

46 Campbell St
Hamilton
ML3 6AS



92 Hallcraig St
Airdrie
ML6 6AW

Princess Royal Trust
Lanarkshire Carers Centre Ltd

Summer 2009 Training Programme

Set in an informal
environment where you can meet other
carers, share experiences, enhance your skills
and learn new ones

Carers Learning about **First Aid Mental Health** at a
training event in Hamilton



"Where Carers Come First"

Carers enjoying the **'Computing for the Terrified'**
course in Lanark Library Active IT Learning Suite during the
spring 09 training programme



Dear Carers,

Don't forget to fill in your evaluation forms at the end of each session so that we can fulfil your training needs for the future.

It is also important for our funders to know what difference the training sessions make to your life as a carer.

Many thanks in advance from
Marie Campbell
Training Officer

Marie

Airdrie

<i>Date and Time</i>	<i>Programme</i>	<i>Venue</i>
Wednesday 24 June 10.30am till 2.30pm	Developing Coping Strategies for Carers Explore develop different approaches to help you cope with your caring role	Airdrie Locality 92 Hallcraig Street Airdrie ML6 6AW
Tuesday 28 July 10.30am till 2.30pm	Taking Care of the Carer Prioritise your own health and wellbeing	Airdrie Locality 92 Hallcraig Street Airdrie ML6 6AW
Wednesday 5 August 10.30am till 2.30pm	Assertiveness Assertiveness is an alternative to passive, manipulative or aggressive behaviour . . . Learn how assertiveness builds confidence, self esteem and self respect	Airdrie Locality 92 Hallcraig Street Airdrie ML6 6AW

*“ I feel more
 empowered and
 confident to approach
 professionals
 regarding my
 children ”*

Bellshill

<i>Date and Time</i>	<i>Programme</i>	<i>Venue</i>
Wednesday 3 June 10.30am till 2.30pm	Bereavement A short course exploring issues of grief for the carer who's loved one has died. This course may be unsuitable for any carer who has experienced a recent death (6 months or earlier)	Bellshill Locality 95 Main Street Bellshill ML4 3DZ
Monday 22 June 10.30am till 12.30pm	Making a Will Information from the Office of the Public Guardian	Bellshill Locality 95 Main Street Bellshill ML4 3DZ
Tuesday 21 July 10.30am till 2.30pm	Healthy Eating on a Budget Good fast food ideas with recipes. It's healthy and affordable!	Bellshill Locality 95 Main Street Bellshill ML4 3DZ
Monday 24 August 10.30am till 2.30pm	Life After Caring A short course for former carers exploring some of the dynamics experienced when caring is no longer a direct part of their lives	Bellshill Locality 95 Main Street Bellshill ML4 3DZ

“*Training has made
a big difference
to my life,
not overnight,
but gradually*”

Coatbridge

<i>Date and Time</i>	<i>Programme</i>	<i>Venue</i>
Tuesday 23 June 10.30am till 2.30pm	Bereavement A short course exploring issues of grief for the carer who's loved one has died. This course may be unsuitable for any carer who has experienced a recent death (6 months or earlier)	Coatbridge SWD 122 Bank Street Coatbridge ML5 1ET
Friday 21, 28 August and Tuesday 1 September 10am till 2.30pm	Mental Health First Aid 3 Week certificated course exploring the impact of living with Mental health Problems. Due to venue constraints this course will now run in Airdrie. Highly recommended by carers!	Airdrie Locality 92 Hallcraig Street Airdrie ML6 6AW

Cumbernauld

<i>Date and Time</i>	<i>Programme</i>	<i>Venue</i>
Monday 15 June 10.30am till 2.30pm	Assertiveness Assertiveness is an alternative to passive, manipulative or aggressive behaviour . . . Learn how assertiveness builds confidence, self esteem and self respect	Central Health Centre North Carbrain Road Cumbernauld G67 1BJ
Thursday 25 June 2pm till 4pm	Healthy Eating on a Budget Good fast food ideas with recipes. Healthy and affordable	Antonine Day Care Centre 4 Darroch Way Cumbernauld G67 1QB
Friday 26 June 10.30am till 2.30pm	Relaxation Techniques Explore a range of useful relaxation techniques that help you reduce stress and perform more effectively	Central Health Centre North Carbrain Road Cumbernauld G67 1BJ

Cumbernauld *continued*

<i>Date and Time</i>	<i>Programme</i>	<i>Venue</i>
Friday 10 July 10.30am till 2.30pm	Developing Coping Strategies for Carers Learn how to support others in developing and sustaining the motivation to develop and implement coping strategies	Central Health Centre North Carbrain Road Cumbernauld G67 1BJ
Thursday 30 July 2pm till 4pm	Introduction to Challenging Behaviour This session will help give you confidence in dealing with difficult situations that arise when caring for someone who has challenging behaviour	Antonine Day Care Centre 4 Darroch Way Cumbernauld G67 1QB
Wednesday 12 August 10.30am till 2.30pm	Learn Massage Techniques Find out about massage, aromatherapy, essential oils, stress relief and the different types of massage techniques and tips	Central Health Centre North Carbrain Road Cumbernauld G67 1BJ
Monday 24 August 10.30am till 12noon	Introduction to Makaton / Sign Language Makaton is a communication technique that uses speech, facial expression, gestures, signs and symbols to convey information	Central Health Centre North Carbrain Road Cumbernauld G67 1BJ
Thursday 27 August 2pm till 4pm	Relaxation Techniques Explore a range of useful relaxation techniques that help you reduce stress and perform more effectively	Antonine Day Care Centre 4 Darroch Way Cumbernauld G67 1QB

East Kilbride

<i>Date and Time</i>	<i>Programme</i>	<i>Venue</i>
Monday June 1 10.30am till 2.30pm	Card Making Master the art of designing and creating your own greetings cards	Murray Owen Centre 1 Liddell Road G75 9AD
Wednesday 17 June 10.30am till 12noon	Introduction to Makaton / Sign Language Makaton is a communication technique that uses speech, facial expression, gestures, signs and symbols to convey information	Murray Owen Centre 1 Liddell Road G75 9AD
Wednesday 8 July 10.30am till 2.30pm	Crystal Therapy Crystal therapy is used to restore wholeness, balance and health on levels of emotions, mind, spirit as well as the physical body.	Murray Owen Centre 1 Liddell Road G75 9AD
Wednesday 19 August 10.30am till 2.30pm	Indian Head Massage Instruction on the age-old art of Indian head massage by a fully qualified therapist. Aids relaxation and reduces stress.	Murray Owen Centre 1 Liddell Road G75 9AD

*“ I am beginning
to find myself again
with the initial
learning from PRT LCC
training courses ”*

Hamilton

<i>Date and Time</i>	<i>Programme</i>	<i>Venue</i>
Thursday 4 June 10.30am till 12noon	Introduction to Makaton / Sign Language Makaton is a communication technique that uses speech, facial expression, gestures, signs and symbols to convey information	PRT LCC 46 Campbell Street Hamilton ML3 6AS
Thursday 6 August 10.30am till 12.30pm	Community Police – What do they Do? A police officer enforces prevailing laws, attempts to prevent crime, and generally looks out for the health and safety of a community . . . learn more at this session	PRT LCC 46 Campbell Street Hamilton ML3 6AS
Thursday 27 August 10.30am till 2.30pm	Bereavement A short course exploring issues of grief for the carer who's loved one has died. This course may be unsuitable for any carer who has experienced a recent death (6 months or earlier)	PRT LCC 46 Campbell Street Hamilton ML3 6AS
Thursday 20 August 10.30am till 2.30pm	Sensory Impairment This session will be tailored to individual requests. Please let us know of your requirements	PRT LCC 46 Campbell Street Hamilton ML3 6AS

*“ Moving & handling
course has assisted me
to cope with the
demands of the physical
nature of caring ”*

Lanark

<i>Date and Time</i>	<i>Programme</i>	<i>Venue</i>
Tuesday 2 June 10.30am till 12.30pm	Continence and Catheter CareContinence Catheter Care from the nurse specialist in this area	Lanark Doctors Woodstock Medical Centre Woodstock Road
Monday 1, 15 and 22 June 10.30am till12.30pm	Challenging Behaviour in Children Understand and manage challenging behaviour; learn ways of coping with ideas, tips and strategies	Robert Owen School Lanark ML11 7B
Tuesday 7 July 10.30am till 2.30pm	Moving Handling Learn how to safely move and handle your loved ones without injury to yourself or others. Deals specifically with assisting people who can weight bear	Physicare 22 Bannatyne St Lanark ML11 7JR
Tuesday 21 July 10.30am till 2.30pm	Crystal Therapy Crystal therapy is used to restore wholeness, balance and health on levels of emotions, mind, spirit as well as the physical body	Lanark Doctors Woodstock Medical Centre Woodstock Road
Tuesday 25 August 10.30am till 2.30pm	Developing Coping Strategies for Carers Explore and develop different approaches to help you cope with the caring role	Lanark Doctors Woodstock Medical Centre Woodstock Road

“*Training helps
to instil
confidence*”

Motherwell

<i>Date and Time</i>	<i>Programme</i>	<i>Venue</i>
Monday 8 June 10.30am till 12.30pm	Adults with Incapacity Learn how welfare and financial decision-making for an individual can be legally passed on to another adult	Motherwell Social Work Dept. Merry Street ML1 1JE
Friday 3 July 10.30am till 2.30pm	Confidence Building Build genuine, well-deserved self confidence with this training session	Motherwell Social Work Dept. Merry Street ML1 1JE
Tuesday 4 August 10.30am till 2.30pm	Taking Care of the Carer A reminder of the importance of ensuring carers keep healthy and well	Motherwell Social Work Dept. Merry Street ML1 1JE

Rutherglen

<i>Date and Time</i>	<i>Programme</i>	<i>Venue</i>
Friday 19 June 10.30am till 2.30pm	Reflection Session Opportunity to take some time out to relax your body and calm your mind	Rutherglen SWD King Street Rutherglen G73 1DQ
Friday 3 July 10.30am till 2.30pm	Crystal Therapy Crystal therapy is used to restore wholeness, balance and health on levels of emotions, mind, spirit as well as the physical body	Rutherglen SWD King Street Rutherglen G73 1DQ
Friday 24 July 10.30am till 2.30pm	Learn Indian Head Massage Instruction on the age-old art of Indian head massage by a fully qualified therapist. Aids relaxation and reduces stress	Rutherglen SWD King Street Rutherglen G73 1DQ
Friday 7 August 10.30am till 2.30pm	Card Making Master the art of designing and creating your own greeting cards	Rutherglen SWD King Street Rutherglen G73 1DQ

Carers receiving their certificates on completion of
'Mental Health First Aid' that was held at Bellshill locality
during the spring 09 programme



Carers Comments

"This course has given me a better insight of how the person is feeling and how to give them support"

"It has also helped me to be more aware of my own mental health"

"It will give me more of an understanding of mental health as a carer"

"As I have suffered from mental health problems myself, I now understand a lot more"

"It will give me a better understanding of how to cope and to deal with how the person I care for is feeling and to be able to listen non judgementally"

"It will help me in my job as an auxiliary nurse and also as a carer for my brother"

Contact Details

Hamilton: Tel: 01698 428090
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Email: prtliccham@btconnect.com

**Carers Information Line
(South Lanarkshire)
Free phone 0800 0853945**

Airdrie: Tel: 01236 755550
Fax: 01236 753609
Email: prticc@btconnect.com

**Carers Information Line
(North Lanarkshire)
Free phone 0800 0280287
Reg Charity No: SCO29160**

As it has proved impossible to cater for individual tastes and preferences, please note, when booking training you will be given the option to book lunch. Tea and coffee will always be available so feel free to bring your own lunch.

NB: If training is not well subscribed it may be liable to re-scheduling.

**Book your Training
by contacting us on
01698 428090**

Charity No: SCO29160

