

Borders
Care
Voice



Learning Network

October 2026 – March 2027



Training

Learn • Connect • Grow



Welcome

The Learning Network is part of Borders Care Voice. We provide free specialist training for those working and volunteering in health and social care, unpaid carers and personal assistants in the Scottish Borders. 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
- Gather intelligence and data on training needs regularly to help plan training and to support organisations in sharing resources

All of our training takes place in our offices at Triest House, Galashiels unless otherwise stated in the main programme.

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. You can commission us to provide courses on a range of care topics – those included in this programme, or others tailor-made for your organisation.

Commissioned training is available at a reduced rate for members of Borders Care Voice. Please contact us to discuss your training needs.

To book your space on any of our courses please go to www.borderscarevoice.org.uk/training

or scan the QR code



Conditions of booking

Cancellation

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

Accessibility

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.

Non-attendance

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.

Booking places

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

Late arrival

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, including Personal Assistants, unpaid and family carers, in the Scottish Borders. Places on a course may be limited to two per organisation. 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
- £50 for MS Teams training
- £100 for full-day training
- £200 for 2-day training

About Borders Care Voice

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, including unpaid carers, meet throughout the year:

Borders Dementia Working Group
Flourish – Mental Health Matters
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 and meeting rooms for hire

We have rooms available to rent for training and meetings. The meeting room is £15* per hour. It can comfortably fit 8 people and has lots of natural light. The training room is £20* per hour. Depending on layout, it can fit up to 24 people (theatre style) and 14 people (boardroom style). We can provide equipment such as a laptop and smart screen and can organise tea and coffee (additional charge applies).

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

*Members of Borders Care Voice will get a 10% discount on the room rates. For more information about becoming a member, please visit our website.

Training at a glance

Handling difficult situations with confidence

1st October – 10am – 3pm

Peer2Peer

5th October, 8th March – 10am – 3pm

Moving & Handling of People

21st October, 2nd December, 11th February, 16th March – 9.30am – 4.30pm

Mental Health Improvement & Suicide Prevention

2nd November 10am – 3pm

Navigating Anxiety

9th November, 1st February – 10am – 3pm

Dementia Awareness

19th November – 10am – 3pm

Emergency First Aid at Work

23rd November, 3rd February, 10th March – 9.30am – 4.30pm

Learning Disability Awareness

26th November, 4th March – 10am – 1pm

Scotland's Mental Health First Aid

7th & 14th December, 18th & 25th March 9.30am – 5.30pm

Wave after Wave Suicide Bereavement Training

4th February 10am – 2pm

Clear, Kind and Confident – Effective Communication Skills

22nd February 10am – 2pm

Dementia Skilled Practice Workshop

24th February & 3rd March – 10am – 1pm

Introduction to leadership

15th & 22nd March 9.30am – 4.30pm

SCAN NOW



Thursday 1st October 10am – 3pm Galashiels	Handling Difficult Situations with Confidence • Learn practical strategies to stay calm, communicate effectively and respond with confidence during challenging situations, whether with service users, families, or colleagues • Build resilience, reduce stress, and feel more in control when it matters most.
Monday 5th October 10am – 3pm Galashiels	Peer2Peer • Explore the history of peer support • Understand what peer support is and how it is unique from other types of support • Discover the many ways peer support can look in practice • Understand the core values of peer support, including their roots in lived experience movements • Reflect on how peer values influence peer practice
Wednesday 21st October 9.30am – 4.30pm Galashiels	Moving and Handling of People • 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.
Monday 2nd November 10am – 3pm Galashiels	Mental Health Improvement & Suicide Prevention • 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.
Monday 9th November 10am – 3pm Galashiels	Navigating Anxiety • Understand the different types of anxiety • Their impact on mental and physical health • Explore practical self-management strategies

Thursday 19th November 10am – 1pm Galashiels	Dementia Awareness • Recognising common signs and symptoms of dementia • Understanding and responding to the individual needs of people living with dementia • Awareness of relevant legislation and best practice.
Monday 23rd November 9.30am – 4.30pm Galashiels	Emergency First Aid at Work • Responsibilities and reporting • Dealing with an unresponsive casualty • Resuscitation • Bleeding control • Other first aid scenarios. 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 to gain the first aid certificate: • 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. 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.
Thursday 26th November 10am – 1pm Galashiels	Learning Disability Awareness • What is a learning disability? • Differences between learning disability, learning difficulty and neurodivergence • The Community Learning Disability Team • Communication
Wednesday 2nd December 9.30am – 4.30pm Kelso	Moving and Handling of People • 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.

Scotland's Mental Health First Aid
[Certificated by Public Health Scotland](#)

Participants must attend both days

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.

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.

Monday 7th
December &
Monday 14th
December
9.30am – 5.30pm
Galashiels



Monday 1 st February 10am – 3pm Galashiels	Navigating Anxiety • Understand the different types of anxiety • Their impact on mental and physical health • Explore practical self-management strategies
Wednesday 3 rd February 9.30am – 4.30pm Galashiels	Emergency First Aid at Work • Responsibilities and reporting • Dealing with an unresponsive casualty • Resuscitation • Bleeding control • Other first aid scenarios. 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 to gain the first aid certificate: • 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. 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.
Thursday 4 th February 10am – 2pm Galashiels	Wave after Wave Suicide Bereavement Training • 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.
Thursday 11 th February 9.30am – 4.30pm Kelso	Moving and Handling of People • 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.

Monday 22nd February 10am - 1.30pm Galashiels	Clear, Kind and Confident – Effective Communication Skills • Explore how to communicate more clearly, calmly, and compassionately with service users, families, and colleagues • Build confidence, reduce misunderstandings, and strengthen everyday interactions.
Wednesday 24th February & Wednesday 2nd March 10am - 3pm Galashiels	Dementia – Skilled Practice Level Workshop Eligibility: Completion of the <i>Dementia Awareness</i> workshop is required. Both dates must be completed for certification This workshop revisits key themes from informed practice and deepens your knowledge of dementia through reflection and discussion. It is designed for those working with people living with dementia and their families, whether at home, in care settings, day centres, or hospitals. Modules covered over 2 workshops are: 1.Understanding dementia 2.Promoting person and family-centred care and community connections 3.Promoting health and wellbeing 4.Meeting the needs of a distressed person with dementia 5.Supporting and protecting people's rights.
Thursday 4th March 10am - 1pm Galashiels	Learning Disability Awareness • What is a learning disability? • Differences between learning disability, learning difficulty and neurodivergence • The Community Learning Disability Team • Communication
Monday 8th March 10am - 3pm Galashiels	Peer2Peer • Explore the history of peer support • Understand what peer support is and how it is unique from other types of support • Discover the many ways peer support can look in practice • Understand the core values of peer support, including their roots in lived experience movements • Reflect on how peer values influence peer practice

Wednesday 10th March 9.30am – 4.30pm Galashiels	Emergency First Aid at Work • Responsibilities and reporting • Dealing with an unresponsive casualty • Resuscitation • Bleeding control • Other first aid scenarios. 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 to gain the first aid certificate: • 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. 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.
Monday 15th March & Monday 22nd March 9.30am – 4.30pm Galashiels	Introduction to Leadership Day 1 – values, boundaries, and good communication · 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. Day 2 – leadership and supervision skills · 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.
Tuesday 16th March 9.30am – 4.30pm Galashiels	Moving and Handling of People • 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.
Thursday 18th March & Thursday 25th March 9.30am – 5.30pm	Scotland's Mental Health First Aid (see page 8 for full details) Certificated by Public Health Scotland Participants must attend both days

How to find us

Most of our training takes place in Triest House, in Galashiels. This is also the Brothers of Charity building, directly opposite Kwik Fit.

what3words - ///motivate.reds.bandstand

Please sign in at reception before making your way to your training room (check your training confirmation email to find out which room).

Please bring your own pen/notepad

Training participants cannot use the car park next to the building, which belongs to Brothers of Charity. There are pay and display parking options nearby.

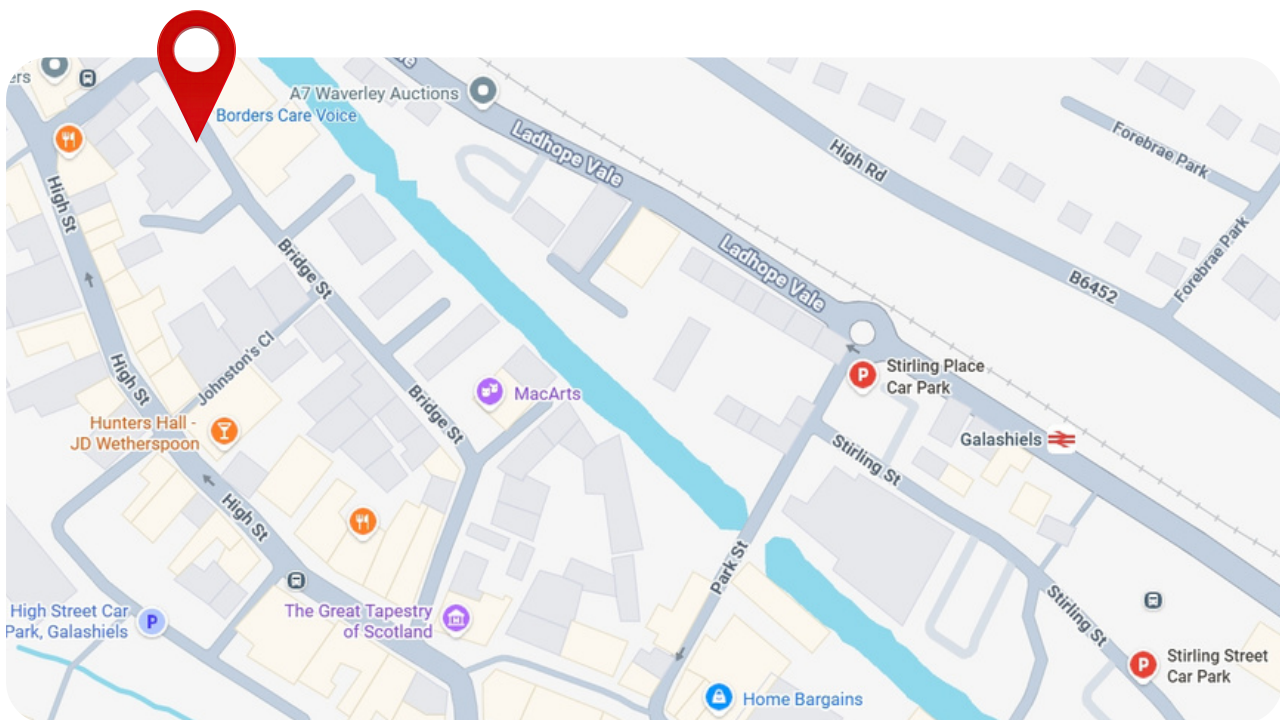
Parking – Pay & Display

Stirling Street car park

High Street car park

Ladhope Vale car park

Interchange car park (Stirling Street)



Catering

Tea, coffee, milk, etc. are provided during courses and breaks. There are no vending or canteen facilities on site, and we do not provide lunch. You are welcome to bring your own food and drink. There are several cafés and takeaway shops within a five-minute walk of our office.

Feedback

You will be asked to complete an anonymous feedback form. This form can be completed online or on paper (please tell the trainer which you prefer). Your feedback is paramount for us to continue to offer relevant free training for people who work or volunteer in adult health and social care, unpaid carers and personal assistants.