

# Carer Training Programme

Lanarkshire  
Carers Centre



January to June 2019



At Lanarkshire Carers Centre, we try our very best to ensure that Carers get access to as much information and training opportunities as possible to help them in their caring role.

We provide free of charge training courses to ensure that no Carer will ever be unable to attend due to financial reasons. However, there is a cost to us and for some courses, it can be considerable. We understand that as Carers, things can arise which would prevent you from attending a pre-registered course.

However, if you are unable to attend please contact us as soon as possible. Many of these courses have a waiting list and unless we know, we are unable to offer your place to someone else. Thank you for your consideration.

### What is Autism?

Autism is a complex condition. We are all looking for advice and strategies to help support the autistic children and young people in our care. But what is autism? Where do you get reliable advice? How do you know which strategies are best? Come along to the session and you'll have autism explained to you without the 'jargon'. You'll receive reliable advice that has been tried and tested over the years. You will also begin to learn strategies that you can use with those you care for to make life easier for everyone.

**Thursday 7th February 2019 • 10am - 1pm**  
Muirfield Community Centre, 1a South Muirhead Road,  
Cumbernauld G67 1AX

### Autism - Challenging Behaviour

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.

**Thursday 4th April 2019 • 10am - 1pm**  
Lanark Memorial Hall, 13 St Leonard Street,  
Lanark, ML11 7AB

### Autism and Socialising

This workshop looks at the triad of impairments and therefore why socialising may be hard for someone with autism and how it can be made easier.

**Thursday 23rd May 2019 • 10am - 1pm**  
Bellshill West Parish Church,  
Main Street, Bellshill ML4 3DS

### Autism - Coping 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.

**Wednesday 5th June 2019 • 10am - 1pm**  
Fairhill - Lifestyles, Neilsland Road, Hamilton,  
South Lanarkshire ML3 8HJ

### Autism and Puberty

Puberty is a difficult time of transition from child to adult for all young people. It can be even more difficult for those autistic young people we love and care for. During this session we will do a quick recap on what autism is and why puberty can be more difficult for autistic young people. Together we will look at strategies to help them through this tricky time.

**Thursday 13th June 2019 • 9.30am - 11.30am**  
Community Wing of Dalsersf Primary School,  
Ashgillhead Road, Ashgill, Larkhall ML9 3FJ

### Makaton - 3 Day Course

This Beginners' Workshop provides a practical, fun introduction to the Makaton Language Programme. Participants learn signs/symbols from stages 1 - 4 and the Additional of the core Vocabulary (approximately 280 signs). Carers also learn how Makaton can be used with whom and how to implement it for everyday use.

**Please note** this course is solely for parent/carers who are currently using Makaton or intend to do so on a daily basis.

**Tuesday 19th February 2019 • 9.45am - 2.15pm**  
**Tuesday 26th February 2019 • 9.45am - 2.15pm**  
**Tuesday 5th March 2019 • 9.45am - 2.15pm**  
Lanarkshire Carers Centre, Conference Room,  
92 Hallcraig Street, Airdrie ML6 6AW

**Wednesday 1st May 2019 • 9.45am - 2.15pm**  
**Wednesday 8th May 2019 • 9.45am - 2.15pm**  
**Wednesday 15th May 2019 • 9.45am - 2.15pm**  
Westwood Hall, Riverton Drive, Westwood  
East Kilbride G75 8EY

### Dementia Carers Education

This Training programme is an information session for carers of people with dementia. It is based on research suggesting that information and skills training can be as helpful in reducing carer stress as counselling and support groups.

The training is designed in complete consultation with the carers who will be attending, ensuring that the information provided is appropriate to their needs.

Please note that the person you care for is welcome to come along to this session. To allow for some privacy during sensitive discussion, the cared for person will take part in some stimulating activity coordinated by one of the experienced Alzheimer coordinators in a separate activity room.

You can enjoy your training session knowing that the person you care for is safe and well looked after.

**Monday 11th February 2019 • 10am - 2pm**  
Westwood Hall, Riverton Drive, Westwood,  
East Kilbride, South Lanarkshire G75 8EY

**Tuesday 26th March 2019 • 10am - 2pm**  
Alzheimer's Scotland, 64 Dalziel Street,  
Motherwell, North Lanarkshire ML1 1PJ

**Thursday 25th April 2019 • 10am - 2pm**  
Carluke - Lifestyles, 1B Carnwath Road,  
Carluke, South Lanarkshire ML8 4DF

**Tuesday 28th May 2019 • 10am - 2pm**  
Charlotte Toal Centre, Dundyan Road,  
Coatbridge, North Lanarkshire ML5 1DN

**Tuesday 4th June 2019 • 10am - 2pm**  
Gillespie Centre, 74 High Street,  
Biggar, South Lanarkshire ML12 6BJ

### Mindfulness for Carers - 3 Week Course

Mindfulness - In this three week course Martin Stepek, one of Scotland's most authentic and respected teachers of Mindfulness, will guide you towards using the simple, yet scientifically proven techniques of Mindfulness to regain control of your emotions and maintain a positive outlook. Martin will begin with a short introduction to Mindfulness before covering how to use Mindfulness to relax and let go of stress and anxiety. He will show you how to recognise and deal with any negative feelings including guilt and anger. Finally, Martin will look at loneliness, covering the difference between the positive benefits of aloneness and the adverse consequences to your health of loneliness. He will discuss using Mindfulness to manage loneliness and help you feel happier and more content.

**Wednesday 6th March 2019 • 10am - 12pm**

**Wednesday 13th March 2019 • 10am - 12pm**

**Wednesday 20th March 2019 • 10am - 12pm**

Dalziel St Andrew's Parish Church, 47 Merry Street,  
Motherwell ML1 1JJ

### Stress Management / Relaxation

Looking at what stress is:

- What does stress feel like.... What thoughts accompany the feelings
- Where do you feel it in your body?
- Is it just physiological?

How it can work to your advantage, as some stress can be healthy?

Healthy stress?

- Using techniques to recognise the first symptoms of stress
- Coping strategies
- Incorporating relaxation into your life that works for you
- Mindfulness - exercises/techniques that can be used anywhere to promote being in the moment

**Monday 22nd April 2019 • 10am - 1pm**

NCT Centre, 15 Manse Road, Newmains ML2 9AX

### Meditation Workshop - 4 Week Course

This 4-week course is aimed at promoting your overall health and wellbeing. You will learn some simple but effective techniques to help you manage your everyday life, deal with stress and pain, improve your concentration and focusing skills, boost your general health and wellbeing.

The course is suitable if you are looking for an introduction to mindfulness and meditation, and/or if you are looking for a way of dealing with stress-related problems, depression, chronic-fatigue or pain.

The course explores the following topics:

- Stress
- Physical pain
- Difficult emotions

The meditation and mindfulness techniques covered include:

- Body scan
- Counting the breath
- Following the breath

**Friday 1st March 2019 • 12.30pm - 2pm**

**Friday 8th March 2019 • 12.30pm - 2pm**

**Friday 15th March 2019 • 12.30pm - 2pm**

**Friday 22nd March 2019 • 12.30pm - 2pm**

Health and Wellness Hub, 58-60 Albert Street,  
Motherwell ML1 1PR

### Sleep Workshop

Parents /carers of children with additional support needs will benefit from learning how to create good sleeping patterns and break bad habits, hopefully resulting in a better night's sleep.

**Tuesday 16th April 2019 • 10am - 1pm**

Lanarkshire Carers Centre Room, Hamilton Townhouse,  
Library Entrance, 102 Cadzow Street, Hamilton, ML3 6HH

**Tuesday 21st May 2019 • 10am - 1pm**

Wishaw NCT Centre, 15 Manse Road, Newmains ML2 9AX

### Living Life to the Full - 3 Day Course

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 3 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.

**Tuesday 12th March 2019 • 10am - 2pm**

**Tuesday 19th March 2019 • 10am - 2pm**

**Tuesday 26th March 2019 • 10am - 2pm**

Murray Owen, 1 Liddell Grove, East Kilbride G75 9AD

**Tuesday 28th May 2019 • 10am - 2pm**

**Tuesday 4th June 2019 • 10am - 2pm**

**Tuesday 11th June 2019 • 10am - 2pm**

CTEC Building, 1 - 15 Main Street, Cambuslang G72 7EX

### Laughter Club

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

But most of all it is Fun!

**Tuesday 5th February 2019 • 10am - 12pm**

Fairhill - Lifestyles, Neilsland Road, Hamilton ML3 8HJ

**Thursday 14th March 2019 • 10am - 12pm**

Muirfield Community Centre, 1a South Muirhead Road,  
Cumbernauld G67 1AX

**Thursday 9th May 2019 • 9.30am - 11.30pm**

Dalsersf Primary School, Ashgillhead Road,  
Ashgill, Larkhall ML9 3FJ

**Monday 13th May 2019 • 10am - 12pm**

Bellshill West Parish Church, Main Street, Bellshill ML4 3DS

**Thursday 13th June 2019 • 10am - 12pm**

Art Centre, 51 - 53 Old Coach Road, East Kilbride G74 4DU

### Steps of Caring - 2 Day Course

Do you care for a family member or friend? Are you new to your caring role? Would you like practical and useful information to support you with your caring role?

Steps of Caring is for you - This 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.

**Thursday 21st February 2019 • 10am - 2pm**

**Thursday 28th February 2019 • 10am - 2pm**

Lanarkshire Carers Centre, Conference Room,  
92 Hallcraig Street, Airdrie ML6 6AW

**Tuesday 7th May 2019 • 10am - 2pm**

**Tuesday 14th May 2019 • 10am - 2pm**

Lanark Memorial Hall, 13 St Leonard Street, Lanark ML11 7AB

### Scottish Mental Health First Aid - 3 Day Course

This 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.

**Wednesday 17th April 2019 • 10am - 2pm**

**Wednesday 24th April 2019 • 10am - 2pm**

**Wednesday 1st May 2019 • 10am - 2pm**

Forgewood Community Centre, Dinmont Crescent,  
Motherwell ML1 3TT

### Physicare - 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

**Friday 25th January 2019 • 10.30am - 2.30pm**

The Village Centre, 12 Maxwell Drive,  
East Kilbride G74 4HG

**Friday 22nd March 2019 • 10.30am - 2.30pm**

Cambuslang Training & Enterprise Centre (CTEC)  
1 - 15 Main Street, Cambuslang G72 7EX

### Lanarkshire Carers Centre Choir

Our Carer choir meet on a Wednesday's at St Margaret's Hall, Airdrie, ML6 6AW. 12.30pm – 2pm

The choir is very informal & being able to sing isn't actually required, we do promise plenty of laughter so a good sense of humour is a must. We sing a variety of popular, classic & traditional tunes chosen by our members. We meet for a quick tea, coffee, biscuit & a blether to warm up our vocal chords followed by an hour of singing. New members are always welcome no audition required and it great opportunity to be part of our diverse choir.

**Wednesday 16th January 2019 • 12.30pm – 2pm**

St Margaret's Church Hall, 96 Hallcraig Street, Airdrie, ML6 6AW

### Therapeutic Art Workshop with Bazooka Arts

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

**8 week course beginning**

**Thursday 7th February - 28th March 2019  
1pm - 3pm**

Shopmobility, Exchange Place, Coatbridge ML5 3RB

### Assertiveness/Self Advocacy

This workshop uses the Carers UK Being Heard guide. Come along and learn tips and techniques to help you advocate for yourself.

**Tuesday 29th January 2019 • 10am - 1pm**

CTEC Building, 1 - 15 Main Street,  
Cambuslang G72 7EX

### Wellness Action Planning - 4 Day Course

- Included on the course will be an introduction to a structured system for monitoring uncomfortable and emotional symptoms/experiences
- Individuals will be taught how to use planned responses, which will aid their ability to reduce, modify or remove these symptoms.
- Helpful strategies that will allow people to feel prepared, listened to and take care of themselves.

This 4 day course will enable carers to feel better within themselves mentally and emotionally which will in turn improve their quality of life.

**Monday 4th March 2019 • 10am - 1pm**

**Monday 11th March 2019 • 10am - 1pm**

**Monday 18th March 2019 • 10am - 1pm**

**Monday 25th March 2019 • 10am - 1pm**

Muirfield Community Centre, 1a South Muirhead Road,  
Cumbernauld G67 1AX

### safeTALK Suicide Awareness

safeTALK is a training course that prepares anyone to identify persons with thoughts of suicide.

Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety. As a safeTALK-trained suicide alert helper, you will be better able to:

- Move beyond common tendencies to miss, dismiss or avoid suicide
- Identify people who have thoughts of suicide
- Apply the TALK steps (Tell, Ask, Listen and KeepSafe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers

**Wednesday 13th February 2019 • 10am - 1pm**

Lanark Memorial Hall, 13 St Leonard Street,  
Lanark ML11 7AB

## HOW TO BOOK TRAINING

Book online via our website: [www.lanarkshirecarerscentre.org.uk/training](http://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.



©2019 Lanarkshire Carers Centre Ltd

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60 Castle Street, Hamilton ML3 6BU

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Lanarkshire Carers Centre

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[www.lanarkshirecarerscentre.org.uk](http://www.lanarkshirecarerscentre.org.uk)



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