



Name: **Training for Carers in Renfrewshire**  
Telephone: **October to December 2018**

Please tick the courses you are interested in. See below for contact details of how to return

### Introduction to Face yoga

Friday  
05/10/18

10.30am – 2.30pm

Aim is to learn:

- Face Yoga Exercise
- Face Massage
- Face Acupressure
- Relaxation & Meditation techniques

### Introduction to yoga

Tuesday's  
23/10/18 and 30/10/18  
10.30am – 11.30pm

OR

Tuesday's  
06/11/18 and 13/11/18  
10.30am – 11.30pm

### Introductory of Autism to Parents of Children On the Autistic Spectrum

Friday  
16/11/18

10.00am – 2.30pm

Aim is to learn:

- To gain a better understanding of autism how it affects your child.
- Cover elements of ASD
- Sensory Needs
- Managing anxiety

### Enhancing self-belief And confidence

Friday  
23/11/18

10.30am – 2.30pm

Aims and Objectives:

- To empower you
- Build confidence
- Build self-worth.
- Reprogramming your beliefs about you!

### Responding to distress in Dementia

Tuesday  
27/11/18  
10.30am – 2.30pm

Aim is to:

- Understand that when a person is expressing stress and distress they can be communicating unmet needs.

### Stress management "Cushion your stress"

Friday

30/11/18

10.30am – 2.30pm

Aim is to learn

- What prompts stress
- How people feel and behave under stress
- How to cope with panic attacks
- Simple technique to use when stressed

### Self-Directed Support

Tuesday  
Date to be confirmed  
10.30am – 12.30pm

Aim is to:

- Give an Introduction to Personalisation and Self-Directed Support
- 4 options explained
- Supports available
- How to get support

### POA Guardianship

Tuesday  
Date to be confirmed  
10.30am – 12.30pm

Aim is to give:

- An introduction to power of attorney/guardianship
- An explanation of the legal terms related to POA/guardianship

### Caring for someone with Dementia

Tuesday  
Date to be confirmed  
10.30am – 12.30pm

Aim is to learn:

- What is dementia?
- The main causes of dementia,
- How the illness progress and possible symptoms
- Managing behaviours

Contact Liz Smith, Training Worker, on 0141 847 1933 or [liz@renfrewshirecarers.org.uk](mailto:liz@renfrewshirecarers.org.uk)

If you need someone to sit with the person you care for to enable you to attend the course then please speak to us and we will be happy to discuss respite.

Training for Carers in Renfrewshire provides a range of different training opportunities for carers. The only requirement is that you are a carer aged over 18 and living in Renfrewshire. If you live outside Renfrewshire, but the person you care for lives in Renfrewshire, we will still try to accommodate you.

You do not have to be a full time carer – you may just provide a couple of hours of help each week or you could be caring for a loved one 24/7.

You may be over or under retirement age. All carers can benefit from the training regardless of how long you have been a carer or how much time you spend caring each week.

Courses you might be interested please tick and you will be notified when Date is confirm  
Please feel free to use space provided to tell me any courses that might help you in your caring role

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|--|--|
| <b>Introduction to Self-Directed Support</b>   |  |
| <b>Personal Independence Payment</b>           |  |
| <b>Basic First Aid</b>                         |  |
| <b>Caring for someone who has had a stroke</b> |  |
| <b>Autism sensory needs</b>                    |  |
| <b>Introduction to Autism</b>                  |  |

**Please feel free to use the space below for any comments or suggestions**

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0141 847 1933



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



Email [liz@renfrewshirecarers.org.uk](mailto:liz@renfrewshirecarers.org.uk)



Freepost (address: RSHG-ULSA-RACR. Renfrewshire Carers Centre. PA1 1TJ)



Reach us on [facebook.com/rcarers](https://www.facebook.com/rcarers)



Twitter on @rcarers

If you are looking for more information of any of the courses please contact  
Liz Smith, Training Worker

All of the courses will be held at Renfrewshire Carers Centre unless stated otherwise

Charity number:SCO23986