



Training courses – February 2016

Date	Time	Course	Location
Monday 1 st February	9.30am- 4.30pm	Personal safety <ul style="list-style-type: none"> • Personal safety • Lone working • De-escalation of aggression / violence. 	Galashiels
Tuesday 2 nd February	9.30am- 12.30pm	Dementia – informed practice level <ul style="list-style-type: none"> • Common signs and symptoms of dementia • Individual needs of the person with dementia • Awareness of the relevant legislation. 	Galashiels
Wednesday 3 rd February	1pm-4pm	Dementia – informed practice level <ul style="list-style-type: none"> • Common signs and symptoms of dementia • Individual needs of the person with dementia • Awareness of the relevant legislation. 	Duns
Monday 8 th + Tuesday 9 th February	9.30am- 4.30pm	Scotland's mental health first aid <ul style="list-style-type: none"> • Preserve life • Provide help to prevent the mental health problem or crisis developing into a more serious state • Promote the recovery of good mental health • Provide comfort to a person experiencing distress • Promote understanding of mental health issues. 	Galashiels
Wednesday 10 th February	1pm-4pm	Bereavement awareness <ul style="list-style-type: none"> • Models of bereavement • The impact of bereavement. 	Galashiels

Thursday 11 th February	9.30am- 3.30pm	Learning disability awareness <ul style="list-style-type: none"> • Person centred working with people who have a learning disability • Hearing from people with learning disabilities about their experiences and some of the key challenges they face • Exploring person centred ways to engage with and support people who have a learning disability • Exploring social inclusion and active citizenship. 	Galashiels
Tuesday 16 th February	9.30am- 4.30pm	Autism awareness <ul style="list-style-type: none"> • 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. 	Galashiels
Wednesday 17 th February	9.30am- 4.30pm	Person centred planning <ul style="list-style-type: none"> • Person centred approaches and individualised service delivery • Building the right relationship between service user and service provider • Awareness of theories and skills • Strategies and guidance to help keep the service user at the centre of the planning process. 	Galashiels
Thursday 18 th February	9.30am- 4.30pm	Mental health improvement <ul style="list-style-type: none"> • Increase your understanding of mental health improvement • Explore concepts of how it can be promoted • Consider individual roles and responsibilities • Develop skills in evaluating and planning. 	Galashiels

Monday 22 nd February	9.30am- 4.30pm	Coaching and facilitation skills <ul style="list-style-type: none"> • The definition of coaching and facilitation • Explore the benefits and uses of coaching and facilitation • Practise coaching and facilitation skills. 	Galashiels
Tuesday 23 rd February	9.30am- 3.30pm	Palliative care <ul style="list-style-type: none"> • The definition and principles of palliative care • The impact of pain and other common symptoms on patients and families • The impact of loss, grief and bereavement on patients, families and care providers • How communication influences palliative care patients. 	Galashiels
Monday 29 th February	9.30am- 4.30pm	General introduction to care <ul style="list-style-type: none"> • The role of the care worker • Equality and diversity • Communication and values. 	Galashiels