



Name:

Training for Carers in Renfrewshire

Telephone:

July to September 2018

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

Healthy Thinking

Tuesday

21/08/17

10.30am – 2.30pm

Aim is to learn to:

- Focus on your thinking patterns.
- Explore 'healthy thinking'
- Practical tips on how to make simple changes that make you feel happier and content.

Self-Directed Support

Tuesday

28/08/18

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

Introductory of Autism to Parents of Children On the Autistic Spectrum

Friday

07/09/18

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

Seated Massage

Saturday

08/09/18

10.30am – 2.30pm

Aim is to learn:

- how to successfully perform seated massage over clothing
- Essential theory
- Practical application of upper body massage.

Understanding Loss, Grief and Bereavement

Friday

24/08/18

10.30am – 2.30pm

Aim is to learn:

- Understanding the grieving process
- Explore issues surrounding grief and mourning

POA Guardianship

Tuesday

18/09/18

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

Introduction to Face yoga

Friday

Date to be confirmed

10.30am – 2.30pm

Aim is to learn:

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

Dementia Awareness Breakaway Techniques

Friday

Date to be confirmed

10.00am – 1.00pm

Aim is to:

- Understand the Behaviour
- Body Language
- Trigger Points
- Strategies/Diffusion Techniques
- De-escalating

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

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

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

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

For office use only	
DB	
GRPS	
AC	
NEW	
DIARY	
LETTER	
PRE	



0141 847 1933



www.renfrewshirecarers.org.uk



Email 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