



MECOPP Carer Training

Coping and Caring training is delivered to those who care for their family members, relatives, friends or neighbours.

Coping and Caring training aims to increase confidence and the ability to cope with their caring situation and develop the skills of the carer so that they can provide the best care and support to their loved ones.

Previous training has included:

Access to Health and Social Care Services

This talk, delivered by a bi-lingual social worker, aims to focus on how to gain access to Health and Social Care services. It is an opportunity for our carers to ask questions directly and share their experiences and difficulties which they could not before do, due to difficulties with language.

First Aid

British Red Cross first aid training on how to deal with emergencies such as loss of consciousness, cuts, burns, choking, electric shocks etc.

Stress Management

Caring for someone itself is a stressful task which will be more stressful when a language barrier is present. This session helps to deal with anger management and stress. Carers are engaged through group work, video and breathing techniques.

Blood Borne Virus Awareness

Delivered by Waverley Care African Health Project, this training delivers information to carers on blood borne viruses, in particular HIV and Hepatitis. In an informal environment participants can ask questions freely and learn more about the signs and symptoms of the transmission of HIV and Hepatitis. Past feedback is that this is very useful training and helped to create a greater understanding.

