

Every month Borders Care Voice sends out an e-newsletter, which will be of interest to everybody in health & social care. To sign up for the e-newsletter please click [here](#).

The new programme is ready. If we have your postal address you will have received it in the post by now.

You can also find it on our website:

<http://www.borderscarevoice.org.uk/training-bcln/>

October events as follows:

<b>Date</b>	<b>Time</b>	<b>Course</b>	<b>Location</b>
Tuesday 4 <sup>th</sup> October	9.30am- 4.30pm	<b>H5NA 04 Support effective communication</b> <b>Underpinning knowledge for mandatory SVQ unit</b> <ul style="list-style-type: none"> <li>Understand the NVQ / NOS requirement for supporting effective communication in settings where individuals are cared for or supported.</li> </ul>	Galashiels
Wednesday 5 <sup>th</sup> October	9.30am- 12.30pm	<b>Introduction to Mindfulness</b> <ul style="list-style-type: none"> <li>Become more aware of what is happening in the present moment.</li> <li>Techniques for developing this awareness.</li> <li>How being more mindful can help how we think, feel and act.</li> </ul>	Melrose
Thursday 6 <sup>th</sup> October	1pm-4pm	<b>Confidence building for volunteers</b> <ul style="list-style-type: none"> <li>Understanding confidentiality</li> <li>Understanding your own boundaries</li> <li>Communication and team work</li> </ul>	Eyemouth
Wednesday 12 <sup>th</sup> & Thursday 13 <sup>th</sup> October	9.30am- 4.30pm	<b>Dementia – Skilled (2 days)</b> <ul style="list-style-type: none"> <li>Module 1: Understanding dementia</li> <li>Module 2: Promoting person and family centred care and community connections.</li> <li>Module 3: Promoting health and wellbeing</li> </ul>	Langlee

		<ul style="list-style-type: none"> <li>• Module 4: Meeting the needs of the person with dementia who is distressed.</li> <li>• Module 5: Supporting and protecting people's rights.</li> </ul>	
Monday 17 <sup>th</sup> October	9.30am – 4.30pm	<b>Working with distress</b> <ul style="list-style-type: none"> <li>• Understanding the triggers for distressed behaviour.</li> <li>• Approaches for distressed behaviour.</li> <li>• Best practice for responding to distressed behaviour.</li> </ul>	Galashiels
Tuesday 18 <sup>th</sup> October	9.30am – 4.30pm	<b>H5NB 04 Support the health and safety of yourself and individuals</b> <b>Underpinning knowledge for mandatory SVQ unit</b> <ul style="list-style-type: none"> <li>• Understand the SVQ / NOS requirements for keeping yourself and individuals safe and secure within a work setting.</li> </ul>	Langlee
Wednesday 19 <sup>th</sup> October	1pm – 3pm	<b>Advocacy Awareness</b> <ul style="list-style-type: none"> <li>• Gain a better understanding of advocacy</li> <li>• The role of an advocacy worker</li> <li>• Client groups</li> <li>• When to refer</li> </ul>	Galashiels
Thursday 20 <sup>th</sup> October  <b>One space available</b>	9.30am – 4.30pm	<b>Introduction to Personal Safety</b> <ul style="list-style-type: none"> <li>• Personal safety</li> <li>• Lone working</li> <li>• De-escalation of aggression / violence.</li> </ul>	Langlee
Thursday 20 <sup>th</sup> October	9.30am – 4.30pm	<b>Palliative Care</b> <ul style="list-style-type: none"> <li>• The concept and delivery of palliative care</li> <li>• Identify and discuss common symptoms</li> <li>• Explore the concept of anticipatory care planning</li> <li>• Discuss how to care for someone who is dying</li> </ul>	Langlee

		<ul style="list-style-type: none"> <li>• The emotional impact of caring for someone and how to care for yourself.</li> </ul>	
<b>Monday 24<sup>th</sup> October</b>  <b>FULL – Get in touch to be added to waiting list.</b>	9am – 5pm	<b>Emergency First Aid at Work</b> <ul style="list-style-type: none"> <li>• Health and Safety (first aid regulations)</li> <li>• The priorities of first aid</li> <li>• Treatment of an unconscious casualty</li> <li>• Resuscitation</li> <li>• Common workplace injuries.</li> </ul>	Langlee
Tuesday 25 <sup>th</sup> October	9.30am – 12.30pm	<b>SafeTALK</b> <ul style="list-style-type: none"> <li>• Access to support</li> <li>• TALKsteps: tell, ask, listen and KeepSafe</li> <li>• Hands-on skills practice and development</li> </ul>	Peebles