

NCO Carer Training

BME Carers Schedule of Courses Delivered

Appendix 1C

Local Authority	Theme/Content	No. of Sessions	Partner	BME Community	No. of Participants	Trainers
Perth & Kinross	<p>Entitled 'Looking after Yourself' this course was designed to provide carers with a range of information which would assist them in their caring situation. Topics covered were as follows:</p> <ul style="list-style-type: none"> ▪ Understanding the role of health and social care professionals ▪ Body MOT ▪ Money Matters ▪ Active Lifestyles ▪ Diet & Nutrition ▪ Stress Management 	6 half days	Perth Chinese Association	Chinese carers	6 - 10	Social Worker Occupational Therapist Welfare Rights Officer Community Nurse Sports & Leisure British Red Cross
	<p>Moving and Handling Skills A day long course to equip carers with the skills and confidence needed to safely move or assist with moving another individual</p>	1 full day	Perth Chinese Association	Chinese carers	6	Perth & Kinross Council Moving and Handling Trainers
Glasgow	<p>Accessing NHS Support Services for Carers This course was designed to provide carers with information on the range of support services for carers provided by the health service</p>	1 full day	Project Empower	Chinese carers	12	Carers Co-ordinator Multi-cultural Health Officer
	<p>Looking after your Back This course was designed to raise awareness and provide practical advice on how to protect your back when caring for someone</p>	1 full day	Project Empower	Chinese carers	15	Physiotherapist
	<p>Arthritis Management This course provided information on arthritis, its symptoms and how a healthy diet, pain management techniques and gentle exercise can</p>	3 half days	Project Empower	Chinese carers	16	Arthritis Care UK

	assist in managing the condition					
	Dealing with Challenging Behaviour This course provided practical advice on how to manage challenging behaviour in a range of situations	1 full day	Ethnic Enable	South Asian parent carers	13	Action for Children Autism Research Centre
Dundee	Emergency First Aid This course provided an introduction to basic first aid techniques	1 full day	Dundee PRT Carers Centre	Chinese carers	10	St Andrews Ambulance Service
	Emergency First Aid This course provided an introduction to basic first aid techniques	1 full day	Dundee PRT Carers Centre	South Asian carers	6	Linda Crocker Agency
	Moving and Handling Skills A day long course to equip carers with the skills and confidence needed to safely move or assist with moving another individual. A demonstration of equipment was also given	2 days	Dundee PRT Carers Centre	Chinese carers	12	Priority Care Limited
	Moving and Handling Skills A day long course to equip carers with the skills and confidence needed to safely move or assist with moving another individual. A demonstration of equipment was also given	1 full day	Dundee PRT Carers Centre	South Asian carers	6	Priority Care Limited
Edinburgh	Continence Management This course gave practical advice on managing continence problems as well as viewing products and an opportunity to ask questions	2 half days	MECOPP	Newly identified Chinese carers	13	NHS Continence Nurse Advisor
	Arthritis Management This course provided information on arthritis, its symptoms and how a healthy diet, pain management techniques and gentle exercise can assist in managing the condition	3 half days	MECOPP	Newly identified South Asian carers	8	Arthritis Care UK