



**Lanarkshire  
Carers**

*Information, advice and support  
for people who care*

# **Carer Training Programme April - June 2025**



**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 via carer feedback and pilot sessions hosted to gauge interest. Sessions are delivered online and face-to-face in venues across Lanarkshire.

These are opportunities to achieve your personal outcomes, take a break from your caring role, meet other carers and make new connections for peer and community support.

**Please remember you can always contact us to talk about your carer training needs/ideas and to discuss how this might help support you in your caring role.**

Please complete our Training Needs Analysis form by visiting [www.lanarkshirecarers.org.uk/training](http://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.

**Details of forthcoming courses for April - June 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.





## Introduction to Aromatherapy

Find out more about nature's goodies! You'll learn how essential oils are made, how to use them safely, and how to make a simple room or pillow spray with witch hazel, an all-purpose cleaning spray, foaming toilet cleaner, and massage oil.

**Wednesday 02 April 2025**

**6pm - 7:30pm**

**Online Course**

**Scan the QR Code to book a place:**



In partnership with:



## Helping those in Autistic Burnout

Autistic Burnout is a common experience for those in the community. This session addresses the myths around burnout, what causes Autistic burnout, before going into ways we can support people through this.

**Tuesday 22 April 2025**

**6pm - 8pm**

**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 23 & 30 April,  
07, 14, 21 & 28 May 2025  
10am - 11am  
Ferniegair Hall,  
Carlisle Road, Hamilton, ML3 7TX**

**Scan the QR Code to book a place:**



## Looking for some New Food Inspiration?

Come along and learn some recipes from different cultures and how we can use these to improve our own diets

**Thursday 24 April 2025**

**6pm - 8pm**

**Online Course**

**Scan the QR Code to book a place:**



In partnership with:



LANARKSHIRE COMMUNITY  
FOOD AND HEALTH PARTNERSHIP





# Dementia and the Home Environment

The aim of this session is to understand the benefits of the home environment for people living with dementia, look at the challenges for people living with dementia staying in their own home and to be aware of factors that can help people to remain independent.

**Friday 25 April 2025**

**10am - 12pm**

**Online Course**

**Scan the QR Code to book a place:**



In partnership with:



# For those who think they may be Autistic (Adults)

Join us as we look at how to get a diagnosis as an adult; the pathway, what you'll be asked during the assessment, the positives and negatives of having a diagnosis, the positives and negatives of getting a private diagnosis and some signposting.

**Tuesday 06 May 2025**

**10:30am - 12:30pm**

**St Mary's For All,**

**4A Auchingramont Road, Hamilton ML3 6JT**

**Scan the QR Code to book a place:**



In partnership with:



Love Autism



# Paying Attention to our ADHD Children

ADHD is often overlooked and underdiagnosed in children, and as a result we can struggle as parents to identify and support our children who have ADHD traits. This session will help you understand what ADHD is – and isn't – and which strategies and approaches that may help you in your everyday lives.

**Wednesday 07 May 2025**

**6pm - 8pm**

**Online Course**

**Scan the QR Code to book a place:**



In partnership with:



## Chi Me

Join us for an adapted form of Tai Chi that is ideal for people with joint or balance issues; it can be done whilst seated and helps to mobilise joints and create a sense of calm.

**Monday 12 May 2025**

**6pm - 7:30pm**

**Online Course**

**Scan the QR Code to book a place:**



In partnership with:





# Building Transitions for Autistic People

Transitions are one of the biggest concerns raised by families and professionals.

This session aims to provide an insight into what these feel like from the Autistic perspective. It will discuss monotropism, Autistic inertia, & executive functioning.

**Tuesday 13 May 2025**

**6pm - 8pm**

**Online Course**

**Scan the QR Code to book a place:**



In partnership with:



# Cooking and Eating for High Cholesterol

Find out how to create tasty and healthy snacks for your picnic basket! Perfect for barbecues or for when you're just feeling a little peckish.

**Thursday 22 May 2025**

**6pm - 8pm**

**Online Course**

**Scan the QR Code to book a place:**



In partnership with:



## Calm Café (4 Week Course)

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

**Tuesday 27 May, 03, 10 & 17 June 2025**

**10am - 11:30am**

**David Livingston Centre,  
165 Station Road, Blantyre, G72 9BY**



**Scan the QR Code to book a place:**



In partnership with:



## Adults who have a Diagnosis – Autism

Join us for a discussion on what autism is and help you identify what your profile looks like. We also look at identifying strategies and approaches that might work for you.

**Tuesday 29 May 2025**

**10:30am - 12:30pm**

**Online Course**



**Scan the QR Code to book a place:**



In partnership with:





# Autistic Communication

Autistic communication is multi-faceted and there are many ways we express ourselves.

This session will showcase how Autistic communication is valid and not disordered or a deficit. In addition, it will provide potential adjustments and accommodations to enhance Autistic people's opportunities to communicate in the way they need to, thereby allowing them to advocate for themselves.

**Tuesday 17 June 2025**

**6pm - 8pm**

**Online Course**

**Scan the QR Code to book a place:**



In partnership with:



## **How to Sleep Better**

**“Very helpful and learned things that you wouldn't think would affect your sleep.”**

**“I enjoyed the relaxed style and interactions on the "How to Sleep Better" course. I have taken away from it, some useful information which I do intend to implement.”**



## **What is Self-Directed Support? (SDS)**

**“The course was very informative and well run. I learned more than I had expected. The way the course was led was perfect, the presenter knew the answers to all the questions from carers.”**



**“I have learned that we don't need to take the full package and that there are other choices available.**

**It was interesting and worthwhile.”**



A photograph of a wooden surface with two watercolor palettes and several brushes. One palette is in the top left, showing various colors like purple, orange, and yellow. The other is in the top right, showing green, blue, red, and black. There are also several brushes of different sizes and shapes scattered around. A white card with text is placed in the center.

## Introduction to Painting and Drawing

**“I had never painted before and it was amazing to find that I really enjoyed the course. I hope to find a class where I can continue to paint.**

**Thank you for the inspiration.”**

**“Excellent creative, relaxing course.”**

## Steps of Caring (Motherwell)

**“I was at the Steps of Caring course and wow, it was a real eye-opener. After all this time I’ve been a carer and I never knew of half, if any, of the support available.**

**I feel like this is the start of a very positive time for me with all this new found support. I can't thank you enough.”**



**“I have learned more about my rights as a carer.”**



## Self Massage - Learn techniques at home to help you relax

**“I learned how to massage various pressure points in my hands to help cope with the stress, and aches and pains. This will be beneficial and help when I’m feeling stressed and pressured.”**

**“The course was very informative and the instructor very knowledgeable. She gave a clear visual demonstration, explaining all the pressure points and how these correlate to certain areas of the body.”**



**“Quality recharge me time.”**

**“So nice to be able to de-stress.”**

**“I found this course helpful, thought provoking and relaxing.”**



## Dementia: Mood and Wellbeing

**“I know that I am not alone and that there's support out there. Sharing experiences, ideas and resources takes the stress out of doing it all by yourself. In unity, there is strength.”**



**“It was very informative and good to meet people who had the same problems and to find some solutions too.”**



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

**“I really enjoyed the course and will use the tools to help me change negative self talk and manage triggering situations.”**



**“The theory was very interesting and the wheel showing the link between Behaviour, Thoughts, Physical Symptoms and Behaviour was really helpful.**

**The STOPP process has been really useful over the past week; even if I didn't get to stop and take a breath most times!**

**It has lessened my anxiety and reactions.”**

## Mindful Spending in the Cost of Living Crisis

**“It helped listening to Martin talk about life's ups and downs and about things that can affect our daily living, without spending a fortune. It was a good reality check which I feel we all need.”**



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.

**Look out for our Carers Week 2025  
Programme of Activities - Coming Soon!**





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.

## 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](mailto:info@lanarkshirecarers.org.uk)
-  [lanarkshirecarers.org.uk](http://lanarkshirecarers.org.uk)



*Information, advice and support  
for people who care*

