

Date & time	Course and key objectives	Location
Tuesday 4 <sup>th</sup> September 9.30am-4.30pm	Working with distress <ul style="list-style-type: none"> <li>• Understanding the triggers of distressed behaviour</li> <li>• Approaches to distressed behaviour</li> <li>• Best practice for responding to distressed behaviour.</li> </ul>	Galashiels
Wednesday 5 <sup>th</sup> September 9.30am-4.30pm	Health and safety <ul style="list-style-type: none"> <li>• The roles and responsibilities for health, safety and welfare in the workplace</li> <li>• The value and process of risk assessment</li> <li>• The identification and control of workplace hazards</li> <li>• How to respond to workplace incidents and accidents.</li> </ul>	Galashiels
Monday 10 <sup>th</sup> September 9am-1pm	Parkinson's awareness <ul style="list-style-type: none"> <li>• Gain knowledge and understanding of Parkinson's</li> <li>• Awareness of needs of people living with Parkinson's</li> <li>• Treatments and the importance of timing for medication</li> <li>• Parkinson's UK and resources available</li> <li>• Improve the quality of life for people with Parkinson's and their family carers.</li> </ul>	Galashiels
Wednesday 12 <sup>th</sup> September 9.30am-12.30pm	Eating well for older people <ul style="list-style-type: none"> <li>• Gain awareness of the main principles of a balanced diet</li> <li>• Understand the importance of good nutrition for health and wellbeing</li> <li>• Gain awareness of the nutritional and health needs of older people and understand influences and barriers which affect food and fluid intake</li> <li>• Understand the causes, signs, symptoms and health risks of malnutrition and dehydration</li> <li>• Gain knowledge and confidence to be able to advise and support older people to eat well.</li> </ul>	Galashiels
Thursday 13 <sup>th</sup> September 9.30am-12.30pm	Dementia – informed practice level <ul style="list-style-type: none"> <li>• Common signs and symptoms of dementia</li> <li>• Individual needs of the person with dementia</li> <li>• Awareness of the relevant legislation</li> </ul>	Galashiels

<p>Monday 17<sup>th</sup> September 9am-4pm</p>	<p>Moving and handling – refresher</p> <ul style="list-style-type: none"> <li>• Identify the principles of safe moving and handling</li> <li>• Identify unsafe techniques</li> <li>• Safe techniques relevant to your work setting</li> <li>• Legal and safe back care guidance</li> <li>• Safe use of moving and handling equipment.</li> </ul>	<p>Galashiels</p>
<p>Wednesday 19<sup>th</sup> and Thursday 20<sup>th</sup> September 9.30am-5pm</p>	<p>Scotland's Mental Health First Aid.</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>	<p>Galashiels</p>
<p>Tuesday 25<sup>th</sup> September 1pm-4pm</p>	<p>Exercise for older adults</p> <ul style="list-style-type: none"> <li>• Physical activity guidelines</li> <li>• Effects of ageing</li> <li>• Benefits of exercise for older adults</li> <li>• Strength and balance overview</li> </ul>	<p>Galashiels</p>
<p>Thursday 27<sup>th</sup> September 1pm-4pm</p>	<p>Bereavement awareness</p> <ul style="list-style-type: none"> <li>• Models of bereavement</li> <li>• The impact of bereavement.</li> </ul>	<p>Galashiels</p>