

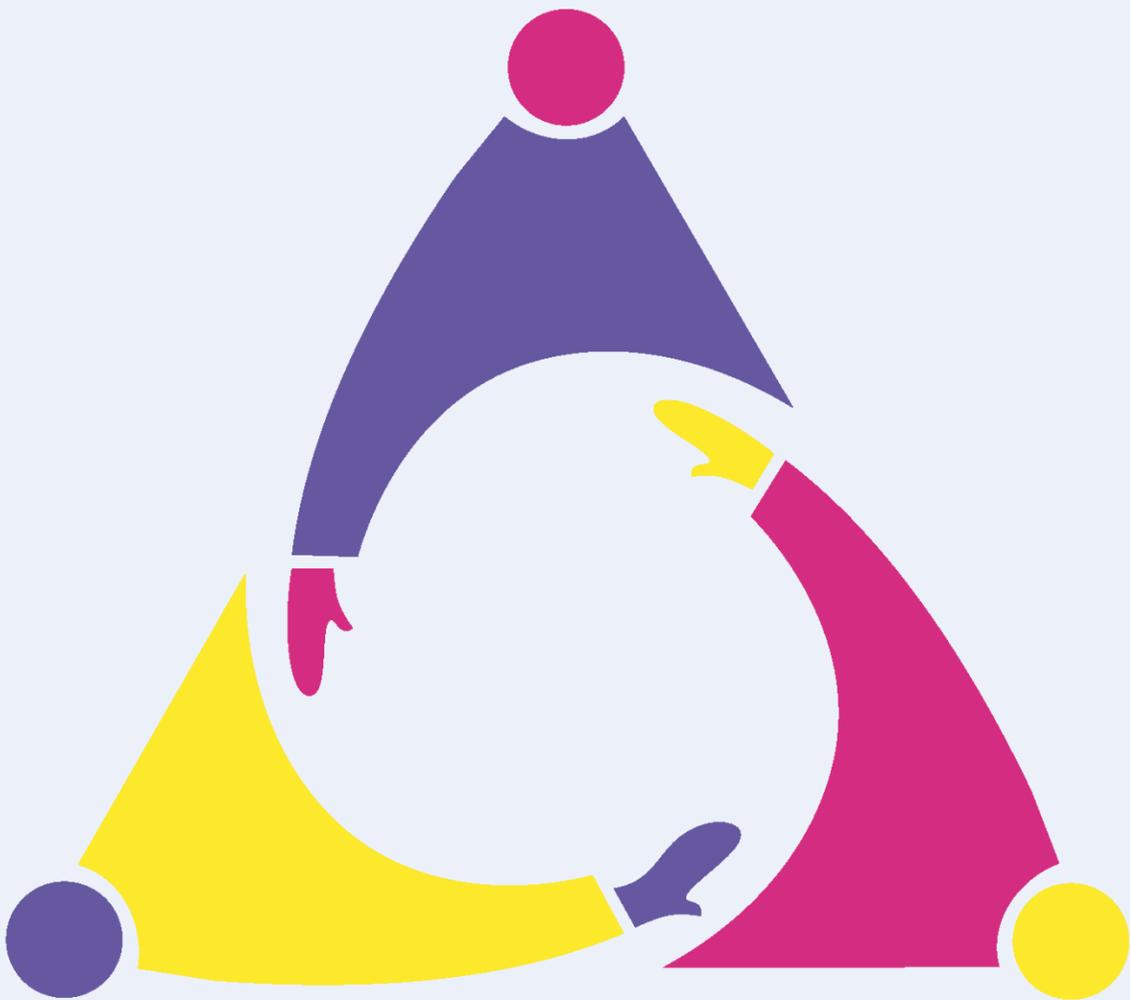
Borders
Care
Voice



Learning Network

Training Programme

July - September 2022



Staying Safe

Most of our courses are delivered face to face in Galashiels and some are on Microsoft Teams or Zoom. Some Covid-19 safety requests remain in place in the building.

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



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 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 groups for people with lived experience 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 people with lived experience and unpaid carers. Benefits of membership are:

- it's 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

Dementia and learning disability

It is recommended by the Learning Disability Service 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

Speech and language therapy for people with dementia – 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 (November – exact date to be confirmed)

On completion of all modules to consolidate online learning.

Mental health and wellbeing courses

Date	Time	Course	Platform
Thursday 1 st September	9.30am- 12.30pm	SafeTALK Training that helps you, regardless of prior experience or training, to become suicide-alert. <ul style="list-style-type: none"> • Access to support • TALKsteps: tell, ask, listen and KeepSafe • Hands-on skills practice and development. 	Face to face Galashiels
Thursday 8 th September	1pm-4pm	Mental health awareness <ul style="list-style-type: none"> • Introduction to understanding mental health issues • Introduction to mental health issues • Understanding the social and environmental model and the impact of trauma • Good communication skills for working with individuals with poor mental health. 	Face to face Galashiels
Wednesday 14 th September	9.30am- 12.30pm	Understanding trauma <ul style="list-style-type: none"> • Understanding childhood trauma – adverse childhood events • Trauma in adulthood • Long term impact of trauma • Skills for working with victims of trauma. 	Face to face Galashiels

Scotland's Mental Health First Aid (SMHFA)

Certificated by Public Health Scotland.

Date	Time	Platform
Wednesday 21 st and Thursday 22 nd September	9.30am-4.30pm	Face to face 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.

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.

All other training

Date	Time	Course	Platform
Thursday 28 th July	10am-noon	Adult support and protection for the social care workforce <ul style="list-style-type: none"> • Understand how to recognise signs of potential harm • Know how to respond appropriately to signs of harm • Understand how to record concerns accurately • Know how to report your concerns through appropriate channels • Be aware of responsibilities to children and young people. 	MS Teams
Tuesday 2 nd August	9am-4pm	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. 	Face to face Galashiels
Wednesday 24 th August	9.30am-12.30pm	REHIS Introduction to food hygiene <ul style="list-style-type: none"> • The benefits of high standards of food hygiene • The main requirements of food safety legislation • Causes of food poisoning • How to prevent food poisoning. 	Face to face Galashiels
Tuesday 30 th August	9am-4pm	Moving and handling <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. 	Face to face Galashiels
Monday 5 th September	9.30am-4.30pm	Palliative care <ul style="list-style-type: none"> • The definition and principles of palliative care and how they apply to your role • The impact of pain and other common symptoms on patients and families • The impact of loss, grief, and bereavement on patients, families and care providers 	Face to face Galashiels

		<ul style="list-style-type: none"> • How communication influences the palliative care patients • Reflections on day and evaluations. 	
Tuesday 6 th September	9am-4pm	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. 	Face to face Galashiels
Thursday 8 th September	9.30-12.30	Assertiveness <ul style="list-style-type: none"> • Distinguish between assertiveness and aggression • Practise techniques • Group dynamics. 	Face to face Galashiels
Monday 19 th September	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 • Selected conditions and their management. 	Face to face Galashiels
Tuesday 20 th September	9am-4pm	Moving and handling <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. 	Face to face Galashiels
Wednesday 29 th September	10am-noon	Adult support and protection for the social care workforce <ul style="list-style-type: none"> • Understand how to recognise signs of potential harm • Know how to respond appropriately to signs of harm • Understand how to record concerns accurately • Know how to report your concerns through appropriate channels • Be aware of responsibilities to children and young people. 	MS Teams

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.

Criteria for access

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. This includes Personal Assistants.

If you do not meet our 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.

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training@borderscarevoice.org.uk www.borderscarevoice.org.uk

