

Date	Time	Course	Location
Tuesday 1 st November	1pm – 4.30pm	Stroke Awareness <ul style="list-style-type: none"> • Causes and different types of stroke. • F.A.S.T – How to recognise the symptoms of stroke. • Difficulties faced by those with communication, mobility and sensory issues after a stroke. 	Galashiels
Wednesday 2 nd November	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
Tuesday 8 th November	9.30am – 4.30pm	Underpinning knowledge training for SVQ unit H5NC 04 Support the safeguarding of individuals Learning outcome: <ul style="list-style-type: none"> • Understand the SVQ / NOS requirements for safeguarding, which must permeate all your work with individuals. • Identify what you must do in cases of actual or potential harm or abuse. 	Galashiels
Wednesday 9 th November	9am – 4pm	Moving and Handling – refresher course <ul style="list-style-type: none"> • Identify the principles of safe moving and handling. • Identify unsafe techniques. • Safe techniques relevant to your work setting. • Legal and safe back care guidance. 	Galashiels

		<ul style="list-style-type: none"> • Safe use of moving and handling equipment. 	
Thursday 10 th November	1pm – 4pm	Dementia – informed <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
Monday 14 th November	9.30am – 4.30pm	Palliative Care <ul style="list-style-type: none"> • The concept and delivery of palliative care. • Identify and discuss common symptoms. • Explore the concept of anticipatory care planning. • Discuss how to care for someone who is dying. • The emotional impact of caring for someone and how to care for yourself. 	Galashiels
Tuesday 15 th November	1pm – 4pm	Infection Control <ul style="list-style-type: none"> • The general principles of infection control. • How to achieve effective hand hygiene. • The use of personal protective equipment. • Dealing with spillages and bodily fluids. 	Galashiels
Wednesday 16 th and Thursday 17 th November	9.30 am – 4.30pm	Dementia – skilled practice level <ul style="list-style-type: none"> • Module 1: Understanding dementia • Module 2: Promoting person and family centred care and community connections. • Module 3: Promoting health and wellbeing • Module 4: Meeting the needs of the person with dementia who is distressed. • Module 5: Supporting and protecting people's rights. 	Galashiels
Tuesday 22 nd November	9.30 am – 4.30pm	Underpinning knowledge training for SVQ unit H5L5 03 Develop your own knowledge and practice	Galashiels

		<p>Learning outcome:</p> <ul style="list-style-type: none"> • Understand the requirement for developing your practice within settings where individuals are cared for or supported. • Reflect on your skills and knowledge in the workplace and how you apply learning in the workplace. 	
Wednesday 23 rd and Thursday 24 th November	9.30am – 4.30pm	<p>Scotland's mental health first aid</p> <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. 	Langlee (red)
Monday 28 th November	1pm – 3.30 pm	<p>Arthritis Awareness</p> <ul style="list-style-type: none"> • Myth Busting: Know the facts about Arthritis, what's fact, what's not. • Support and resources: What helps, what support is available for living with arthritis. • Arthritis and work: Legal protection under the Equality Act and information on Access to work. • Benefits: Blue Badge Scheme, PIP. 	Galashiels
Tuesday 29 th November	9.30am – 4.30pm	<p>Coping with Stress</p> <ul style="list-style-type: none"> • Understand stress. • Recognise your own stress triggers. • Develop coping strategies • New approaches for working actively with our own situations. 	Galashiels

Wednesday 30 th November	1pm – 4pm	Dementia – informed <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
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