

| Date   | Time          | Course  | Location   |
|--|---------------|---|------------|
| <p>Wednesday 1<sup>st</sup> and Thursday 2<sup>nd</sup> June<br/> <b>Full. If you would like to come, please get in touch and we will add you to the waiting list.</b></p> | 9.30am-5pm    | <p><b>Scotland's mental health first aid</b></p> <ul style="list-style-type: none"> <li>• Preserve life</li> <li>• Provide help to prevent the mental health problem or crisis developing into a more serious state</li> <li>• Promote the recovery of good mental health</li> <li>• Provide comfort to a person experiencing distress</li> <li>• Promote understanding of mental health issues.</li> </ul> | Galashiels |
| <p>Tuesday 7<sup>th</sup> June<br/> <b>Full. If you would like to come, please get in touch and we will add you to the waiting list.</b></p>                               | 9.30am-4.30pm | <p><b>Autism awareness</b></p> <ul style="list-style-type: none"> <li>• What is meant by the term autism</li> <li>• Understand how having autism affects the lives of people we support</li> <li>• Exploring ways to support people who have autism.</li> </ul>   | Galashiels |
| <p>Wednesday 8<sup>th</sup> June</p>   | 9.30am-4.30pm | <p><b>Person centred planning</b></p> <ul style="list-style-type: none"> <li>• Person centred approaches and individualised service delivery</li> <li>• Building the right relationship between service user and service provider</li> <li>• Awareness of theories and skills</li> <li>• Strategies and guidance to help keep the service user at the centre of the planning process.</li> </ul>            | Galashiels |
| <p>Tuesday 14<sup>th</sup> June</p>  | 9.30am-3.30pm | <p><b>Palliative care</b></p> <ul style="list-style-type: none"> <li>• The definition and principles of palliative care</li> <li>• The impact of pain and other common symptoms on patients and families</li> <li>• The impact of loss, grief and bereavement on patients, families and care providers</li> <li>• How communication influences palliative care patients.</li> </ul>                         | Galashiels |

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| Tuesday 28 <sup>th</sup> and<br>Wednesday 29 <sup>th</sup> June | 9.30am-4.30pm | <b>Dementia – skilled practice level</b><br>To be eligible for this training, you will need to have completed the 3-hour informed practice level. <ul style="list-style-type: none"><li>• Understanding dementia</li><li>• Promoting person and family centred care and community connection</li><li>• Promoting health and wellbeing</li><li>• Meeting the needs of the person with dementia who is distressed</li><li>• Supporting and protecting people's rights.</li></ul> | Galashiels |
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