

Date	Time	Course	Location
Monday 29 th January FULL – get in touch to be added to the waiting list	9am-4.30pm	Emergency first aid at work <ul style="list-style-type: none"> • Responsibilities and reporting • Dealing with an unresponsive casualty • Resuscitation • Bleeding control • Other first aid scenarios 	Galashiels
Tuesday 30 th January	1pm-4pm	Assertiveness <ul style="list-style-type: none"> • Distinguish between assertiveness and aggression • Practise techniques • Group dynamics. 	Galashiels
Thursday 1 st February	9.30am-12.30pm	SafeTALK <ul style="list-style-type: none"> • Training that helps you, regardless of prior experience or training, to become suicide-alert • Access to support • TALKsteps: tell, ask, listen and KeepSafe • Hands-on skills practice and development. 	Peebles
Monday 5 th February	9.30am-12.30pm	Dementia – additional skills Opportunity to look at in depth some key areas of dementia work <ul style="list-style-type: none"> • Therapeutic lies • Working with perseverance and confabulation • Empathic curiosity. 	Galashiels
Wednesday 7 th February	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 effective person centred ways to engage with and support people who have a learning disability 	Galashiels

		<ul style="list-style-type: none"> • Exploring social inclusion and active citizenship. 	
Monday 12 th February	9.15am- 1pm	Parkinson's awareness <ul style="list-style-type: none"> • Gain knowledge and understanding of Parkinson's • Awareness of needs of people living with Parkinson's • Parkinson's UK and resources available • Improve the quality of life for people with Parkinson's and their family carers. 	Galashiels
Thursday 15 th February	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. 	Galashiels
Tuesday 20 th February	9am-4pm	Moving and handling - refresher <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
Wednesday 21 st and Thursday 22 nd February	9.30am- 5pm	Scotland's mental health first aid <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. 	Galashiels
Thursday 27 th February	1pm-4pm	Dementia – informed practice level <ul style="list-style-type: none"> • Common signs and symptoms of dementia • Individual needs of the person with dementia • Awareness of the relevant legislation. 	Peebles

Wednesday 28 th February	9.30am- 4.30pm	Palliative care <ul style="list-style-type: none">• Understanding palliative and end of life care• Planning for the future• How do you communicate?• What is a symptom in palliative and end of life care?• Grief, loss and bereavement – who looks after who?	Galashiels
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