

Lanarkshire Carers Centre



Online Carer Training Programme August – December 2020



"Great Yoga session, the trainer is great, fully explained and reassured us to take the posture to the level that was right for the individual. Looking forward to the next week."

"Love how much you always have on for Carers."

"It's the only thing on my calendar that doesn't say cancelled!"

"Very informative, interactive and I know more than I did before."



"Wonderful service and support from the Carers Centre thank you. Also thank you for the Martin Stepek Online Mindfulness sessions."

"These training courses really boost my confidence to help us as a family support the person I care for."



At Lanarkshire Carers Centre, we try our very best to ensure that Carers get access to as much information and training opportunities as possible to help them in their caring role. 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, things can arise which would prevent you from attending a pre-registered course. However, 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. Thank you for your consideration.

How to Access our Training: A Step by Step Guide (30 Minute Session)

This 30 minute session will take you through the simple steps required for using our online services. If you are unsure and would like a trial run before courses, please sign up and a member of the team will happily support you through this.

Wednesday
02 September 2020
11am – 11:30am

Wednesday
28 October 2020
10am – 10:30am

Wednesday
18 November 2020
7pm – 7:30pm

Dementia: Carers Education

This is an information session for carers of people with dementia. It is based on research suggesting that information and skills training can be as helpful in reducing carer stress as counselling and support groups.

The training is designed in complete consultation with the carers who will be attending, ensuring that the information provided is appropriate to their needs.

Wednesday 16 September 2020
10am – 12pm

Thursday 08 October 2020
10am – 12pm

Tuesday 02 November 2020
10am – 12pm

Wednesday 09 December 2020
10am – 12pm



Yoga: Weekly Sessions

Yoga is an ancient form of exercise that focuses on strength, flexibility and breathing to boost physical and mental wellbeing. The main components of yoga are postures (a series of movements designed to increase strength and flexibility) and breathing.

Regular yoga practice is beneficial for people with high blood pressure, heart disease, aches and pains – including lower back pain – depression and stress.

Thursday's
10am – 10:45am

Working in
Partnership with:



Easy Movers: Weekly Sessions

A great fun beginners level class with a gentle warm up, balance and strength exercises, and a proper cool down. Fantastic music played throughout.

Tuesday's
10am - 11am

Relaxation: Deep Breathing and Grounding: 3 Week Course

This 3 week course is all about pacing and focusing your energy on how to relax. It is designed to be gentle, including some light meditation, relaxation with your eyes closed and gentle guided breath work.

Starting Friday 28 August 2020
11am - 12:30pm

Decluttering of the Mind and the House: 4 Week Course

Organisational help for your mind and how to help tackle any hoarding issues. When things get too much, they can seem overwhelming.

By having a structure and a plan in place, this helps to focus, keep anxiety at bay and slowly create space in your head and in your house.

Starting Thursday 01 October 2020
11am - 12:30pm

Assertiveness and Confidence Building: 3 Week Course

How to raise your confidence by tackling assertiveness issue. When one is out of alignment then it will undoubtedly affect the other.

This 3 week course will help you identify low confidence issues, tackle them and build your assertiveness along the way.

Starting Monday 02 November 2020
1:30pm - 3pm

Creating your own Self-Help Manual: 5 Week Course

This course comprises of 6 stages. This about creating a manual that is a guide to how you operate. What you do when you are working at your best, what coping techniques did you use, what strategies work best for you and what doesn't work for you.

It also has a troubleshoot guide that you will create so when things don't seem right, you know what to do bounce back. This is all about a self-discovery journey.

Starting Monday 31 August 2020
10:30am - 12pm

Creating a Soothe Box/Wellness Box/Anxiety Grounding Box: 2 Week Course

This about creating a box of things that you can go to when things seem overwhelming. Having these personal items can quickly relax the mind and body within minutes, allowing you space to breathe, focus, relax and take much needed time out from the stresses of every day, whenever you need to.

Friday 06 & 13 November 2020
11am - 12:30pm

Forgiveness and Letting Go

This is a in depth session where you will learn about forgiveness and how it can free up so much emotional and mental energy, allowing you to feel free from any guilt or regret that is holding you back.

Once you can do this, letting go of what is not serving you well will greatly improve your focus on the here and now and not in the past.

Thursday 03 December 2020
7pm - 9pm



Our Green Planet and an Introduction to Gardening

Ideal for complete beginners – an overview of ‘our green plant’, why gardens matter and tips to get you started in your garden.

Monday 14 September 2020
1pm – 2:30pm

Sustainable Gardening for Wildlife and the Environment

A look at making your garden and your gardening techniques more environmentally friendly.

Monday 19 October 2020
1pm – 2:30pm



Growing your own Fruit, Herbs and Vegetables

Focusing on growing your own fruits, vegetables and herbs at home. Cost effective, delicious and great fun!

Friday 09 October 2020
10:30am – 12pm

Plant Identification: Tips & Tricks

Focusing on the ways gardeners can identify different plants and common naming techniques.

Thursday 30 October 2020
10:30am – 12pm

Winter Gardening

Key jobs in the garden this winter and planning your garden for 2021.

Monday 23 November 2020
1pm – 2:30pm



How to Handle Life's Ups and Downs

2,500 years ago the Buddha said that life has suffering and enjoyment, with birth, sickness, aging, and death all inevitable parts of human existence.

Let Martin Stepek show you how to develop the mind so it can manage the negative events of our lives, while at the same time, making the most of the good times.

Thursday 27 August 2020
10am – 11am

Caring for Yourself without Guilt

As a carer you are more likely to feel stressed, worried and worn down by all the demands made on you, and caring for yourself is often bottom of your list.

Martin Stepek will show you how Mindfulness can help by building resilience and gaining more control over your thoughts, feelings and emotions and so make time for yourself without guilt.

Wednesday 09 September 2020
7:30pm – 8:30pm

Loneliness

Feelings of isolation and loneliness can be all consuming. Martin will look at how Mindfulness can help deal with these negative, and very destructive, emotions and move towards acceptance and happiness.

Wednesday 16 September 2020
7:30pm – 8:30pm

**Working in
Partnership
with:**



Staying Stable

Life has good times and not-so-good times. Even a single day can have awful moments and happy ones.

Martin Stepek will show you how to maintain a more steady, stable, and contented state of mind, so that life flows more evenly, without the extremes of highs and lows.

Thursday 24 September 2020
10am – 11am

Mindfulness to Quieten a Busy Mind

Being a carer for a loved one can be one of the most stressful situations anyone can face. You may be worried about the future while juggling hundreds of tasks in the present.

Mindfulness is a great way to quieten your busy mind and help you manage stress. Martin Stepek will gently guide you to peace of mind.

Wednesday 07 October 2020
7:30pm – 8:30pm

Happiness

As the clocks move back and the days get shorter, it's very natural for your mood to take a slump. Martin will look at using Mindfulness to let go of negative thoughts, feelings and emotions and move towards greater happiness.

Thursday 08 October 2020
7:30pm – 8:30pm



Being Light-hearted and Free of Concern

The mind has an unfortunate tendency to weigh us down with worries, concerns, to-do lists, and other matters.

Let Martin Stepek explain how this builds over time and what we can do to slowly but surely strip it all away, leaving your mind light and easy, better fit to enjoy your life.

Wednesday 21 October 2020
7:30pm – 8:30pm

How to Cope when you feel Frustrated and Hopeless

If every day feels like a struggle and you're constantly taking one step forward and two steps back, it's natural to feel defeated and hopeless.

Martin Stepek will show you how to use Mindfulness to call on your inner strength to let go of feelings of frustration.

Thursday 05 November 2020
10am – 11am

Dealing with Guilt

Guilt is a very common emotion and it's very natural to be troubled by it. Martin will look at ways of using Mindfulness to understand and deal with feelings of guilt, helping you to rid yourself of this negative emotion.

Wednesday 11 November 2020
7:30pm – 8:30pm

The Best States of Mind you can Develop

We usually never stop to think about the states of mind that arise and dominate how we feel in life. Yet they can be managed, and better states of mind developed instead.

Martin Stepek will share his views on what states of mind best help us in life and how to get them.

Wednesday 18 November 2020
7:30pm – 8:30pm

Avoiding Emotional Burnout

We usually never stop to think about the states of mind that arise and dominate how we feel in life. Yet they can be managed, and better states of mind developed instead.

Martin Stepek will share his views on what states of mind best help us in life and how to get them.

Thursday 03 December 2020
10am – 11am

Have a Merry Mindful Christmas

It's easy to let Christmas pass you by without really enjoying it. In a whirlwind of activity leading up to the big day, the magic of Christmas is often overshadowed by the stress of shopping, cooking and sending cards.

Then, in a blink of an eye, it's over and we've been so lost in all our preparations we can be left feeling a little down that it's not lived up to our expectations.

But it doesn't have to be like that! Martin will remind you what's important about the festive season and will show you how to use Mindfulness to enjoy every single wonderful moment.

Wednesday 16 December 2020
7:30pm – 8:30pm

Scottish Fire and Rescue Service: “Make the Call” session

A session with the Scottish Fire and Rescue service to inform carers of the “Make the Call” campaign. This session will highlight all support mechanisms that the Scottish Fire and Rescue Service can put in place to ensure the safety of the people within communities.

General safety advice will also be available and a Scottish Fire and Rescue Service representative will be on hand to chat with carers over any concerns, stresses or worries they may have.

Friday 11 September 2020
2pm – 3:30pm



Virtual Art Therapy : 6 Week Course

Join us to have fun learning the basics of watercolour painting. This fun interactive course will give you the opportunity to try your hand at using watercolour paints to make some individual art.

No previous art experience is required.

You will be provided with a beginners’ pack for watercolour. We ask you to have a container to hold water (an old mug will do), a pencil, a dry cloth (such as an old tea cloth)

Starting Monday 05 October 2020
12pm – 2pm

Steps of Caring

This course is specifically developed for new carers or carers newly registered with Lanarkshire Carers Centre. Come along and find out about local services and providers that can help you access help and ongoing support.

Carers are encouraged to attend all 2 days if possible.

2 Week Course:
Wednesday 23 & 30 September 2020
12pm – 2pm

2 Week Course:
Friday 20 & 27 November 2020
12pm – 2pm

Living Life to the Full

These adaptable workshops are modelled on the Cognitive Behavioural Therapy (CBT) approach, are recovery focused and teach valuable self-management skills to approach conditions like stress, depression and anxiety.

Delivered over 2 days, these fun and informal workshops are interactive and delivered by fully trained individuals who will provide you with all the licensed materials to support you on Living life to the full.

3 Week Course:
Tuesday 01, 08 & 15 September 2020
11am – 1pm



PDA – Pathological Demand Avoidance

PDA (Pathological Demand Avoidance) is widely understood to be a profile on the autism spectrum, though we are still at an early stage in our understanding and PDA research is in its infancy.

In this session you will learn more about PDA and how to support those with this particular profile.

Thursday 03 September 2020
7pm – 9pm

Anxiety & Autism

In this session we will look at why autistic children and young people are so much more anxious than their neuro-typical peers.

We will talk about what you can do to help reduce their anxiety - lots of hints, tips and resources to take away.

Thursday 24 September 2020
7pm – 9pm

Emotional Development & Understanding

This session will help you to learn more about emotional development in autism, and how to help your child/young person understand their own emotions and how to express those emotions in a safe and healthy way.

Thursday 08 October 2020
7pm – 9pm

What is Autism?

This course will provide a greater understanding of autism and how to help care for someone with autism.

This fully adaptable course is written at an introductory level, and no previous knowledge is needed.

Thursday 22 October 2020
7pm – 9pm

How to Book Training

Register online or call us on:

01698 428090 / 01236 755550

www.lanarkshirecarerscentre.org.uk/training

Lanarkshire
Carers Centre



Note: Training course availability and dates may be subject to change.

Can't find the training you are looking for?

Please contact us and we will be happy to discuss your training needs further or complete a Training Needs Analysis form, available on our website.

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Registered Office: Unit 1a Princes Gate, 60 Castle Street, Hamilton, ML3 6BU
Charity No: SC029160 Company No: SC209296

