



Learning Network

Training Programme

January – March 2024

About Borders Care Voice 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 an unpaid (family) carer, can access our training at cost if places are available (see Page 14). Contact us at 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
- discounts on our room hire.

To find out more about the working groups or membership, please call 01896 757290 or email admin@borderscarevoice.org.uk

Mental health and wellbeing courses

Mental health improvement and suicide prevention

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.

The 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 24 th & Thursday 25 th January	10am-noon	Online – Microsoft Teams

Scotland's Mental Health First Aid (SMHFA)

Date	Time	Platform
Wednesday 28 th & Thursday 29 th February	9.30am-5pm	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. Please note that this course is for those working with adults. There is a [SMHFA Young People's course](#).

[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.

Other mental health and wellbeing training

Date	Time	Course	Platform
Monday 12 th February	9.30am- 4.30pm	Stress awareness and management <ul style="list-style-type: none"> • Understand stress • Recognise your own stress triggers • Develop coping strategies. 	Face to face Galashiels
Wednesday 20 th March	10am - noon	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. 	Online (Microsoft Teams)

Adult support and protection

Monday 18 th March	10am-noon	Adult support and protection for the social care workforce Designed by the Public Protection Committee <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. 	Online (Microsoft Teams)
----------------------------------	-----------	---	--------------------------------

Other Adult support and protection and Child protection training

The Public Protection Committee (PPC) offers free training courses for anyone who works or volunteers with children and adults in the Scottish Borders. You can find out more information about current courses and book a place at the PPC Training Calendar [Public Protection Committee Training](#). If you are unsure which course would be appropriate for you, contact committee.publicprotection@scotborders.gov.uk for further information.

Scottish Borders Public Protection Committee is fully committed to ensuring that all workers who come into direct or indirect contact with children, young people or adults have access to learning and development opportunities that give them the appropriate level of knowledge, skills and values needed to carry out their roles and responsibilities in public protection effectively. [Download the Committee's Learning and Development Framework](#).

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

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)

A date for the final live session will be confirmed.

All training

Date	Time	Course	Platform
Monday 15 th January	9am-1pm	Wave after wave bereavement training <ul style="list-style-type: none"> • Statistics and context – the prevalence and impact of suicide bereavement in the Scottish Borders • Understanding grief and suicide bereavement • Providing a compassionate response to suicide bereavement • The impact of working with suicide bereavement on staff and strategies to manage wellbeing. 	Face to face Galashiels
Wednesday 24 th & Thursday 25 th January	10am-noon	Mental Health Improvement & Suicide Prevention <ul style="list-style-type: none"> • 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. 	Online (MS Teams)
Tuesday 30 th January	9.30am-4.30pm	Health & Safety in the workplace <ul style="list-style-type: none"> • Legislation • Responsibilities of employers and employees • Inspection, rectification notices and penalties • Business policies • Risk assessments • Fire safety • Manual handling • Control of substances hazardous to health (COSHH) • Reporting. 	Face to face Galashiels
Wednesday 7 th February	10am–noon	Dementia – Informed Practice Level Common signs and symptoms of dementia <ul style="list-style-type: none"> • Individual needs of the person with dementia • Awareness of the relevant legislation. 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 offer the training for the informed practitioner level and the skilled practitioner level.	Online (MS Teams)
Monday 12 th February	9.30am – 4.30pm	Stress awareness and management <ul style="list-style-type: none"> • Understand stress • Recognise your own stress triggers • Develop coping strategies. 	Face to face Galashiels

Tuesday 13 th February	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
Thursday 15 th February	9.30am-3.30pm	Emergency first aid at work <ul style="list-style-type: none"> • Resuscitation, including using a defibrillator • Dealing with an unresponsive casualty • Wounds and bleeding • Fracture care • Anaphylaxis • Other first aid scenarios. 	Face to face Galashiels
Monday 26 th February	9.30am-4.30pm	Managing medication Developed by ARC Scotland The content of this course has been designed to support the knowledge and understanding requirements of SVQ Unit HSC 375 - Administer medication to individuals. Completing this course does not allow participants to demonstrate competency in administering medication. Key objectives: <ul style="list-style-type: none"> • The legislation and guidance surrounding the administration and support of medication in social care settings • Accountability and responsibility • Principles of care in relation to the handling of medication • Choice, consent and capacity • Pharmacology • Practical considerations. 	Face to face Galashiels

Wednesday 28 th & Thursday 29 th February	9.30am – 5pm	Scotland's Mental Health First Aid <ul style="list-style-type: none"> • 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. 	Face to face Galashiels
Tuesday 5 th March	9.30am-12.30pm	Recovery & Me – lived experience recovery from addiction <ul style="list-style-type: none"> • What is Recovery? • Cycle of Change or process of transition. Includes testimonials from people with lived experience, using the cycle of change as a framework to explain their own recovery • Recovery pathways and methodology – 12 steps abstinence, SMART Recovery, Peer Support. • Recovery Oriented Systems of Care and the role of Recovery Community. 	Face to face Galashiels
Monday 11 th March	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 • Save use of moving and handling equipment. 	Face to face Galashiels
Tuesday 12 th March	9.30am-12.30pm	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
Monday 18 th March	10am-noon	Adult support and protection for the social care workforce (level 2) Designed by the Public Protection Committee	Online (Microsoft Teams)

		<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. 	
Tuesday 19 th March	9.30am-4.30pm	Emergency first aid at work <ul style="list-style-type: none"> • Resuscitation, including using a defibrillator • Dealing with an unresponsive casualty • Wounds and bleeding • Fracture care • Anaphylaxis • Other first aid scenarios. 	Face to face Galashiels
Wednesday 20 th March	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

<p>Monday 25th & Tuesday 26th March</p>	<p>9.30am- 4.30pm</p>	<p>Introduction to leadership 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>Day 1 – values, boundaries, and good communication</p> <ul style="list-style-type: none"> • Develop a clear understanding of the care standards and how they underpin your current role • Improve self-awareness and understand its importance for managing boundaries in a care environment • Develop good communication techniques for managing staff across a variety of situations. <p>Day 2 – leadership and supervision skills</p> <ul style="list-style-type: none"> • Understand the key principles for good leadership • Develop skills to build trust, promote dignity and inclusion • Understand the purpose of good supervision in a care environment. 	<p>Face to face Galashiels</p>
---	---------------------------	---	------------------------------------

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 £50 for online training, £50 for half day training, £100 for full day training and £200 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.

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

- £50 for online training
- £50 for half day training
- £100 for full day training
- £200 for 2-day training.

Borders Care Voice Learning Network, Triest House, Bridge Street, Galashiels TD1 1SW
01896 757290

training@border scarevoice.org.uk www.border scarevoice.org.uk

