

Due to Covid-19 restrictions, there are very few face to face training courses running. However there are some very useful On Line workshops and videos, some of which are listed below. If you can't find what you are interested in, please contact our Carer Training Officer, Kerry Watts, and she will be happy to advise. Contact Kerryw@carersupportwiltshire.co.uk or call our Freephone number 0800 181 4118

Dementia

Advice leaflets and videos

<https://www.dementiauk.org/understanding-dementia/>

<https://www.dementiauk.org/get-support/looking-after-yourself-as-a-carer/>

IT Support

Informal IT Technical support for unpaid carers provided by Avagio, happy to help in any way they can: How to use social media and get connected by video to friends and family; Staying safe on line; Setting up shopping services. Tel: 01249 470148 helpinghand@avagio.co.uk

Improve your digital skills

If you do have a computer but aren't quite sure how to use it, the Government has launched a new digital skills toolkit. It's great for anyone wanting to improve their digital knowledge, either for use at home or professionally. All courses are free. <https://theskillstoolkit.campaign.gov.uk/>

Moving and Assisting

Always get someone to help lift someone from the floor. The link provided is when someone has some mobility and can help with the movement. There are other links within this website that may be of further help.

<https://www.proergonomics.com/training/video/healthcare-ergonomics-single-person-lift>

First Aid

Everyday first aid skills - <http://www.redcross.org.uk/What-we-do/First-aid/Everyday-First-Aid>

Baby and child first aid resources - <http://www.redcross.org.uk/What-we-do/First-aid/Baby-and-Child-First-Aid>

Free first aid app featuring simple, easy advice on 18 everyday first aid scenarios, as well as tips on how to prepare for emergencies - <http://www.redcross.org.uk/What-we-do/First-aid/Mobile-app>

Coping with Anxiety and using Mindfulness Techniques

IAPT (Improving Access to Psychological Therapies) is a National Health Initiative where numerous self-help information and videos can be found.

Visit <https://iapt.rdash.nhs.uk/resources/all-resources/>

Watch these videos on utube:

<https://www.youtube.com/watch?v=0qUCXZcKd0I&list=UUZYJEya160Vr5sbxcNnw5Lg>