

- **“TELL ME” EASY READ PROJECT** Funded by the Strengthening DPULO programme
 Thursday 1st May from 1pm – 4pm at Abbey Row Community Centre in Kelso
 Key objectives:

 - Using the best layout on a page
 - Using pictures that help explain the text
 - Making sentences short and simple

- **MENTAL HEALTH AWARENESS**
 Tuesday 6th May from 1pm – 3.30pm at Tower Mill in Hawick
 Key objectives:

 - Signs and symptoms of depression
 - Signs and symptoms of anxiety
 - Signs and symptoms of psychosis

- **PALLIATIVE CARE**
 Thursday 8th May from 9.30am – 3.30pm at Old Gala House in Galashiels
Fully booked, but do get in touch if you're interested in this training and we will add you to the waiting list.
 Key objectives are:

 - The definition and principles of palliative care and how they apply to your role
 - The impact of pain and other common symptoms on patients and families
 - How communication influences palliative care patients
 - The impact of loss, grief and bereavement on patients, families and care providers

- **“TELL ME” EASY READ PROJECT** Funded by the Strengthening DPULO programme
 Monday 12th May from 1pm – 4pm at Selkirk Rugby Club
 Key objectives:

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 - Making sentences short and simple

- **INTRODUCTION TO FOOD HYGIENE**
 Tuesday 13th May from 1pm – 4pm at Borders College in Hawick
Fully booked, but do get in touch if you're interested in this training and we will add you to the waiting list.
 Key objectives:

 - Handling food
 - Storing food
 - Basic food hygiene

- **REFLECTIVE PRACTICE**
 Wednesday 14th May from 1pm – 4pm at Langlee Community Centre in Galashiels
 Key objectives:

 - The value of self-evaluation

- Ways of evaluating your practice
 - How values, beliefs and experiences affect your work practice
 - Learn from feedback
- **“TELL ME” EASY READ PROJECT** Funded by the Strengthening DPULO programme
Thursday 15th May from 1pm – 4pm at The Hive in Galashiels
Key objectives:
 - Using the best layout on a page
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 - Making sentences short and simple
- **MOVING AND HANDLING**
Monday 19th May from 9.30am – 4.30pm at Borders College in Galashiels
Fully booked, but do get in touch if you’re interested in this training and we will add you to the waiting list.
Key objectives are:
 - The principles of moving and handling
 - Identify unsafe techniques
 - Safe techniques relevant to your work setting
 - Legal and safe back care guidance
 - Moving and handling equipment and their safe usage
- **NETWORK MEETING**
Tuesday 20th May from 10am – 1pm at Abbey Row Community Centre in Kelso
 - Key topic for this meeting is volunteering
 - Make new connections with other organisations that specialise in care
 - Share resources
 - Find out more about training opportunities
- **AUTISM AWARENESS**
Wednesday 21st May from 9.15am – 4.30pm at Tweed Horizons in Newtown St Boswells
Key objectives are:
 - What is meant by the term autism
 - Understand how having autism affects the lives of people we support
 - Exploring ways to support people who have autism
- **OBJECT HANDLING**
Wednesday 21st May from 9.30am – 12.30pm at The Hive in Galashiels
Key objectives:
 - Identify several pieces of object handling equipment and illustrate safe usage
 - Safer principles of object handling
- **EMOTION AND MOTIVATION**
Wednesday 28th May from 9.30am – 4.30pm at Langlee Community Centre in Galashiels
 - Understanding what motivates us and our clients

- Identify how emotions work
- Understanding how motivation and emotions come together and affect our thinking and behaviour