



# Training Programme

October - December 2023



# 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.

Organisations and individuals who do not work or volunteer in health and social care or are not unpaid (family) carers, can access our training at cost if places are available. Please contact us at [training@borderscarevoice.org.uk](mailto:training@borderscarevoice.org.uk)

## **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](#)
- [Local Citizens Panels](#)

[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 working groups or membership, please call 01896 757290 or email [admin@border scarevoice.org.uk](mailto:admin@border scarevoice.org.uk)**

# Training & meeting rooms for hire

We have rooms available to rent for training and meetings. We are in a central location in Galashiels, 5 minutes' walk from the train and bus interchange. On-street car parking and car parks are available nearby.

The meeting room is £6 per hour\*. It can comfortably fit 8 people.

The training room is £10 per hour\*. Depending on layout, it can fit up to 24 people (theatre style), and 14 people board room style. This room has an in-built laptop projector and screen for your use.

We can provide equipment such as laptop and can organise tea and coffee for you\*\*.

For more information, please email [admin@borderscarevoice.org.uk](mailto:admin@borderscarevoice.org.uk)

## **Important Note**

These rooms are on the 3<sup>rd</sup> floor. In the event of a fire alarm, attendees should be able to safely evacuate the building via the stairs. It is the hirer's responsibility to carry out a personal risk assessment for everyone who may require this support, as well as for the staff or volunteers who may be required to evacuate the premises.

\*Members of Borders Care Voice will get 10% discount on the room rates. For more information about becoming a member, please visit [www.borderscarevoice.org.uk/becoming-a-member](http://www.borderscarevoice.org.uk/becoming-a-member)

\*\* There will be an additional charge for tea and coffee – please enquire when you contact us.

# 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)

There will be a final live session with the LD team who have set up and developed this training on completion of all modules to consolidate online learning. A date for this is still to be confirmed.

## Condition specific training

Date	Time	Course	Platform
Tuesday 3 <sup>rd</sup> October	9.30am- 12.30pm	<b>Substance use and recovery</b> <ul style="list-style-type: none"> <li>• What is addiction?</li> <li>• What is recovery? This includes testimonials from people with lived experience, using the cycle of change as a framework to explain recovery</li> <li>• Major drug groups – depressant drugs (alcohol, opioids, benzodiazepines and their analogues), stimulant drugs, other psychoactive drugs (psychedelics, etc.)</li> <li>• Poly drug use and drug deaths</li> <li>• Recovery pathways and methodology – 12 steps abstinence</li> <li>• Recovery Oriented Systems of Care and the role of Recovery Community.</li> </ul>	Face to face Galashiels
Tuesday 3 <sup>rd</sup> October	1pm-4pm	<b>Trauma informed approach to recovery from substance use</b> <ul style="list-style-type: none"> <li>• Definitions of trauma</li> <li>• Adverse childhood experiences</li> <li>• Resilience and toxic stress</li> <li>• The language of trauma &amp; adversity</li> <li>• Lived experience testimonial – trauma and addiction</li> <li>• A compassionate view of addiction and trauma</li> <li>• Impact of trauma / protective factors.</li> </ul>	Face to face Galashiels

Thursday 5 <sup>th</sup> October	9.30am- 12.30pm	<p><b>Diabetes awareness</b></p> <p>This course <b>does not</b> cover how to inject insulin and how to take blood sugar readings.</p> <ul style="list-style-type: none"> <li>• Definition of diabetes</li> <li>• The differences between type 1 and type 2 diabetes</li> <li>• Complications of diabetes and management strategies</li> <li>• Signs and symptoms of hypoglycaemia (low blood sugar)</li> <li>• Signs and symptoms of hyperglycaemia (high blood sugar).</li> <li>• Emergency first aid for a diabetic emergency.</li> </ul>	Face to face Galashiels
Thursday 30 <sup>th</sup> November	9am- 12.30pm	<p><b>Epilepsy awareness</b></p> <ul style="list-style-type: none"> <li>• Knowledge and understanding for supporting individuals who have epilepsy</li> <li>• Develop confidence when managing epileptic seizures and the recovery period</li> <li>• Information and guidelines relating to the recording of seizures</li> <li>• Recognise prolonged and serial seizures and how to respond appropriately.</li> </ul>	Face to face Galashiels
Thursday 30 <sup>th</sup> November	1.30pm-4pm	<p><b>Rescue medication for people for people with epilepsy (MIDAZOLAM ONLY)</b></p> <p><b>Attendees will need to have completed “Epilepsy awareness” to be eligible for this course.</b></p> <ul style="list-style-type: none"> <li>• Be able to describe the procedure for giving buccal and nasal midazolam</li> <li>• Demonstrate the procedure for giving buccal and nasal midazolam</li> <li>• Explain when rescue medication may be administered and the expected benefits.</li> </ul>	Face to face Galashiels

## Management training

<p>Monday 30<sup>th</sup> &amp; Tuesday 31<sup>st</sup> October</p>	<p>9.30am- 4.30pm</p>	<p><b>Introduction to leadership</b> 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.</p> <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>	<p>Face to face Galashiels</p>
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## All other training

Date	Time	Course	Platform
Tuesday 17 <sup>th</sup> October	9.30am- 4.30pm	<p><b>Emergency first aid at work</b></p> <p>This course is assessed by participants practically demonstrating learned techniques. These techniques require a certain amount of strength and dexterity.</p> <p>Minimum requirements for a participant's assessment to gain the first aid certificate:</p> <ul style="list-style-type: none"> <li>→ Must be able to put a casualty into the recovery position at floor level</li> <li>→ Must be able to demonstrate cardiopulmonary resuscitation (CPR) and safe use of an automated external defibrillator (AED) at floor level.</li> </ul> <p>Participants who cannot perform the above can be given a certificate of attendance. Please note the certificate of attendance is not accredited or recognised as a first aid qualification.</p> <p>Key objectives:</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 Galashiels
Monday 23 <sup>rd</sup> October	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 Galashiels

Wednesday 25 <sup>th</sup> October	9.30am- 4.30pm	<b>Palliative care</b> <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 Galashiels
Monday 13 <sup>th</sup> November	9.30am- 4.30pm	<b>Person centred planning</b> <ul style="list-style-type: none"> <li>• Person centred approaches and individualised service delivery</li> <li>• Building the right relationship between service user and service provider</li> <li>• Awareness of theories and skills</li> <li>• Strategies and guidance to help keep the service user at the centre of the planning process.</li> </ul>	Face to face Galashiels
Wednesday 15 <sup>th</sup> November	9.30am- 4.30pm	<b>Health &amp; Safety in the workplace</b> <ul style="list-style-type: none"> <li>• Legislation</li> <li>• Responsibilities of employers and employees</li> <li>• Inspection, rectification notices and penalties</li> <li>• Business policies</li> <li>• Risk assessments</li> <li>• Fire safety</li> <li>• Manual handling</li> <li>• Control of substances hazardous to health (COSHH)</li> <li>• Reporting.</li> </ul>	Face to face Galashiels
Monday 20 <sup>th</sup> November	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 Galashiels

Tuesday 21 <sup>st</sup> November	9.30am- 12.30pm	<p><b>Infection control</b></p> <ul style="list-style-type: none"> <li>• The general principles of infection control</li> <li>• How to achieve effective hand hygiene</li> <li>• The use of personal protective equipment</li> <li>• Selected conditions and their management.</li> </ul>	Face to face Galashiels
Monday 18 <sup>th</sup> December	9.30am- 4.30pm	<p><b>Emergency first aid at work</b></p> <p>This course is assessed by participants practically demonstrating learned techniques. These techniques require a certain amount of strength and dexterity.</p> <p>Minimum requirements for a participant's assessment to gain the first aid certificate:</p> <ul style="list-style-type: none"> <li>→ Must be able to put a casualty into the recovery position at floor level</li> <li>→ Must be able to demonstrate cardiopulmonary resuscitation (CPR) and safe use of an automated external defibrillator (AED) at floor level.</li> </ul> <p>Participants who cannot perform the above can be given a certificate of attendance. Please note the certificate of attendance is not accredited or recognised as a first aid qualification.</p> <p>Key objectives:</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 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 £22 for online training, £33 for half day training, £66 for full day training and £132 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 and 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:

- £22 for remote training
- £33 for half day training
- £66 for full day training
- £132 for 2-day training.

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