

Carer Support Service (Moray)

Learning Opportunities

January - July 2017

Join a workshop this year to:

**Increase
your
knowledge**

**Improve
your
skills**

**Do
something
different**

**Meet
others who
understand
your situation**

**Boost your
confidence**

**Discover
techniques to
make caring
easier**

**Feel good
about
yourself**

**Get away
for a while**

**Speak to
professionals
with more
authority**

**Have a look inside at the
topics we're offering...**



Practical Skills

Moving and Handling

Thursday 23 March

10am - 12.30pm

Elgin

- moving objects/people safely and securely
- what to do when someone falls
- equipment to make the job easier

Have a go yourself in a safe, supportive environment.

“ This gave me more confidence and ability to move someone without hurting them. ”

Basic Emergency First Aid

Wednesday 29 March

10am - 12noon

Elgin

Familiarise yourself with:

- principles of first aid
- the recovery position
- CPR



“ An informative and entertaining couple of hours - confidence to cope in an emergency. ”

Mental Health First Aid

Four sessions

Tuesdays: 2, 9, 16 & 23 May

10am-1pm

Buckie

Basic information about mental health problems to help remove stigma and fear, and give confidence to support a person in distress.

Topics include:

- the recovery message
- the impact of substances on mental health

- an introduction to suicide intervention
- listening skills
- understanding depression
- first aid for someone experiencing depression
- understanding anxiety
- first aid for someone experiencing anxiety

“ This course dealt with difficult topics in a supportive way. Found it most useful. ”

Preparing for the Unexpected

Thursday 2 March

10am-12noon

Elgin

Wednesday 7 June

1-3pm

Buckie

What happens to the person you care for if you have an emergency? How easy would it be for others to keep things ticking over? Do you have a plan in place?

Join us and put a plan together, giving you peace of mind that the person you care for will be looked after.

Dementia Aware

in partnership with the Older Adult Mental Occupational Therapists in Moray

Walk a Mile in their Shoes

Three sessions:

- Friday 20 January
- Thursday 23 February
- Monday 27 March

10am-12noon

Elgin

- Gain an understanding of what it's like for someone with dementia
- Learn tips and techniques to help you take care of them
- Improve quality of life for you and the person you care for

“The dementia sessions made a lot of difference, resulting in new ideas and more confidence for me.”



Mobile Information Bus

Join us for an information session

- **Wednesday 26 April**
10am-12noon, Fochabers
- **Tuesday 30 May**
1-3pm, Aberlour
- **Friday 30 June**
10am-12noon, Forres

Health and Wellbeing

Find out About Food

All sessions 10am-1pm
Elgin

If, like most of us, you're keen to eat more healthily at home but it seems so complicated that you don't know where to start, these sessions are for you.

Dynamic Digestion

Thursday 2 February

A fun and interactive journey through the digestive system to get a better understanding of how it all works.

“ Learned a lot about the digestive system and how food can benefit your immune system. ”

Edible Energy

Wednesday 19 April

How eating the right foods can help to improve your energy levels.

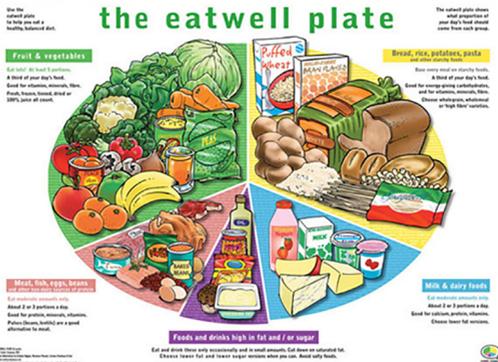
“ Loved every minute. ”



Each session will also give you the opportunity to put your learning into practice, making simple, healthy dishes you can re-create at home.



the eatwell plate



Fabulous Fats

Tuesday 20 June

Discover the difference between good and bad fats, and how best to use fabulous fats in your diet to get the most from them.

“ So pleased to have attended this session - very informative. ”

Making Time for Yourself

New Year, New You



- **Monday 23 January**
10am - 12noon
Buckie
- **Thursday 26 January**
10am - 12noon
Elgin

Stand up and stand out in 2017.

Uncover the you that's been hidden by your caring role. Allow yourself to embrace all that you are and find ways to take time for yourself.

Don't Sweat the Small Stuff

Tuesday 21 March
10am-12noon
Elgin

Control, influence, accept

Learn how to let go of the stuff that really doesn't matter, so you can concentrate your efforts in the areas that will benefit you most.

Put Yourself in the Picture

Thursday 16 February
10am - 12noon
Elgin

Put yourself first for a change.

Discover who you need around you to help reach where you want to be, and how best to make changes that will make life better and easier for you.

Fake it 'Til You Make it - be confident and assertive

Date TBC
Two-hour session
Elgin

- Want to feel more in control of situations?
- Need to be more assertive?
- Like to learn how to say no without offending people?

Learn some simple tips and techniques to make it happen. Note your interest to Nuala - contact details on page 8.

“ **Very helpful and enjoyable; very rewarding.** ”

Planning for the Future

It can be a tricky subject, and one we often don't want to think about, but planning ahead can make a difficult time less stressful.

Have you ever:

- thought about what might happen when you die?
- considered what needs to be put in place to make your passing as least distressing for your loved ones as possible?
- asked the person you care for what their wishes would be?

Before I Go: getting the essential questions asked and answered before you die

Tuesdays: 7, 14, 21 and 28 February, 7 and 14 March

10am - 12noon

Elgin

This series of workshops tackles the subject simply, sympathetically and honestly. Each session focuses on different elements, taking you gently through the legalities, practicalities, financial implications and ethics of preparing for a celebration of someone's life and making sure that those left behind have all they need to carry on.

To get the most benefit, we recommend that you sign up for the full six weeks. However, attending only those sessions of interest to you will also be useful.

Read on for a brief outline of each session.

1. Being Legally Prepared

Outlines the whys and wherefores of what you will need in your particular situation (e.g. a Will), and how to have conversations about this topic, including how to approach a solicitor.

2. Creating Your Life and Death the Way You Want

Confirming what values you hold dear in life, and being able to communicate those clearly in the end of life context. We'll also cover information about living Wills/Advance Directives.

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3. Lessen the Household Headaches

It's easy to forget that seemingly small things, like not knowing how an appliance works or what a relevant password is, are potentially huge challenges after someone dies.

Establish what your family and/or friends need to know about your household and financial information, including your digital legacy and treasured possessions.



4. Last Days Wishes and Tending of the Body After Death

There are many decisions to make at this time. We'll look at why it's difficult and how to make it easier. We'll also look at what actually happens when someone dies, the laws about death and funerals, and why it's important to know about these.

5. Funeral Planning

There are now many options for what happens with a body after death. We'll equip you to make a plan which suits both you and your loved ones practically and emotionally.

6. Taking Action

- we'll look at options for paying for your funeral
- revisit having conversations about this subject and what you really will say
- answer any outstanding questions that have arisen
- put in place specific action steps for moving forward successfully

No-one really wants to look at their own or anyone else's mortality, but wouldn't it be easier if everything was in place so that things run as smoothly as possible in what may well be difficult and emotional times?

Prepare the send-off you choose, safe in the knowledge that you have made things as easy as possible for your loved ones.

Make a note of the workshops that interest you:

How to book

All places are allocated on a first come, first served basis and **must** be booked in advance - call **01343 556031** or e-mail **carersmoray@quarriers.org.uk**.

Help to attend

If you:

- need help with transport to get to sessions
- need someone to sit with you the person you care for while you are away
- are worried about turning up on your own and would like a member of staff to meet you outside and walk in with you or buddy you up with another carer

Please let us know as soon as possible, and we will try to organise something to help you.



**Quarriers Carer Support Service
(Moray)
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E-mail: carersmoray@quarriers.org.uk

www.quarriers.org.uk

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