

Name
Date
Phone
number

January to March 2016

Training for Carers in Renfrewshire



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

Coping with depression
Tuesday
19/01/16
10.30am - 2.30pm

Coping with the stigma of
mental health
Friday
22/01/16
10.30am-2.30pm

Caring for someone with
Dementia
Monday
01/02/16
10.30am-12.30pm

Basic First Aid
Tuesday
09/02/16
10.30am-12.30pm

Clear thinking
Tuesday
16/02/16
10.30am-2.30pm

Reiki healing
taster session
Friday
26/02/16
10.30am-2.30pm

Relaxation Skills
Tuesday
01/03/16
10.30am-2.30pm

Meditation Skills
Friday
04/03/16
10.30am-2.30pm

POA /Guardianship
Tuesday
08/03/16
10.30am - 12.30pm

Coming soon
Caring for someone who has
a lung condition
Tick to register

Coming soon
Caring for someone with
asthma
Tick to register

Coming soon
Caring for someone who has
had a stroke
Tick to register

If you feel that the above courses are not what you need. Please use the spaces below to inform me of any courses that you think might help you in your caring role. These could be specific to the illness of the person you care for, your own well being or learning new coping strategies .

If you need more space to complete please use the back of this flyer .

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Contact Liz Smith, Training Worker, on 0141 847 1933 or see reverse for further information

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 of Renfrewshire, but the person you care for lives in Renfrewshire, we will still try to arrange your carer training.

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.

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 on 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