

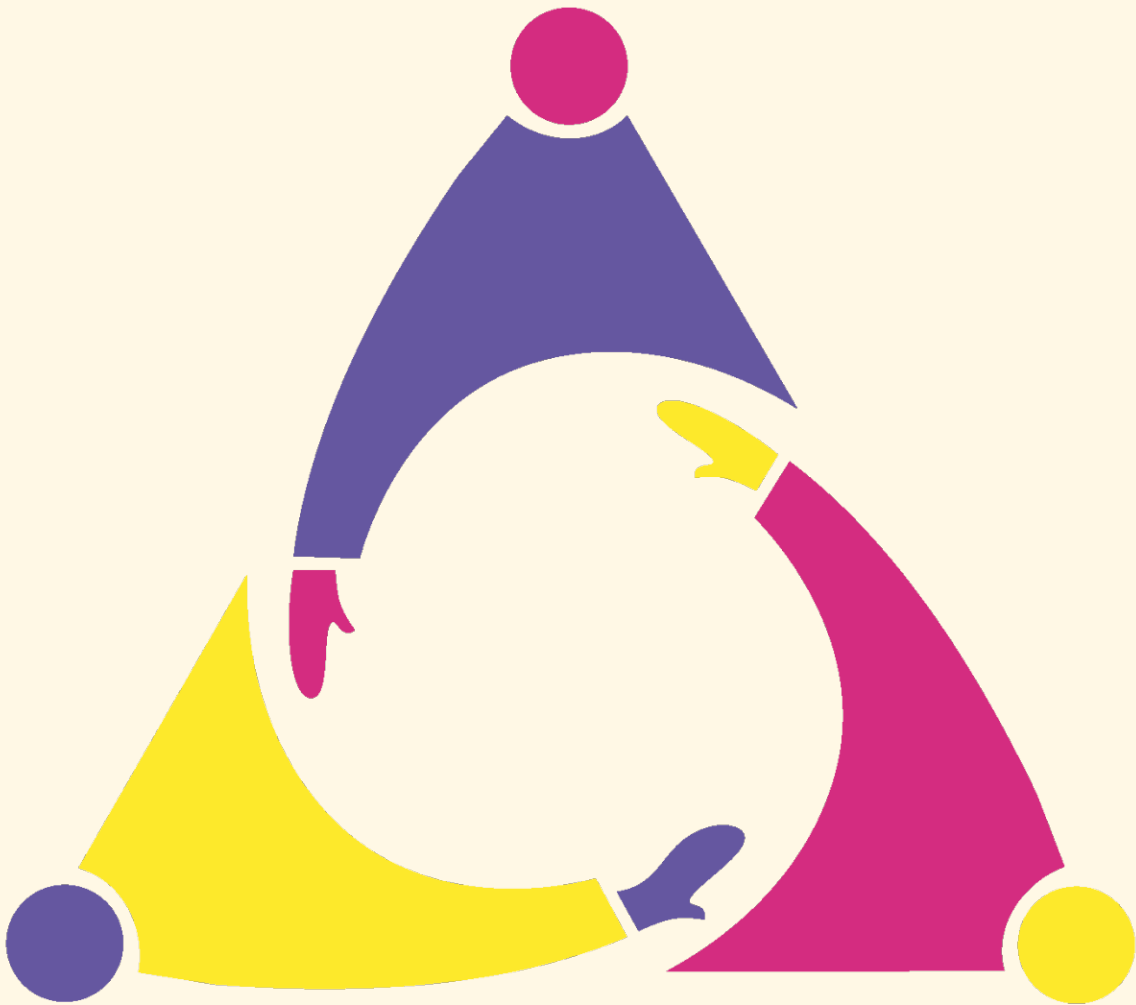
Borders  
Care  
Voice



Learning Network

# Training Programme

April - June 2022



Some of our courses are still being delivered remotely on Microsoft Teams or Zoom. However, we are now offering some sessions face to face. Please be aware that this will depend on the Government advice and restrictions in place and could change, even at short notice.

We have reduced the number of people in our face-to-face training sessions to allow for more space, and Covid-19 measures are in place.

Should you have any symptoms of Covid-19 please inform us as soon as possible (which we know can be the morning of the training) and do not attend. We will save you a space on the next session, should you have to cancel. You will not be charged for non-attendance in these circumstances.

If you are unfamiliar with Zoom or Microsoft Teams, but would like to join in, talk to your manager or let us know and we can offer support.

**This programme is subject to change.**

# About Borders Care Learning Network



The Learning Network is part of Borders Care Voice. We aim to:

- support training and development needs in partnership across health and social care
- commission training that is tailored and responsive to evolving priorities
- provide free specialist training for those working and volunteering in health and social care, and for unpaid carers in the Scottish Borders
- gather intelligence and data on training needs regularly to help to plan training and to support organisations in sharing resources.

Third sector, statutory and private organisations, and individuals who do not meet the above criteria can access training, if places are available, at a cost - email [training@borderscarevoice.org.uk](mailto:training@borderscarevoice.org.uk) for details.

## In-house training

Places in our programme are initially limited to two per organisation. If you have more members of staff who would benefit from training, talk to us about bringing our training to you. We can be commissioned to provide courses on a wide range of care topics – those included in this programme, or others tailor-made for your organisation. This is available at a reduced rate for third sector groups and members of Borders Care Voice. Please contact us to discuss your training needs.

# About Borders Care Voice



Involving you to improve  
health and social care

We work with people and providers to promote equality and support change in health and social care. The following service user groups meet throughout the year:

- Mental Health and Wellbeing Forum
- Borders Dementia Working Group.

Membership of Borders Care Voice is open to any third sector organisation with links to health and social care, and to individuals including service users and unpaid carers. Benefits of membership are:

- it is free and ongoing
- it helps our sector to speak with a common voice
- access to the latest information, news, and events relevant to the sector
- the opportunity to contribute to the planning and delivery of health and social care
- the chance to influence campaigns.

To find out more about the groups, or for information about becoming a member, please call 01896 757290 or email [admin@border scarevoice.org.uk](mailto:admin@border scarevoice.org.uk)

# Dementia training

## “Promoting Excellence” Framework

NHS Education for Scotland and the Scottish Social Services Council developed “Promoting Excellence” – a framework for all health and social care staff who work with people with dementia and their families and carers. It has been designed across four levels. We will be running the training for the informed practitioner level and the skilled practitioner level.

### **Informed Practice Level**

**Held online on Microsoft Teams on**

**Tuesday 21<sup>st</sup> June from 10am-noon**

This session will give you a basic awareness of dementia and how it affects individuals. Discussion and professional reflection will be part of the course. This training provides the baseline knowledge and skills required by all workers in health and social care settings, including working in a person’s home. It will cover:

- Common signs and symptoms of dementia
- Individual needs of the person with dementia
- Awareness of the relevant legislation.



# Dementia and learning disability

**The Learning Disability Service recommends that all care providers' support staff complete this free training.**

## **Aims and objectives:**

- Appreciate the increased risk of dementia in learning disability
- Understand the common signs and symptoms of dementia
- Learn how to communicate effectively with service users with dementia and learning disability
- Learn to provide person centred care for service users with dementia and learning disability, and provide supportive environments
- Learn to formulate stress and distress.

The course is held over seven online modules, which can be completed individually at a time that suits you, and one face to face session on completion of all modules.

## **Module 1**

Person centred care – Clare Gillespie (Music Therapist)

## **Module 2**

What is dementia and it affects people with learning disability – Dr Chammy Sirisena (Psychiatrist)

## **Module 3**

Communication and eating, drinking and swallowing issues – Meriah Kohn (Speech & Language Therapist)

## **Module 4**

Providing appropriately stimulating environments and activities – Tim DuFeu (Occupational Therapist)

## **Module 5**

Supporting clients to keep healthy – Chris Hughes / Stephen McDermott (Community Nurses)

## **Module 6**

The importance of Life Story work and the use of music to improve quality of life - Chris Hughes / Stephen McDermott (Community Nurses) and Rory Campbell (Music Therapist)

## **Module 7**

Formulating stress and distress, how to understand the agitated client with dementia – Dr Miriam Cohen (Clinical Psychologist)

## **Half day in-person workshop (date to be confirmed)**

On completion of all modules to consolidate online learning.

# Mental health and wellbeing

## Scotland's Mental Health First Aid (SMHFA)

| Date  | Time          | Platform                   |
|---|---------------|----------------------------|
| Wednesday 22 <sup>nd</sup> and Thursday 23 <sup>rd</sup> June | 9.30am-4.30pm | Face to face<br>Galashiels |

This 2-day training course does not train people to be mental health workers. It offers basic general information about mental health problems. The knowledge presented and understanding developed in the course helps to remove stigma and fear and to give confidence in approaching a person in distress.

It also helps mental health first aiders to assist those with mental health problems and mental illness, to enable them to get help and to help themselves, and to support them in recovery.

### **Certificated by Public Health Scotland.**

What you will learn on the course:

- How to apply the 5 steps of SMHFA
- How to respond if you believe someone is at risk of suicide
- How to give immediate help until professional help is available
- What to say and do in a crisis
- The importance of good listening skills
- Practise listening and responding
- Understanding recovery from mental health problems
- Understanding the connection between mental health problems and alcohol and drugs
- Understanding the connection between mental health problems and discrimination
- Some basic information about common mental health problems
- Self-help information.

The aims of SMHFA:

- 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.

## Mental health improvement and prevention of suicide

This Informed Level training is the foundation level of the [Knowledge and Skills Framework](#) for mental health improvement and prevention of self-harm and suicide prevention, which was co-produced by NHS Health Scotland and NHS Education for Scotland.

Each course will be delivered over 2 x 120-minute sessions on Microsoft Teams.

The training is for staff and volunteers in health and social care settings and beyond. It aims to help them develop their abilities in recognising and responding to people they meet who may be in distress and require additional support. It will cover:

- Mental health and how to maintain it, plus the factors that can lead to mental distress or mental ill-health
- Having compassionate conversations to support people who are experiencing mental distress and may be suicidal, and help them to seek help
- Suicide prevention.

The Informed Level of the framework highlights the baseline essential knowledge and skills required by all staff working in health and social care to contribute to mental health improvement and the prevention of self-harm and suicide. It also encapsulates most of the wider public health workforce who need to be informed about mental health and be able to respond to someone who is experiencing distress, or mental ill-health, and who might be at risk of self-harm or suicide.

| Date   | Time      | Platform |
|--|-----------|----------|
| Wednesday 27 <sup>th</sup> and Thursday 28 <sup>th</sup> April | 10am-noon | MS Teams |



## All other training

| Date  | Time           | Course   | Platform                   |
|---|----------------|--|----------------------------|
| Wednesday 20 <sup>th</sup> April                            | 9am-4pm        | <b>Emergency first aid at work</b> <ul style="list-style-type: none"> <li>• Responsibilities and reporting</li> <li>• Dealing with an unresponsive casualty</li> <li>• Resuscitation</li> <li>• Bleeding control</li> <li>• Other first aid scenarios.</li> </ul>  | Face to face<br>Galashiels |
| Tuesday 26 <sup>th</sup> April                              | 9.30am-12.30pm | <b>Nutrition and wellbeing</b> <ul style="list-style-type: none"> <li>• Healthy diet for older adults</li> <li>• Assisting people with dementia to eat and drink</li> <li>• Protecting the service user from food born infection</li> <li>• A food charter for service users</li> <li>• End of session quiz.</li> </ul>              | Face to face<br>Galashiels |
| Wednesday 4 <sup>th</sup> May                               | 9am-4pm        | <b>Emergency first aid at work</b> <ul style="list-style-type: none"> <li>• Responsibilities and reporting</li> <li>• Dealing with an unresponsive casualty</li> <li>• Resuscitation</li> <li>• Bleeding control</li> <li>• Other first aid scenarios.</li> </ul>  | Face to face<br>Galashiels |
| Friday 6 <sup>th</sup> May                                  | 9am-4pm        | <b>Moving and handling</b> <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> | Face to face<br>Galashiels |
| Wednesday 11 <sup>th</sup> May                              | 9.30am-12.30pm | <b>Easy read</b> <ul style="list-style-type: none"> <li>• What is easy read?</li> <li>• Who does it help?</li> <li>• How to produce easy read documents</li> <li>• Practical exercises.</li> </ul>   | Face to face<br>Galashiels |
| Tuesday 24 <sup>th</sup> and Wednesday 25 <sup>th</sup> May | 9.30am-4.30pm  | <b>Introduction to leadership</b><br>A 2-day course with an emphasis on improving soft skills, such as communication and empathy, which enable better teamwork and progressive relationships with those involved in a care environment.  | Face to face<br>Galashiels |

|                                 |               |   |                            |
|---------------------------------|---------------|---|----------------------------|
|                                 |               | <p><b>Day 1 – values, boundaries, and good communication</b></p> <ul style="list-style-type: none"> <li>• Develop a clear understanding of the care standards and how they underpin your current role</li> <li>• Improve self-awareness and understand its importance for managing boundaries in a care environment</li> <li>• Develop good communication techniques for managing staff across a variety of situations.</li> </ul> <p><b>Day 2 – leadership and supervision skills</b></p> <ul style="list-style-type: none"> <li>• Understand the key principles for good leadership</li> <li>• Develop skills to build trust, promote dignity and inclusion</li> <li>• Understand the purpose of good supervision in a care environment.</li> </ul> |                            |
| Tuesday 31 <sup>st</sup> May    | 9am-4pm       | <p><b>Moving and handling</b></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>   | Face to face<br>Galashiels |
| Thursday 9 <sup>th</sup> June   | 9.30am-4.30pm | <p><b>Palliative care</b></p> <ul style="list-style-type: none"> <li>• The definition and principles of palliative care and how they apply to your role</li> <li>• The impact of pain and other common symptoms on patients and families</li> <li>• The impact of loss, grief, and bereavement on patients, families and care providers</li> <li>• How communication influences the palliative care patients</li> <li>• Reflections on day and evaluations.</li> </ul>  | Face to face<br>Galashiels |
| Wednesday 15 <sup>th</sup> June | 9am-4pm       | <p><b>Emergency first aid at work</b></p> <ul style="list-style-type: none"> <li>• Responsibilities and reporting</li> <li>• Dealing with an unresponsive casualty</li> <li>• Resuscitation</li> <li>• Bleeding control</li> <li>• Other first aid scenarios.</li> </ul>  | Face to face<br>Galashiels |

|                                |         |  |                            |
|--------------------------------|---------|--|----------------------------|
| Thursday 16 <sup>th</sup> June | 9am-4pm | <b>Moving and handling</b> <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> | Face to face<br>Galashiels |
|--------------------------------|---------|--|----------------------------|

## Conditions of booking

The booking form for all courses can be found at

<https://bit.ly/2K3unGL>

Borders Care Voice Learning Network reserves the right to alter the contents of delivery of a course. We reserve the right to cancel any advertised courses.

We cannot guarantee full accessibility, or the use of special equipment, unless notified of requirements when booking. In some cases, it may be your employer's responsibility to meet your access requirements.

Places on a course may be limited to two per organisation. People who book on training and do not attend will be charged £20 for online training, £30 for half day training, £60 for full day training and £120 for 2-day training, unless we have received at least seven days' notice.

Until we have received a booking form, including attendees' names, the places will be open to others. Places are allocated on first come, first serve basis.

All our training courses start promptly at the time stated in the confirmation you will receive after signing up. If you are running late, please inform us as soon as possible. Late arrival may result in too much course content already been covered and you won't be eligible for a certificate.

Our funding allows us to provide free training for people who work or volunteer in health and social care, unpaid and family carers in the Scottish Borders.

If you do not meet these criteria, you can still access our training, if places are available at a cost:

- £20 for remote training
- £30 for half day training
- £60 for full day training
- £120 for 2-day training.

Borders Care Voice Learning Network, Triest House, Bridge Street, Galashiels TD1 1SW  
01896 802351 (training enquiries) 01896 757290 (general enquiries)  
[training@borderscarevoice.org.uk](mailto:training@borderscarevoice.org.uk) [www.borderscarevoice.org.uk](http://www.borderscarevoice.org.uk)

