



Learning Network

2009 - 2019

# 2009



Borders Voluntary  
Community  
Care Forum

Borders  
Learning  
Network

A resource for everyone  
working in community care in  
statutory, private & voluntary  
organisations.

## LEARNING TO CARE **together**

A central contact point for community care training information  
in Scottish Borders [borderslearningnetwork@yahoogroups.com](mailto:borderslearningnetwork@yahoogroups.com)

- to post information about courses
- to find out about planned courses
- to share news of national and uk-wide events
- to get help with your particular training needs

Join at [borderslearningnetwork-subscribe@yahoogroups.com](mailto:borderslearningnetwork-subscribe@yahoogroups.com)

Mary Daykin  
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Meg Roper  
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*In partnership with*

Social Work  
Services   
*Working with You*

**NHS**  
Borders

# Launch of the Learning Network

2009



A resource for everyone working in community care in statutory, private & voluntary organisations.



**LEARNING TO CARE**

**together**





2009-2010

## ADDRESSING THE TRAINING AGENDA...

### ***Borders Learning Network***

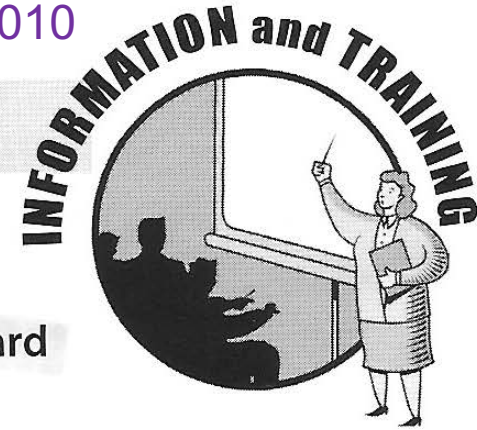
Meg Roper, Mary Daykin and Joan Lawson (pictured below) are busy taking forward this two-year pilot which started in June 2009 and ends in May 2011.

The Borders Learning Network is a new collaboration between the BVCCF, Scottish Borders Council and NHS Borders and is a resource for everyone working in community care in the statutory, private and voluntary sectors. By providing a central point of contact, the Network aims to ensure that appropriate training and learning opportunities are available to all staff, professionals, service providers, employers, service users and carers.

Mary and Joan are currently conducting an in-depth audit of care provider organisations. They are building up a clearer picture of who is employed in the sector,

what qualifications they already have, what further training they need or would like and any ways in which they would like to assist others with training.

Meg has identified gaps in learning opportunities and has organised a local training programme for 2010 with courses on topics such as: Getting Involved; Mental Health Awareness; Managing Risk; Equality and Diversity; Equality Impact Assessment and Coping with Change. BLN has set up a Yahoo group to disseminate information and this group is open to anyone who wishes to join the network.



Borders Voluntary  
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**All sorts of people can benefit from belonging to the Borders Learning Network and the Yahoo group:- community care service users, family carers and volunteers as well as paid care staff, managers and training providers**

As more people join everyone will gain. We'll have access to more information about learning and training and experts to contact when we have a question or a training need.

**So tell your colleagues! Give them one of the green postcards or tell them how to contact us. They will benefit and we will all benefit from their input too!**

**Join the network at**

[borderslearningnetwork-subscribe@yahoogroups.com](mailto:borderslearningnetwork-subscribe@yahoogroups.com)

## **Enabling Scottish Borders to grow community care fit for the 21<sup>st</sup> Century**



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**BORDERS LEARNING NETWORK**

*Learning to care together*

**TRAINING**  
OFFERED BY  
**BORDERS LEARNING  
NETWORK 2010**



**BORDERS LEARNING NETWORK**

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# 2011

## Joan retires





Peebles dates as Learning Network takes to the road

## Training courses 'cause we care

INPAID carers in the Borders are to be offered a series of free training courses starting next month.

Organised by the Borders Care Learning Network (BCLN) and funded by NHS Borders, the training is aimed at people who care for a family member, friend or neighbour and will cover topics like first aid, assertiveness and coping with stress.

Mary Daykin, of the BCLN, told the Peeblesshire News: "Carers generously give their time to others who need help because they are ill or have a disability, but they don't have the same access to training as paid carers."

"We hope that the training sessions we offer will help carers to cope and to feel more confident. We also want to help carers to understand more about the illness or condition of the person they care for, and how to deal with it."

Almost all of the courses take place over one day. The programme until the end of this year is: Basic First Aid - 14 October in Selkirk, Managing Risk - 24 October in Galashiels, Basic First Aid - 27 October in Galashiels, Skills for Getting Involved - 1 October in Kelso, Coping with Stress - 7 November in Selkirk, Assertiveness - 11 November in Peebles,



Mary Daykin (left) and Meg Roper of Borders Care Learning Network.

### Stubbing it out

BORDERERS are quitting smoking quicker than almost any other part of Scotland.

Figures just released by the Government show that 4,783 attempts have been made in the region to stop smoking over the past three years by using the NHS Cessation Service.

And that 2108 of them were successful - well above the targets set for the health authority area.

The statistics which are for the past three years to April, are over six percent above the national target rate.

Mental Health Awareness - 14 November in Kelso, Assertiveness - 5 December in Coldstream.

Borders Care Learning Network, previously known

as Borders Learning Network, provides training to staff working in the care sector, and to service users and carers. It is part of the Borders Voluntary Community Care

Forum.

For more information about the training, or to book a free place, contact BCLN on 01896 757290 or email training@bvccf.org.uk.





## Borders Care Learning Network

The Borders Care Learning Network (BCLN) ran an extensive training programme over the year, with a range of courses for care workers, volunteers and carers.

Care workers' training was for anyone working or volunteering in the health and social care sector (in statutory, third sector and independent organisations) and unpaid carers.

Courses included: Coping with Stress, Basic Food Safety, Values and Recording, Introduction to Autism and Introduction to Mental Health.

Training for care sector managers was open to managers in the health and social care sector, including those new to management and those who wanted to update their skills. Subjects covered over the year included Supervision, Introduction to Management, Personal Effectiveness, Working in Teams and Organisational Change.

The training for family carers programme was for people who care for a family member, friend or neighbour. The courses aimed to help carers to



build on and develop their skills and to increase their confidence. They covered areas such as Employment Skills, Adults with Incapacity, Dealing with Difficult Situations and Making the Most of Your Money.

There were more than 350 attendees at BCLN courses in 2012-2013, organised by Meg Roper (above, right) and Mary Daykin.

## What training course participants had to say...

Evaluations of the BCLN training courses suggest that the majority of those who attended courses found them informative and useful.

Here are some of the comments we received:

"Excellent course, learned a lot of valuable information and I have more knowledge surrounding palliative care."

"I enjoyed my training as am new to caring for / living and working with different clients and I like to learn how to respect their wish and give them peace of mind at the end of their lives."

"Was done in a relaxed manner. Everybody had a chance to say, speak, involved everybody."

"Excellent training. Interesting and relevant. I wish the course

had lasted longer, more indepth. Thoroughly enjoyed. Thank you."

"I have thoroughly enjoyed training, but feel my assertiveness is a work in progress. I would like to do a refresher on repeat course."

"Good all round course and full of tips for nutritional balance in the older care setting that can be used for all ages and settings."

"Excellent, informative and I have learnt and understood more about the bereavement process."

"I found this interesting and informative and it helped me to put myself in the shoes of a person with autism."

"A very interesting course and quite enlightening to find out how widespread various types of problems with mental health are."

BCLN carried out an additional piece of work to support Reshaping Care for Older People – an audit of the skills and training needs around Reshaping Care/Change Fund in the voluntary and independent care sector.

The project was delivered in partnership with Scottish Borders Council learning and development, which is carrying out the audit in the statutory sector.

It was funded by the Change Fund itself and an analysis report is being produced to inform phase two of the project.

# Health Champions at Network Meeting

BCLN held four network meetings during the year, attended by about 48 people, mostly representing providers but including some individuals. That means around 35 health and social care providers benefitted from the networking events across the region.

Selkirk Rugby Club was the venue for the BCLN network meeting in November.

Those who went along heard from two of the Health Champions – Steven George and Robert Kershaw– who completed last year's *Introduction to Health Champions* course at Borders College.

Steven and Robert, and the others who attended the course, learned about healthy eating and staying fit and active. They now visit other groups to pass on what they learned, with support from the Borders Learning Disability Service.



*Pictured (left to right) are: Meg Roper, BCLN; David Cook, Local Area Co-ordinator with the Learning Disability Service; Steven George, Robert Kershaw; Mary Daykin, BCLN, Kate Borthwick, Local Area Co-ordinator*







### Borders Care Learning Network



Borders Care Learning Network (BCLN) continued to run an extensive **Training for Care** programme over the year, for people working or volunteering in the health and social care sector unpaid carers.

A total of 74 courses ran from April 2013-March 2014. The varied range of subjects included: Alcohol Awareness, Presentation Skills, Continuous Professional Development (CPD) for Staff, Looking at

our Working Practice, Bereavement Awareness and Palliative Care.

**Enhanced Training for Care** was open to managers in the health and social care sector, including those new to management and those who wanted to update their skills. This programme aimed to enhance leadership skills and knowledge and build existing underpinning knowledge. The topics were: Managing Change, Personal Effectiveness, Supervision Skills, and Assessment, Appraisal and Feedback.

*"Very enjoyable course, excellent trainer who made the subject informative and fun. Thanks."*

*"The lecturer was excellent. He made the course fun, extremely interesting and this information will stick in my head so much more, top class!"*

*"Really superb instruction. Covered a lot of situations. Good communication with humour and edgy stories to make memorable."*

*"Very good course, delivered in an easy style and at a pace that fitted in with everybody on the session and made me believe that I can counter the stress."*

*"BCLN is a marvellous innovation and a great opportunity for those involved in the care sector."*

87% of training attendees believe that the training will have an effect on their working practice.

86% of training attendees believe that the training will have an effect on their personal and/or working life.



# 2014



## Delivering dementia training

Last autumn, Borders Care Learning Network (BCLN) piloted a roll-out of the dementia training developed by NHS Education for Scotland and the Scottish Social Services Council. After talks with Scottish Borders Council, it was agreed that we would run a concentrated programme of dementia training. By the end of the 2014-2015 financial year, 215 people across all sectors had accessed the training. We look forward to working with SBCares to see where we can support their training needs going forward.

# 2015

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## Saying goodbye

We said goodbye to Mary Daykin, who retired from her role with BCLN this year, and from her position as Support Worker for Live a Life (formerly People First) at the end of 2014. Her cheery demeanour has been missed by us all, and her absence will be especially obvious at Christmas!



# 2015

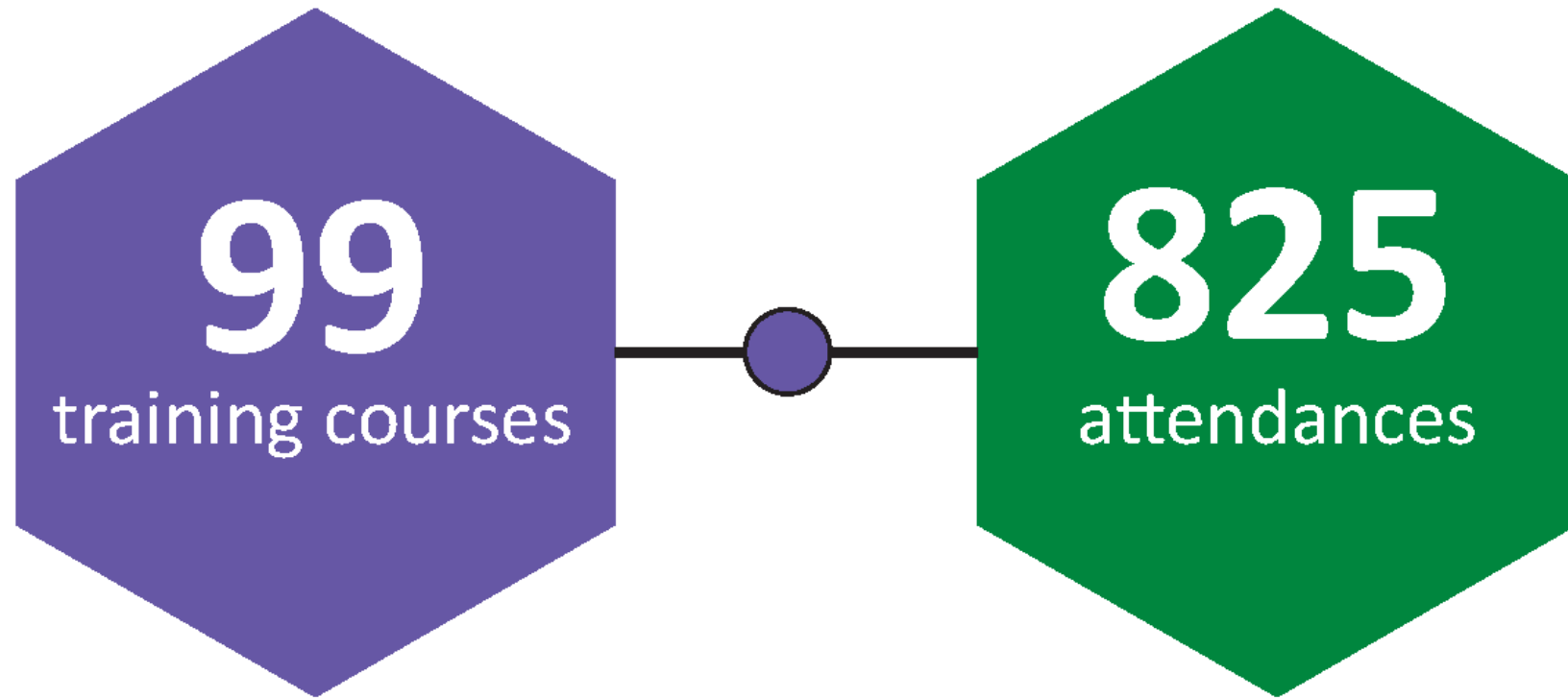


## Ensuring access to quality training

As more care provision is externalised, we need to ensure that staff in the third and independent care sectors have the same access to quality training and Continuing Professional Development that statutory colleagues have. Borders Care Learning Network has continued to expand its programme and to promote training provided by others. From January to August 2015, 433 attendees took part in BCLN training courses. More than 90% said they thought the training would have an effect on their working practice.

# 2015

## Borders Care Learning Network - 2015





# 2016



# 2016

741

Total attendances in 2016



Staff and volunteers from Borders Independent Advocacy Service (BIAS) at an Equality Awareness session.



# 2017

9

Moving & Handling  
Refresher

2

Management  
Training

4

SVQ Underpinning  
Knowledge sessions

17

General Training  
for Care

9

Emergency First Aid  
at Work

7

Condition-specific  
awareness sessions

77

courses



741

attendances

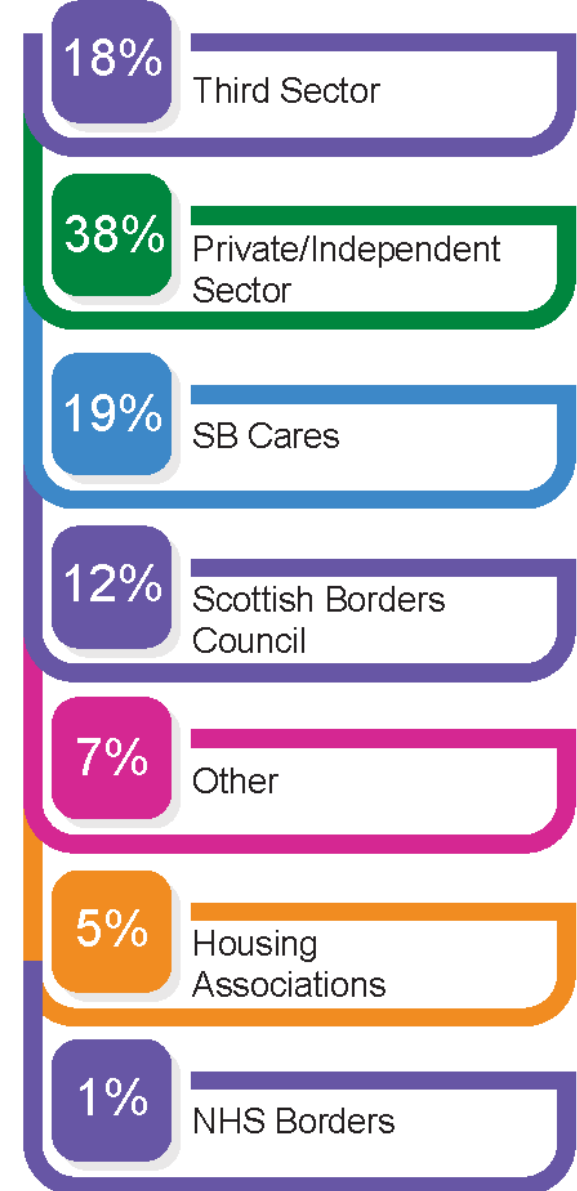
‘Exceeded all expectations, very  
informative and educational.’

# 2017

## Networking

We held two networking events, both looking at services for older people in the Borders and feedback from the joint inspection of those services by the Care Inspectorate and Healthcare Improvement Scotland in 2016/2017. We also had presentations from Live Borders, Red Cross and Ability Borders.

### Breakdown of trainees by sector

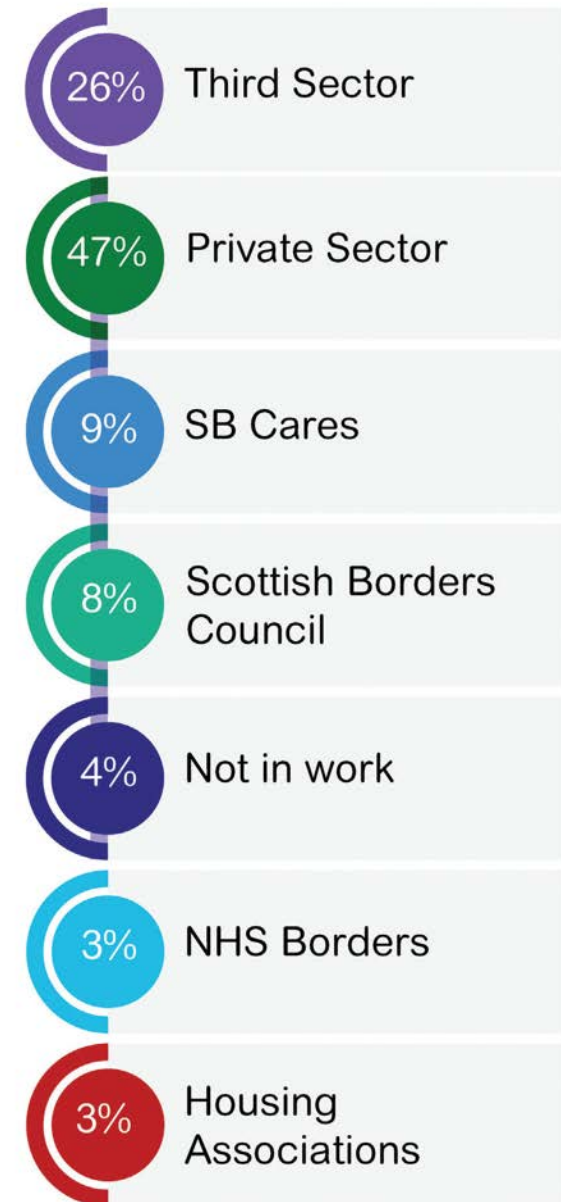




# 2018



## Training participants by sector 2018



# 2019

## **Meg retires**

Meg Roper, who has been involved with Borders Care Voice in a variety of roles, retired in July 2019.

Meg was a member of Borders Voluntary Community Care Forum (BVCCF) which became Borders Care Voice, and also vice-convenor and convenor before joining the staff team.

Initially, Meg came on board to fill the post of Mental Health Development Worker and went on to become the Borders Learning Network Programme Co-ordinator.

While we will all miss Meg, a much-valued colleague and friend, we wish her a long, happy and fun-filled retirement.

