

Date	Time	Course	Location
Thursday 1 st December	9.30am – 3.30pm	Learning disability awareness Co-delivered by self advocates who have a learning disability. <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 challenges they face • Exploring social inclusion and active citizenship. 	Galashiels
Tuesday 6 th December FULL – get in touch to be added to the waiting list	9.30am – 12.30pm	Introduction to food hygiene <ul style="list-style-type: none"> • Handling food • Storing food • Basic food hygiene. 	Galashiels
Wednesday 7 th and 14 th December	9.30am – 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. 	Duns
Friday 9 th December FULL – get in touch to be added to the waiting list.	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. • Safe use of moving and handling equipment. 	Galashiels
Monday 12 th December	9am – 5pm	Emergency first aid at work <ul style="list-style-type: none"> • Health and safety (first aid regulations) • The priorities of first aid 	Galashiels

FULL – get in touch to be added to the waiting list.		<ul style="list-style-type: none"> • Treatment of an unconscious casualty • Resuscitation • Common workplace injuries. 	
Thursday 15 th December	9.30am – 12.30pm	SafeTALK Alertness training that prepares you, regardless of prior experience or training, to become suicide-alert <ul style="list-style-type: none"> • Access to support • TALKsteps: tell, talk, listen and KeepSafe • Hands-on skills practice and development. 	Galashiels