



Learning Network

Training Programme

April – June 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 11). 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 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, and people with lived experience - 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
- discounts on commissioned training from the Learning Network

Training & meeting rooms for hire

We have rooms available to rent for training and meetings. The meeting room is £10 per hour. It can comfortably fit 8 people and has lots of natural light. The training room is £15 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, screen and speakers for your use. We can provide equipment such as laptop and projector and can organise tea and coffee for you (additional charge applies). Members of Borders Care Voice will get 10% discount on the room rates.

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

Scotland's Mental Health First Aid (SMHFA)

Date	Time	Platform
Monday 29 th April & Tuesday 7 th May	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.

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 2-hour 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
- 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
Thursday 13th June & Monday 17 th June	10am-noon	Microsoft Teams

Dementia and learning disability

The Scottish Borders Learning Disability Service (LDS) recommends that all care providers' support staff complete this free training. It is delivered by the LDS and not the Learning Network.

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)

Final face to face session – 5 September – see details below.

The face to face session will be held on Thursday 5 September 2024, from 9am-noon in Galashiels. Please book a place on the face to face session at the same time as booking for the online modules at <https://bit.ly/2K3unGL>. Places are limited and will be allocated to the first 12 people who request to join. The next available date for this session will be Thursday 13th March 2025, from 9am-noon.

Full training programme

Date	Time	Course	Platform
Monday 15 th April	9.30am - 1pm	Epilepsy awareness <ul style="list-style-type: none"> • Knowledge and understanding for supporting individuals who have epilepsy • Develop confidence when managing epileptic seizures and the recovery period • Information and guidelines relating to the recording of seizures • Recognise prolonged and serial seizures and how to respond appropriately. 	Face to face Galashiels
Monday 15 th April	1.30pm - 4pm	Rescue medication for people with epilepsy (MIDAZOLAM only) Participants must have completed Epilepsy Awareness (see above) less than 6 months ago. Certification is valid for 2 years when re-attendance is required if they continue to support someone with Epilepsy. <ul style="list-style-type: none"> • Be able to describe the process for giving buccal and nasal midazolam • Demonstrate the procedure for giving buccal and nasal midazolam • Explain when rescue medication may be administered and the expected benefits. 	Face to face Galashiels
Wednesday 17 th April	12.30pm - 4.30pm	SafeTALK Training that will help 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

Tuesday 23 rd April	9.30am - 4.30pm	<p>Emergency first aid at work</p> <p>This course is assessed by participants practically demonstrating learned techniques. These techniques require a certain amount of strength and dexterity. Minimum requirements for a participant's assessment to gain the first aid certificate:</p> <ul style="list-style-type: none"> • Must be able to put a casualty into the recovery position at floor level • Must be able to demonstrate cardiopulmonary resuscitation (CPR) and safe use of an automated external defibrillator (AED) at floor level. <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> <ul style="list-style-type: none"> • Key objectives: • Responsibilities and reporting • Dealing with an unresponsive casualty • Resuscitation • Bleeding control • Other first aid scenarios. 	Face to face Galashiels
Wednesday 24 th April	10am-noon OR 2pm-4pm Please note preferred time on booking form	<p>Adult support and protection for the social care workforce</p> <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. <p>Designed by the Public Protection Committee</p>	Online (Microsoft Teams)
Monday 29 th April & Tuesday 7 th May	9.30am-5pm	<p>Scotland's Mental Health First Aid (see page 4 for full details)</p> <p>Certificated by Public Health Scotland</p>	Face to face Galashiels

Monday 13 th May	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
Tuesday 14 th May	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
Tuesday 21 st May	9am-1pm	Wave after wave suicide 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
Thursday 23 rd May	9.30am-4.30pm	Emergency first aid at work <p>This course is assessed by participants practically demonstrating learned techniques. These techniques require a certain amount of strength and dexterity. Minimum requirements for a participant's assessment to gain the first aid certificate:</p> <ul style="list-style-type: none"> Must be able to put a casualty into the recovery position at floor level Must be able to demonstrate cardiopulmonary resuscitation (CPR) and safe use of an automated external defibrillator (AED) at floor level. <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> <ul style="list-style-type: none"> Key objectives: Responsibilities and reporting Dealing with an unresponsive casualty Resuscitation Bleeding control Other first aid scenarios. 	Face to face Galashiels

Monday 3 rd June	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 10 th June	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
Tuesday 11 th June	9.30am-4.30pm	Stress Awareness & Management <ul style="list-style-type: none"> Understand stress Recognise your own stress triggers Develop coping strategies. 	Face to face Galashiels
Thursday 13 th June and Monday 17 th June	10am-noon	Mental Health improvement & Suicide Prevention (see Page 5 for full details).	Microsoft Teams
Tuesday 18 th June	9.30am-4.30pm	Loss and Bereavement Carers are often at the face of supporting people at the end of their life. Having a better understanding and greater awareness of the impact of bereavement on people they support, families, other carers and themselves, is a positive way of self-management. This course will provide an opportunity to: <ul style="list-style-type: none"> Explore loss and bereavement Consider different models / theories of loss and bereavement Share thoughts on how you can support someone who has experienced bereavement Reflect on bereavement and grief relating to COVID-19. Please be aware that this may be emotive, especially if someone has experienced recent loss.	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 or 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 half day training, £100 for full day training and £200 for 2-day training, unless we have received at least 72 hours' notice (Monday to Friday). Failure to pay this invoice may result in your organisation being ineligible to access our courses.

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 mean you miss too much of the content and won't be eligible to receive 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 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@borderscarevoice.org.uk

www.borderscarevoice.org.uk

