



Lanarkshire Carers

*Information, advice and support
for people who care*

Carer Training Programme February & March 2025



Lanarkshire Carers training programme covers a range of topics to help carers feel confident in their caring role and look after their own health and wellbeing.

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, something can arise which would prevent you from attending a pre-registered course.

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.

Details of forthcoming courses for February and March 2025 are included within this programme.

You can also sign up to our mailing list by visiting our website and we will contact you when further training opportunities become available.



How to Sleep Better

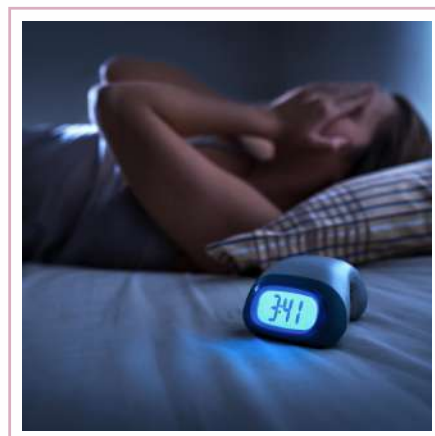
We know that if we sleep better, we feel better. Learn evidence-based tools that can improve sleep and go away with a plan of how you can improve your "sleep hygiene".

Monday 03 February 2025

6pm - 8pm

Online Course

Scan the QR Code to book a place:



Self Massage Techniques for Carers

Learn relaxing, self-massage techniques to massage your hands, neck, shoulders and scalp to help manage stress and tension.

You'll need a cream or oil to hand for this.

Tuesday 04 February 2025

6pm - 7:30pm

Online Course

Scan the QR Code to book a place:



In partnership with:



Introduction to Yoga and Wellbeing Practices (6 Week Course)

Over the course of 6 weeks, we will explore different yoga and wellbeing practices with the intention of leaving you feeling calmer and more relaxed. You will leave with some extra tools and ideas on how to manage daily stresses and challenges better.

**Wednesday 05 & 12 February,
05, 12, 19 & 26 March 2025
10am - 11am
Pat Cullinan Community Centre,
Logans Road, Motherwell, ML1 3PB**

Scan the QR Code to book a place:



Mindful Spending in the Cost of Living Crisis

Mindful spending is about making financial decisions with a clear mind and understanding whether your spending fits with your life and values. Martin Stepek's mindful guide aims to help you in the cost-of-living crisis by taking some of the stress out of your finances.

Tuesday 11 February 2025

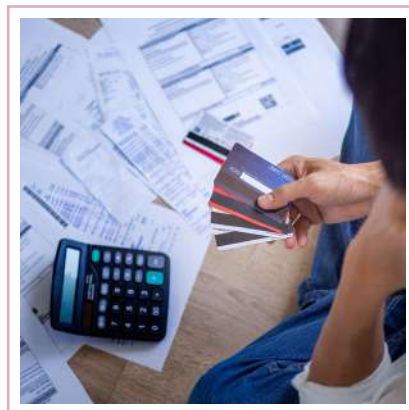
1pm - 2pm

Online Course

Scan the QR Code to book a place:



In partnership with:



Moving Forward from Caring (2 Week Course)

Moving on from a caring role can be a difficult time as you try to settle into a new way of being. This two week course can help you reconnect with yourself and shift the focus onto you again, helping you explore the next steps and allowing you time to think about your skills, hobbies and interests.

This course will be useful if your caring role has come to an end for whatever reason, and will hopefully assist you in finding a new direction.

Wednesday 11 & 18 February 2025

11am - 1pm

**Cornerstone House Centre,
1 Esk Walk, Cumbernauld, G67 1BZ**

Scan the QR Code to book a place:



What is Self-Directed Support? (SDS)

This session will give you an introduction to Self Directed Support (SDS) and allow you to find out more about your choices and options and find out how SDS is supposed to work.

Tuesday 11 February 2025

6pm - 8pm

Online Course

Scan the QR Code to book a place:



Neurodivergency and our Environments: Making Sense of Sensory Processing

Our environments can play a huge role in our experiences of the world, and this is especially true of neurodivergent people.

This session will help you as parents and carers think about the environments you live in and how to support sensory sensitivities.

Wednesday 12 February 2025

6pm - 8pm

Online Course

Scan the QR Code to book a place:



In partnership with:



Developing Resilience in your Caring Role (2 Week Course)

Learn about resilience, what it is and how to maintain it in your unique caring role. Leave with practical tools to increase wellbeing and resilience.

Friday 14 & 21 February 2025

1pm - 3pm

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

Scan the QR Code to book a place:



Introduction to Cognitive Behavioural Therapy (CBT) (2 Week Course)

Week 1 will look at unhelpful thinking styles and Week 2 will look at challenging thoughts.

Monday 17 & 24 February 2025

6pm - 8pm

Online Course

Scan the QR Code to book a place:



Cooking and Eating for High Cholesterol

Find out how your diet may help you to lower your cholesterol and how to create meals that are cholesterol-friendly.

Thursday 20 February 2025

6pm - 8pm

Online Course

Scan the QR Code to book a place:



In partnership with:



Dementia and Communication

Together we will look at what are the communication problems that Dementia can bring, why these problems arise and how can we make conversations more effective.

Thursday 20 February 2025

10am - 12pm

Online Course

Scan the QR Code to book a place:



In partnership with:



Woodland Wellbeing (6 Week Course)

A six week programme of wellbeing in local woodlands. By the end of six weeks, participants will have a toolbox of strategies and activities to improve their wellbeing inside and out!

Each week we introduce a new wellbeing strategy and a woodland activity to try.

Tuesday 25 February, 04, 11, 18, 25

March and 01 April 2025

11:30am - 1:30pm

Morgan Glen Nature Reserve,

Millheugh, Larkhall, ML9 1QU

Scan the QR Code to book a place:



How to get out of your Rut

Mindful spending is about making financial decisions with a clear mind and understanding whether your spending fits with your life and values. Martin Stepek's mindful guide aims to help you in the cost-of-living crisis by taking some of the stress out of your finances.

Monday 27 February 2025

7pm -8pm

Online Course

Scan the QR Code to book a place:



In partnership with:



Calm Cafe (4 Week Course)

Calm Café is a discussion-based mindfulness course. It's a 90-minute per week, get together for four weeks.

Tuesday 04, 11, 18 & 25 March 2025

10am - 11:30am

Cairnlea Parish Church -

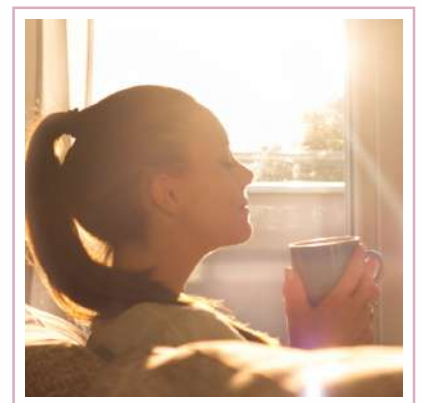
(Old Flower Hill Parish Church),

127-129 Graham Street, Airdrie, ML6 6DE

Scan the QR Code to book a place:



In partnership with:



Sexual Health Sessions for Parents of Children & Teens with Additional Support Needs (5 Week Course)

This practical training workshop will help you understand how having an additional support need may affect the way young people learn about sex and relationships.

Wednesday 05, 12, 19, 26 March & 02 April 2025

10am - 12pm

**Cairnlea Parish Church -
(Old Flower Hill Parish Church),
127-129 Graham Street, Airdrie, ML6 6DE**

Scan the QR Code to book a place:



In partnership with:



Social Stories, Comic Strip Conversations and 1-5 Scales

This course is for carers who would like to learn more about “Social Stories, Comic Strip Conversations, 1-5 Scales”. You may have heard of them but what are they? How can they help my child and my family?

Thursday 06 March 2025

10:30 am - 12:30pm

**Cornerstone House Centre,
1 Esk Walk, Cumbernauld, G67 1BZ**

Scan the QR Code to book a place:



In partnership with:



Dementia: Mood and Wellbeing

To understand the factors that can cause change in the mood for people living with dementia, to consider what might help improve mood for people living with dementia and to be aware of the benefits of meaningful activities for mood improvement.

Wednesday 12 March 2025

10:30am - 12:30pm

Online Course

Scan the QR Code to book a place:



In partnership with:



Epilepsy Awareness

During this session, we will look at some of the more common epileptic seizures. This course will help you identify a seizure, walk you through seizure first aid, and when to call 999.

Thursday 20 March 2025

2pm - 4pm

Online Course

Scan the QR Code to book a place:



What Celebrity Chefs get Wrong

Come along and discover how famous chefs create recipes without considering nutrition. Learn how to fix these mistakes and create tasty and healthy meals.

Thursday 20 March 2025

6pm - 8pm

Online Course

Scan the QR Code to book a place:



In partnership with:



Self Advocacy for Carers

This self-advocacy information session is to help support carers with having their voice heard, increase their confidence and safeguard and uphold their rights as a carer.

Thursday 27 March 2025

5:30pm - 8:30pm

**John McCormack Community Centre,
Motherwell Road, Carfin,
Motherwell, ML1 4EBJ**

Scan the QR Code to book a place:



Feedback from Carers who have attended previous Carer Training Programme courses

“The Journaling for Wellbeing course was very good, and helpful to learn what can be done to improve your feelings with mindfulness. Also good to meet with other carers and knowing your not alone with how things affect you in your care role.”

“I feel that I have learned the signs of what people pleasing can take the form of and more easily recognise times when I do it.”

*“These courses make me feel that there is someone there for me as a Carer. We need this so much.
Lanarkshire Carers has been a life line for me.”*

“I really enjoyed the training and it was a little time for myself to learn about different healthier recipes. I will use the ideas discussed in the training to help control my type 2 diabetes.

“I learnt that it did me good to get out on my own. I also found exercise made me feel better. I enjoyed meeting new people.”

“This is my first experience of training with Lanarkshire Carers and I left feeling part of a community. I now know that there is support and others who are willing to share their experiences. I have now signed up for more training.”

“I only heard of SDS last week so it was great to get a more in depth view of what it is and what it can be used for. ”

Lanarkshire Carers Carer Training Programme covers a range of topics and the courses featured in our programmes are released every three months.

The programme is based on the need and demand from carers, with courses identified and sourced through carers' needs identified during conversations and feedback from taster sessions.

Our courses are delivered in various locations across Lanarkshire, we also offer online sessions to ensure accessibility for all carers.

Please complete our Training Needs Analysis form by visiting www.lanarkshirecarers.org.uk/training to tell us what you think should be on the next Carer Training Programme or get in touch with us to let us know.

Look out for the following courses in our April - June 2025 Carer Training Programme

- Introduction to Aromatherapy
- Helping those in Autistic Burnout
- Looking for some new Food Inspiration?
- Dementia and the Home Environment
- Chi Me
- Building Transitions for Autistic People
- Summer is around the corner
- Calm Café
- Autistic Communication

Lanarkshire Carers is committed to ensuring carers are confident in their caring role and would like to provide information and training that is appropriate to your needs.

Your feedback and suggestions will enable us to plan a Carer Training Programme best suited to carers' needs.

Scan the QR Code to complete our Carer Training Needs Analysis Form:



Contacting Lanarkshire Carers

You can engage with Lanarkshire Carers in a variety of ways. This can be via telephone, an online referral through our website, visiting either of our centres in person, or by arranging an appointment through our virtual drop in service.

You can follow and stay up to date with us via Facebook, Twitter and Instagram (search for Lanarkshire Carers on the relevant social media platform).

Additionally, you can also sign up to our email mailing list through our website to receive regular updates on our latest news and information.



Lanarkshire Carers

Centres

Lanarkshire Carers Centre: Hamilton

Ground Floor Left, Princes Gate
60 Castle Street
Hamilton
ML3 6BU

Lanarkshire Carers Centre: Airdrie

Airdrie Locality Support Service
92 Hallcraig Street
Airdrie
ML6 6AW

 South Lanarkshire: 01698 428090

 North Lanarkshire: 01236 755550

 info@lanarkshirecarers.org.uk

 lanarkshirecarers.org.uk



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