,
East Kilbride G74 4HG
Wednesday 9th May 2018, 10.30am-2.30pm

Moving Forward from Caring

The training will be delivered over 5 sessions that will cover topics to help you deal with life after the caring role ends. This training is aimed at former carers who have previously accessed support via Lanarkshire Carers Centre.

Available Dates

- Motherwell Locality Support Services,
Fern Street, Motherwell ML1 2AJ
26th February 2018, 10am-1pm
5th March 2018, 10am-1pm
12th March 2018, 10am-1pm
19th March 2018, 10am-1pm
26th March 2018, 10am-1pm

Acceptance and Letting Go

Delivered over 3 days you will learn strategies, coping techniques and new ways to feel enabled to accept things as they are, letting go of ideals that are holding you back from enjoying life. You will be able to feel a sense of relaxation and look forward to enjoying life again.

Available Dates

- Bellshill Locality, 95 Main St, Bellshill ML4 3DZ
1st, 8th and 15th March 2018, 10am-12pm

Emergency Planning and Anticipatory Care Planning

Anticipatory Care Planning (ACP) helps you make informed choices about how and where you want to be treated and supported in the future. It requires health and care practitioners to work with people and their carers to ensure the right thing is done at the right time by the right person to achieve the best outcome.

ACP puts people at the centre of the decision-making process about their health and care needs. By encouraging people to have conversations about what matters to them ACP can help:

- manage change in an organised way
- prevent crisis
- reduce future stress
- promote quality of life

Available Dates

- Bellshill Locality Training Suite,
95 Main Street, Bellshill ML4 1DZ
Monday 5th March 2018, 10am-12pm

Certificated First Aid

1 day session in Emergency First Aid certified by the Royal Environmental Health Institute of Scotland. Includes lectured session with onsite delivery; books, examination and certification provided.

Available Dates

- Forgewood Community Centre, Dinmont Crescent, Motherwell ML1 3TT
Thursday 15th March 2018, 9.30am-4pm
- Muirfield Community Enterprise Centre, 1a South Muirhead Road, Cumbernauld G67 1AX
Wednesday 11th April 2018, 9.30am-4pm

Dementia - Carers Education

This popular session is facilitated by Alzheimer Scotland. Come along and find out about the different types of Dementia, support and services that can help and coping mechanisms. At the same time in the same venue, staff from Alzheimer Scotland will also take a 'cared for session' so no need to worry about care for the person you care for.

Available Dates

- Newmains Community Trust Centre, 15 Manse Road, Wishaw ML2 9AX
Friday 16th March 2018, 10am-2pm

Men's Stress Management

2 hour session recognising what stress is and learning about coping mechanisms to help improve overall Health and Wellbeing.

Available Dates

- Muirfield Community Enterprise Centre, 1a South Muirhead Road, Cumbernauld G67 1AX
Tuesday 10th April 2018, 10am-12pm

Scottish Mental Health First Aid

This 3 day course* will teach you to give initial help to someone experiencing a mental health problem, deal with a crisis and guide people towards appropriate professional help.

Available Dates:

- Low Parks Museum, 129 Muir Street, Hamilton ML3 6BJ
Monday 16th April 2018, 10am-2pm
Monday 23rd April 2018, 10am-2pm
Monday 30th April 2018, 10am-2pm

*Please Note: Participants must be able to attend all 3 days.

Living Life to the Full

These adaptable workshops are modelled on the Cognitive Behavioural Therapy (CBT) approach, are recovery focused and teach valuable self-management skills to approach conditions like stress, depression and anxiety.

Delivered over 2 days, these fun and informal workshops are interactive and delivered by individuals who effectively manage long term health conditions ensuring an authentic and genuine experience for all workshop participants.

Available Dates

- Forgewood Community Centre, 49 Dinmont Crescent, Motherwell, ML1 3TT
Tuesday 22nd May 2018, 10am-2pm
Tuesday 29th May 2018, 10am-2pm

Outdoor Relaxation Session

Do you:

- Lack confidence and self-esteem at times?
- Want to make a change in your life?
- Feel stuck in a rut and out of sorts?

This workshop is aimed at carers who would like to learn skills that can be used in your personal or professional life.

Available Dates

- Colzium House, Stirling Road, Kilsyth, Glasgow G65 OPY
Tuesday 12th June 2018, 10am-4pm

Weigh to Go!

A bespoke Lanarkshire Carers Centre weight management and physical activity programme. This programme has been developed by a Dietician and will be facilitated by fully qualified South Lanarkshire Leisure and Culture staff.

You will spend the first 45 minutes learning about nutrition, have your weight and measurements recorded and then finish off with a gentle 45-minute physical activity session.

This is a course for carers that would like to improve their lifestyle as well as their physical and mental health in a relaxed and welcoming environment.

Come along and get the advice and support you need to improve your life and the life of the person you care for.

Available Dates

- Fairhill Lifestyles, Neilsland Road, Hamilton ML3 8HJ
15 week programme
Starting Friday 2nd March 2018, 10.30am-12pm
Will be every Friday after this for 15 weeks.

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.