

NHS Forth Valley

Health Promotion Service

Training Brochure

Contents

INTRODUCTION.....	4
THE HEALTH IMPROVEMENT RESOURCE SERVICE (HIRS)	5
CANCER PREVENTION.....	6
Detecting Cancer Early Awareness (Bowel, Breast, Lung and Cervical)	6
DRUGS & ALCOHOL.....	7
Alcohol and Drug Awareness Training for Managers	7
Alcohol Brief Intervention	8
Fetal Alcohol Spectrum Disorders (FASD).....	9
Gone	10
Introduction to Blood Borne Viruses (BBV's).....	11
Overdose Awareness and Intervention	12
Social Influence.....	13
Street Sense Substance Misuse Education	14
Volatile Substance Abuse (VSA).....	15
HEALTH BEHAVIOUR CHANGE.....	16
Health Behaviour Change - Making Every Contact Count	16
Social Influence.....	17
MENTAL HEALTH & EMOTIONAL WELLBEING	18
Introduction to Child and Adolescent Mental Health.....	18
Mentally Healthy Workplace Training for Managers.....	19
Practical Tools to Improve Children and Young Peoples Mental and Emotional Wellbeing	20
Scotland's Mental Health First Aid (SMHFA)	21
Self Harm	22
Stress Control	23

ORAL HEALTH.....	24
Smile4Life	24
SEXUAL HEALTH.....	25
Looked after Children	25
Challenging Homophobia	26
Feel Think Do	27
Gone	28
Getting to know Feel Think Do	29
Supporting transgender and gender variant children and young people	30
Issues Affecting Young People	31
Managing Sexualised Behaviour	32
Meeting the needs of Service Users	33
Relationships and Sexual Health – Early Years	34
Relationships, Sexual Health and Parenthood.....	35
Primary Schools	35
Sexual Health and Relationships Education for Young People with a Learning Disability	36
SHARE	37
Signposting and Condom Use	38
Supporting Adults with a Learning Disability	39
TOBACCO & CANNABIS	40
Raising the issue of tobacco utilising a health behaviour change approach	40
Tobacco and Cannabis	41
WORKPLACE HEALTH, SAFETY & WELLBEING.....	42
Alcohol and Drug Awareness Training for Managers	42
Control of Substances Hazardous to Health (COSHH)	43
Display Screen Equipment (DSE)	44

Fire Risk.....	45
Health and Safety Policy	46
Introduction to Blood Borne Viruses (BBV's).....	47
Manual Handling	48
Mentally Healthy Workplace Training for Managers.....	49
Risk Assessment.....	50

Introduction

Welcome to our online training brochure.

We have revitalised our training programmes so that we can better support you as you work to improve the health and wellbeing of individuals and communities within Forth Valley.

As you browse the programmes on offer, you will notice the range of development opportunities spanning the life course and health topics. All of these programmes share one common objective i.e. to enable and encourage healthy lifestyle choices as well as addressing underlying issues such as poverty, lack of educational opportunities.

If your interest is in your personal health improvement you may be interested in our Stress Control and Scotland's Mental Health First Aid programmes. If you are concerned that someone close is using drugs and you want to help, our Drugs Awareness and Overdose Prevention programme may be just what you're looking for.

If you are part of the wider health improvement workforce, you will find our generic health behaviour change programmes of interest. If you work with young people in formal or informal settings then you will be able to choose from a wide variety of topics and tried and tested approaches to support the health and wellbeing curriculum, for example, social norms/influence, sexual health and mental health will not disappoint.

If you work with young people and want to adopt a programme that can help you measure change, our Get Real! social influence programme, is definitely for you.

Registering for these programmes couldn't be easier. All you have to do is complete the application form and submit it to secure a place.

We are always seeking to improve what we do so we warmly welcome your feedback. This year we are piloting a new online evaluation follow up system where we will contact a sample of training participants for feedback on how the training has influenced their practice.

We look forward to welcoming you at our training events.

**Theresa Campbell, Lead Officer
NHS Forth Valley Health Promotion Service**

The Health Improvement Resource Service (HIRS) provides health promoters with access to information on health improvement issues in a range of formats. Clients are required to register with us so that they can access our services.

Look'n'Book Sessions

Tuesday 1.30 p.m. - 4.30 p.m.

Wednesday and Thursday 9.30 a.m. - 12.30 p.m.

Outwith the Look'n'Book sessions appointments can be made with a member of staff.

- Range of facilities available:
- FREE Leaflets and posters
- FREE condoms, femidoms, dams and lubricant
- Borrowable resources, i.e. books, models, games, teaching kits and DVDs on a range of health promotion topics e.g. alcohol, nutrition, mental health and sexual health
- Enquiries and literature searches on health promotion topics.

BOOKINGS AND ORDERS

Once registered, bookings and orders can be made via the library booking system. Also directly to HIRS staff via email, telephone, post or in person when visiting (see below for details).

CONTACT US

Address

Health Improvement Resource Service (HIRS)
Health Promotion Service
NHS Forth Valley
Central Supplies Department
Unit 2, Colquhoun St
STIRLING
FK7 7PX

e-mail: FV-UHB.HIRS-group-mailbox @nhs.net

tel: 01786 433867

Car parking is available either at the front or the rear of the building.

Cancer Prevention

Name of Training Course:

Detecting Cancer Early Awareness (Bowel, Breast, Lung and Cervical)

Our training is aimed at:

NHS, Local Authority and Voluntary Sector staff who work to support people explore and discuss issues around the Screening as part of Early Intervention, Prevention and Detecting Cancer Early (DCE).

Our training aims to:

Provide the opportunity to increase knowledge and understanding of screening services/detecting cancer early. It incorporates health information, support of behaviour change and access/signposting to relevant information.

Learning Outcomes:

Participants will:

- **gain increased awareness of early intervention and recognition of signs and symptoms**
- **identify opportunities to promote positive health messages**
- **gain an opportunity to enhance skills and knowledge to discuss and raise the issues of screening and detecting cancer early**
- **gain an understanding of screening and its importance in supporting change of behaviour**
- **gain information on how to access information, support and signpost to national and local services**

Dates/Times /Locations:

Course duration: ½ day or to suit the needs of the individual service.

DATES: TBC

For further information or queries about this course contact:

susan.anderson22@nhs.net

[Apply Online](#)

Drugs & Alcohol

Name of Training Course:

Alcohol and Drug Awareness Training for Managers

Our training is aimed at:

Workplace Managers, Supervisors, Human Resource and Occupational Health professionals.

Our training aims to:

Enable employers/managers to create a greater awareness around alcohol and drugs in their workplace and provide them with the knowledge and skills to deal with issues as they arise.

Learning Outcomes:

Participants will:

- have increased awareness of the impact of alcohol and drugs in Scotland and specifically in the workplace
- have increased knowledge of all forms of substances and their impact on the individual and workplaces
- have increased knowledge of the responsibilities of managers in dealing with alcohol and drugs at work
- develop their skills, as a manager, in identifying and addressing alcohol and drug use at work

Dates/Times /Locations:

Course duration: ½ day

(Before attending delegates must complete a short e-learning module online.)

DATES: TBC

For further information or queries about this course contact: elainehaston@nhs.net

[Apply Online](#)

Name of Training Course:

[Alcohol Brief Intervention](#)

Our training is aimed at:

Home Care Workers, Youth Work Staff, Volunteers for Older People Services, College and University Staff, Social Work Staff and Justice Workers.

Our training aims to:

Provide effective and early intervention techniques to reduce harmful and hazardous drinking. This will make an important contribution to the national priority of reducing alcohol consumption across life stages.

Learning Outcomes:

Participants will:

- explore their own attitudes to alcohol
- update knowledge of how alcohol impacts of health and social functioning
- know how to screen for hazardous drinking
- be confident in carrying out a brief intervention and signposting for dependency or harmful drinking

Dates/Times /Locations:

Course duration: 3 hours

DATES: TBC

For further information or queries about this course contact: jewen@nhs.net

[Apply Online](#)

Name of Training Course:

Fetal Alcohol Spectrum Disorders (FASD)

Our training is aimed at:

Staff in Early Years, Education establishments, Youth Work, Social Work, Families and Foster Carers, Youth Justice System, Health Visiting and Family Support.

Our training aims to:

Provide clear guidance about alcohol use during pregnancy and prevent alcohol related damage to the unborn child. The session provides opportunities to share resources and ideas for a co-ordinated local response to International Fetal Alcohol Spectrum Disorder Awareness Day on 9th September 2016.

Learning Outcomes:

Participants will:

- understand the nature and extent of FASD in Scotland and Forth Valley
- understand the clinical and behavioural problems seen in FASD
- increase knowledge of how to prevent FASD
- identify resources to help participants plan and deliver FASD awareness sessions within their own networks and client base

Dates/Times /Locations:

Course duration: 3 hours

Dates:

Tuesday 8 August 1:00 pm – 4:00 pm Stirling

Wednesday 23 August 09:30 am – 12:30 pm Falkirk

For further information or queries about this course contact jewen@nhs.net

[Apply Online](#)

Name of Training Course:

Gone

Our training is aimed at:

Teachers, Tutors and Youth Workers who wish to explore health and wellbeing, social and emotional health, s*xting and alcohol issues with 13/14 year old young people.

Our training aims to:

Train staff how to navigate this resource which uses video, PowerPoint and computer games to follow the story of 4 friends as they progress through high school. The participants will leave the training confident and comfortable with delivering Gone which explores the dilemmas and issues raised by the video scenarios. Gone runs over 5 lessons.

Learning Outcomes:

Participants will:

- be familiar with the GONE resource and its delivery
- consider and understand alcohol misuse and its effects
- consider the thoughts, feelings and emotions in relation to those affected by substance misuse
- be familiar with and use local and national data to discuss and debate alcohol use

The course also explores a range of Health and Wellbeing topics.

Dates/Times /Locations:

Course duration: 2 ½ hours

Dates:

Contact us to arrange a date in your school or to request a place on an existing training day. For training in a school we need access to a computer suite and to have the resource uploaded onto your network before the training.

For further information or queries about this course contact: shona.storer@nhs.net

[Apply Online](#)

Name of Training Course:

[Introduction to Blood Borne Viruses \(BBV's\)](#)

Our training is aimed at:

All who work across Forth Valley Health Board area including Voluntary and Statutory organisations.

Our training aims to:

Provide an overview of BBV's and will include Hepatitis B, Hepatitis C, HIV, transmission routes, risk reduction and first aid measures.

Learning Outcomes:

Participants will:

- be able to describe the differences between Hep B, Hep C & HIV
- be able to explain the correct transmission routes of BBVs
- be able to explain the correct procedures to reduce risks of BBVs
- be able to explain correct first aid measures for BBVs

Dates/Times /Locations:

Course duration: 3 hours (09:30 - 12:30) – Venue - Stirling

DATES:

Tuesday 20 June 2017

Wednesday 13 September

Tuesday 7 November

For further information or queries about this course contact:

elainehaston@nhs.net

[Apply Online](#)

Name of Training Course:

Overdose Awareness and Intervention

Our training is aimed at:

Staff or volunteers working with groups/individuals at risk of drug overdose including supported accommodation and justice setting workers.

Our training aims to:

Provide participants with knowledge and skills to intervene to reduce drug related deaths in Forth Valley.

Learning Outcomes:

Participants will:

- understand the nature and extent of drug overdose in Forth Valley
- identify their role in reducing drug related deaths
- know the main causes of overdose
- understand the physical effects of the most common drugs involved in overdose
- recognise the signs and symptoms of a depressant overdose
- practise effective interventions

Dates/Times /Locations:

Course duration: 3 hours - 1:30 pm - 4:00 pm
9:30 am – 12:30 pm

Dates:

Wednesday 13 September Stirling **(Fully Booked)**
Thursday 7 December Stirling

For further information or queries about this course contact: jewen@nhs.net

[Apply Online](#)

Name of Training Course:

[Social Influence](#)

Our training is aimed at:

People who work directly with groups of young people in areas of inequalities who wish to demonstrate that interventions have made a difference.

Our training aims to:

Develop participant skills in delivering social norms programmes with young people.

Learning Outcomes:

Understand the key principles for delivering, 4 x 50 min, prevention and early intervention workshops

Participants will:

- **use short/fun surveys to establish a baseline against which change can be measured**
- **understand how young people can analyse and reflect upon their own data**
- **develop skills to use the group's data to produce social norms marketing images/campaigns**
- **understand the causes and consequences of the errors young people make when they (mis) judge peer attitudes and behaviours**
- **develop skills to measure the impact of your intervention**

Dates/Times /Locations:

Course duration: 3 ½ hours and can be arranged for specific staff groups or organisations.

Dates: TBC

For further information or queries about this course contact: janet.moran2@nhs.net

[Apply Online](#)

Name of Training Course:

[Street Sense Substance Misuse Education](#)

Our training is aimed at:

Anyone who is interested in delivering the Street Sense substance misuse educational resource in schools, communities or youth groups.

Our training aims to:

**To familiarise staff with the principles of the Street Sense educational resource.
The central aim of this programme is to empower young people to make healthy, responsible and informed decisions.**

Learning Outcomes:

Participants will:

- have the skills and confidence to deliver the Street Sense educational pack
- be familiar with the content, resources and activities within the pack
- be familiar with the contents of the accompanying DVD

The training includes familiarisation of the programme and the various activities. There will be practical demonstrations of a selection of activities and the contents of the accompanying resource box and DVD will be explored. Organisations will be provided with a free copy of the resource and DVD.

Dates/Times /Locations:

Course duration: 1 ½ hours and can be arranged for specific staff groups or organisations.

Training can be arranged for specific staff groups or organisations and tailored to meet the needs of the group.

If you would like to arrange training for your organisation, or you have any other query, please contact Elaine to arrange for a trainer to discuss your specific needs.

elaine.cochrane@nhs.net

For further information or queries about this course contact:

judit.bognar@nhs.net

[Apply Online](#)

Name of Training Course:

Volatile Substance Abuse (VSA)

Our training is aimed at:

Staff working in Education establishments, Youth Work, Social Work, Families and Foster Carers, Youth Justice System, Health Visiting and Family Support.

Our training aims to:

Reduce harm resulting from solvent abuse.

Learning Outcomes:

Participants will:

- gain a solid understanding of what VSA is
- learn the scope of the products of abuse
- identify the signs and symptoms
- understand effective interventions

Dates/Times /Locations:

Course duration: 3 hours

Dates: Thursday 28 September 9:30am – 1:30pm Stirling

For further information or queries about this course contact: jewen@nhs.net

[Apply Online](#)

Health Behaviour Change

Name of Training Course:

[Health Behaviour Change - Making Every Contact Count](#)

Our training is aimed at:

Any organisation working across Forth Valley (e.g. NHS, Voluntary or statutory) who have opportunities to promote all aspects of health and wellbeing as part of working practice

Our training aims to:

- provide an understanding of how lifestyle behaviours can impact health outcomes.
- help develop practical skills to recognise opportunities for health improvement as part of everyday conversations
- provide information on existing services to encourage and support small changes, including signposting to existing services which can make a difference to improve health

Learning Outcomes:

Participants will:

- recognise the relationship between people's life circumstances, lifestyle behaviours and health outcomes and reflect on their own values and attitudes
- clarify their role in helping people change health related behaviours
- explain how to raise lifestyle behaviour issues appropriately and sensitively with individuals
- demonstrate respect for the individuals' freedom and responsibility to make their own choices
- discuss effective methods for helping people to access relevant information or services
- produce a brief action plan for applying the learning to "make every contact count" in their everyday work

Dates/Times /Locations:

Course duration: eLearning module and ½ day face to face

The course can be delivered to suit the needs of the individual service.

DATES: TBC

For further information or queries about this course: susan.anderson22@nhs.net

[Apply Online](#)

Name of Training Course:

[Social Influence](#)

Our training is aimed at:

People who work directly with groups of young people in areas of inequalities and wish to demonstrate that your interventions have made a difference.

Our training aims to:

Develop participant skills in delivering social norms programmes with young people.

Learning Outcomes:

Understand the key principles for delivering, prevention and early intervention workshops

Participants will:

- use short/fun surveys to establish a baseline against which change can be measured
- understand how young people can analyse and reflect upon their own data
- develop skills to use the group's data to produce social norms marketing images/campaigns
- understand the causes and consequences of the errors young people make when they (mis)judge peer attitudes and behaviours
- develop skills to measure the impact of your intervention

Dates/Times /Locations:

Course duration: The course lasts 3 ½ hours and can be arranged for specific staff groups or organisations.

DATES: as requested

For further information or queries about this course contact:

janet.moran2@nhs.net

[Apply Online](#)

Mental Health & Emotional Wellbeing

Name of Training Course:

Introduction to Child and Adolescent Mental Health

The training is jointly delivered by NHS Forth Valley CAMHS and the Health Promotion Service.

Our training is aimed at:

Those who work directly with children and families. For example, foster carers, class teachers, sport workers, early year workers, those who work and volunteer for the third sector groups. The training is jointly delivered by Forth Valley and CAMHS and the Health Promotion Service.

Our training aims to:

Provide a basic introduction to child and adolescent mental health. This course will use studies, presentations and group discussion to provide a basic introduction to and understanding of child and adolescent mental health.

Learning Outcomes:

Participants will:

- have a basic understanding of child and adolescent mental health
- have a basic understanding of brain development, attachment and resilience
- have knowledge of the NHS Forth Valley Child and Adolescence Mental Health Service (CAMHS)
- will understand how to make appropriate referrals to CAMHS

Dates/Times /Locations:

Course duration: 4 hours

DATES:

Wednesday 15 November 2017	12:30pm – 5:00pm	Stirling
Wednesday 31 January 2018	9:30am – 2:30pm	Stirling

For further information or queries about this course contact: judit.bognar@nhs.net

[Apply Online](#)

Name of Training Course:

[Mentally Healthy Workplace Training for Managers](#)

Our training is aimed at:

Managers and Supervisors to increase understanding of mental health in the workplace.

Our training aims to:

Line managers have a crucial role in supporting the health and wellbeing of employees. From communication, to clarity of job role, managers can influence the success of a team. This training encourages good practice in promoting positive mental health and wellbeing, as well as offering practical examples of how to support employees experiencing mental health problems.

Learning Outcomes:

Participants will:

- **gain a broad understanding of mental health**
- **identify key factors that contribute to a mentally healthy workplace**
- **gain confidence in dealing with this issue**
- **increase awareness of their legislative responsibilities in relation to health and wellbeing**

Dates/Times /Locations:

Course duration: 1 day

This course is delivered through blended learning therefore before attending delegates must complete the Mentally Healthy Workplace e-learning course online (duration approx 30 mins /1 hour).

DATES:

TBC

For further information or queries about this course contact: elainehaston@nhs.net

[Apply Online](#)

Name of Training Course:

Practical Tools to Improve Children and Young Peoples Mental and Emotional Wellbeing

Our training is aimed at:

Anyone working with children and young people who face inequalities, including school staff, youth workers, school based police officers, residential workers, foster carers & social workers.

Our training aims to:

Increase knowledge of the issues surrounding the mental and emotional wellbeing of children and young people and provide practical ways of supporting improvement to their wellbeing.

Learning Outcomes:

Participants will:

- have an understanding of the issues which effect mental wellbeing
- be aware of practical tools for improving young people's mental wellbeing
- have explored resilience and learned ways to increase it
- have increased confidence in their ability to support young people's mental wellbeing
- have gained a basic understanding of factors effecting brain development

Dates/Times /Locations:

Course duration: Open courses are full days.

Training can be arranged for specific staff groups or organisations and tailored to meet the needs of the group.

If you would like to arrange training for your organisation, or you have any other query, please contact Elaine to arrange for a trainer to discuss your specific needs. elaine.cochrane@nhs.net

DATES:

All - 09:30am – 3:30pm

Stirling

**Thursday 26 October
Thursday 7 December**

For further information or queries about this course contact: judit.bognar@nhs.net

[Apply Online](#)

Name of Training Course:

Scotland's Mental Health First Aid (SMHFA)

Our training is aimed at:

Professionals or individuals interested in supporting mental health problems whether in a professional or personal capacity.

Our training aims to:

Enable individuals to provide first aid support to anyone experiencing a mental health problem before professional help is obtained.

Learning Outcomes:

Participants will:

- learn how to apply the 5 steps of SMHFA
- learn how to respond if you believe someone is at risk of suicide
- learn how to give immediate help until professional help is available
- practise listening and responding
- understand recovery from mental health problems
- understand the connection between mental health problems and alcohol and drugs
- understand the connection between mental health problems and discrimination
- have a basic understanding about common mental health problems and self help information

Dates/Times /Locations:

Course duration: 2 days 09:30am – 4:30pm

DATES:

Wednesday 16 & Thursday 17 August	Falkirk (fully booked)
Tuesday 26 & Wednesday 27 September	Stirling (fully booked)
Monday 2 & Tuesday 3 October	Stirling (fully booked)
Thursday 23 & Friday 24 November	Stirling
Tuesday 5 & Wednesday 6 December	Stirling
Tuesday 23 & Wednesday 24 January 2018	Stirling
Tuesday 20 & Wednesday 21 February	Stirling

For further information or queries about this course contact: jewen@nhs.net

[Apply Online](#)

Name of Training Course:

Self Harm

Our training is aimed at:

Staff, volunteers and individuals who work with young people who face inequalities or who support people who self harm.

Our training aims to:

Increase knowledge of the issues surrounding self harm and equip people with the skills to support people who self harm.

Learning Outcomes:

Participants will:

- have increased knowledge of what self harm is
- have enhanced understanding and empathy for people who self harm
- have increased confidence in approaching and talking to someone who self harms
- have gained skills and confidence in recognising the signs of self harm
- have strengthened their ability to provide support

Training can be arranged for specific staff groups or organisations and tailored to meet the needs of the group.

If you would like to arrange training for your organisation, or you have any other query, please contact Elaine to arrange for a trainer to discuss your specific needs.
elaine.cochrane@nhs.net

Dates/Times /Locations:

Course duration: Full day

DATES:

All – 09:30am – 4:30pm Stirling

Monday 18 September

Wednesday 22 November

For further information or queries about this course contact:

judit.boqnar@nhs.net

[Apply Online](#)

Name of Training Course:

Stress Control

Our training is aimed at:

Anyone living or working in Forth Valley experiencing mild to moderate anxiety, depression or stress related conditions.

Our training aims to:

Teach people how to be their own therapist, to manage stress through evidence based 6 week programme.

Learning Outcomes:

Participants will :

- **understand the causes of stress**
- **recognise how this affects the body, thoughts, actions and sleep**
- **learn skills and therapies to self manage their stress**
- **become their own therapist**

Dates/Times /Locations:

Course duration: 6 x 90 minutes sessions

DATES: TBC

TO APPLY CONTACT:

Stirling, Clacks and Falkirk:

tel: 01259 215048

To apply

integratedmentalhealth@clacks.gov.uk

Oral Health

Name of Training Course:

[Smile4Life](#)

Our training is aimed at:

Health and social care staff and support workers to enable them to provide oral health messages to meet the specific needs of the Homeless (Roofless and Houseless) and those experiencing inequalities.

Our training aims to:

To raise awareness of oral health and equip staff with knowledge and skills to support oral health improvement.

Learning Outcomes:

Participants will:

- have knowledge of oral health issues, risk factors and barriers to accessing care, experienced by homeless individuals or those experiencing inequality
- know the main oral health care messages and be competent in providing tailored oral health information to clients
- be aware of how and where people can access dental care
- be competent in giving basic health advice on diet, smoking, alcohol, drugs and methadone
- know the structure and application of Smile4Life intervention
- know how to assess clients readiness to change, using assessment tools
- know basic motivational interviewing techniques when interacting with clients

Dates/Times /Locations:

Course duration: ½ day session

(course can be delivered to meet the needs of individual services e.g. 1 session, 4 x 1 hour sessions, 2 x 2 hour sessions)

DATES:	Tuesday 7 September 2017	09:30am – 1:00pm	Stirling
	Tuesday 30 January 2018	09:30am – 1:00pm	Stirling

For further information or queries about this course contact:

judit.boqnar@nhs.net

[Apply Online](#)

Sexual Health

Name of Training Course:

Looked after Children

Our training is aimed at:

This course is aimed at fosters carers, staff and anyone who supports Looked After Children and Young People with Relationships and Sexual Health education and information.

***Please note, this is suitable for carers of children of any age and of any ability.**

Our training aims to:

Provide knowledge and information for parents and carers to support them to talk to their children about growing up, sex and relationships.

Learning Outcomes:

Participants will:

- **Recognise the vulnerabilities and specific needs of Looked After Children.**
- **Understand policy, practice and research around Looked After Children, with regards to Sexual Health & Relationships.**
- **Explore strategies to better support Looked After Children.**
- **Identify resources suitable for all ages and abilities that can help children gain the skills and knowledge to learn about Relationships & Sexual Health.**

Dates/Times /Locations:

Course duration: 3 hours

DATES:

TBC

For further information or queries about this course contact: jewen@nhs.net

[Apply Online](#)

Name of Training Course:

Challenging Homophobia

Our training is aimed at:

Staff who work in schools or community settings with young people.

Our training aims to:

Explore the impact of homophobic bullying and how this can be challenged and to highlight information and local support for young people.

Learning Outcomes:

Participants will:

- **recognise the diverse needs and experiences of LGBT people**
- **identify changes required to working practice to better address the needs of LGBT people**
- **challenge discrimination and prejudice that is often faced by LGBT people**
- **develop strategies to challenge homophobia in the classroom or community setting**

Dates/Times /Locations:

Course duration: 3 hours

DATES: TBC

For further information or queries about this course contact: jewen@nhs.net

[Apply Online](#)

Name of Training Course:

Feel Think Do

A sexual abuse prevention programme for Primary 6 Teaching staff

Our training is aimed at:

Feel, Think, Do is a personal safety and sexual abuse prevention programme for teachers delivering the programme in P6 and P7 in primary Schools.

Our training aims to:

Feel, Think, Do is a personal safe and sexual abuse prevention programme that meets HWB2 – 49a.

The aims of the Feel Think Do programme are:

- To promote confidence and assertiveness in children
- To promote emotional literacy
- To help children undertake risk assessment and understand the nature of risk taking.
- To define sexual abuse for children
- To equip children to keep themselves safe from sexual abuse
- To encourage disclosure if a child feels unsafe

Learning Outcomes:

Participants will:

- Be more familiar with the content of the Feel, Think, Do programme to enable them to deliver the programme with confidence
- Explore how we can support children to assess 'risky' situations and how to seek support from adults
- Understand the concepts of 'Feel, Think, Do' and the 'My 5' strategies
- Increase understanding of why disclosure of sexual abuse may be challenging for a child

Dates/Times /Location;

Monday 16 October 9:15am – 3:30pm

Thursday 24 November 9:15am – 3:30pm

Falkirk

Stirling

For further information or queries about this course contact: shona.storer@nhs.net

[Apply Online](#)

Name of Training Course:

Gone

Our training is aimed at:

Teachers, Tutors and Youth Workers who wish to explore health and wellbeing, social and emotional health, s*xting and alcohol issues with 13/14 year old young people.

Our training aims to:

Train staff how to navigate this resource which uses video, PowerPoint and computer games to follow the story of 4 friends as they progress through high school. The participants will leave the training confident and comfortable with delivering Gone which explores the dilemmas and issues raised by the video scenarios. Gone runs over 5 lessons.

Learning Outcomes:

Participants will:

- **be familiar with the GONE resource and its delivery**
- **consider and understand alcohol misuse and its effects**
- **consider the thoughts, feelings and emotions in relation to those affected by substance misuse**
- **be familiar with and use local and national data to discuss and debate alcohol use**

The course also explores a range of Health and Wellbeing topics.

Dates/Times /Locations:

Course duration: 2 ½ hours

DATES:

Contact us to arrange a date in your school or to request a place on an existing training day. For training in a school we need access to a computer suite and to have the resource uploaded onto your network before the training.

For further information or queries about this course contact:

shona.storer@nhs.net

[Apply Online](#)

Name of Training Course:

Getting to know Feel Think Do

A half day training for Senior Management and Support Staff

Our training is aimed at:

A half day training is for Senior Management and Support Staff that do not have a direct role in delivering the programme to the children but require an overview of the principles and learning outcomes of Feel Think Do and how this links to child protection

Our training aims to:

Feel, Think, Do is a personal safe and sexual abuse prevention programme that meets HWB2 – 49a.

The aims of the Feel Think Do programme are:

- **To promote confidence and assertiveness in children**
- **To promote emotional literacy**
- **To help children undertake risk assessment and understand the nature of risk taking.**
- **To define sexual abuse for children**
- **To equip children to keep themselves safe from sexual abuse**
- **To encourage disclosure if a child feels unsafe**

Learning Outcomes:

Participants will:-

- **Be more familiar the content of the Feel, Think, Do programme to enable them to support the delivery of the programme in school**
- **Understand the concepts of ‘Feel, Think, Do’ and the ‘My 5’ strategies**
- **Increase understanding of why disclosure of sexual abuse may be challenging for a child**

Dates/Times /Locations:

Friday 24 November 9:15am – 12:30pm Stirling

For further information or queries about this course contact:

shona.storer@nhs.net

[Apply Online](#)

Name of Training Course:

Supporting transgender and gender variant children and young people

Our training is aimed at:

Teaching staff and anyone who works with young people who are gender variant or transgender.

Our training aims to:

Enable participants to support transgender and gender variant children & young people.

Learning Outcomes:

On this course participants will;

- Gain a working knowledge of the 'Supporting Transgender and Gender Variant Children and Young People - Guidance for schools in Forth Valley' document.
- Identify how school staff can support individual students.
- Understand the legal context around Confidentiality, The Rights Of The Child and Equality.
- Explore how the school/organisation can become more inclusive through policy and good practice.

Participants should have read the 'Supporting Transgender and Gender Variant children and young people - Guidance for schools in Forth Valley' before coming to the training. <http://www.centralexualhealth.org/media/8009/guidance-for-schools-trans-gender-variance.pdf>

Dates/Times /Locations:

Monday 11 September 12:30pm – 3:30pm - Stirling

In-house school training is available as either a twilight (90 minutes) or a half day session (3 hours). Contact Joanne Barrie joanne.barrie@nhs.net for further information.

[Apply Online](#)

Name of Training Course:

Issues Affecting Young People

Our training is aimed at:

Staff working with young people in schools or informal settings.

Our training aims to:

Increase understanding of influences and pressures young people may face and to support them to make positive choices around their sexual health and relationships.

Learning Outcomes:

Participants will:

- **identify the sexual messages that young people receive from society including the media and social media, and how these may impact upon them**
- **recognise how young people may be vulnerable to coercion and exploitation within relationships**
- **recognise influences and pressures on young people to become sexually active and how these might impact on decisions they make about sexual health and wellbeing**
- **demonstrate increased knowledge of local sexual health services and where to access information**

Dates/Times /Locations:

Course duration: 1 day

DATES: TBC

For further information or queries about this course contact: jewen@nhs.net

[Apply Online](#)

Name of Training Course:

[Managing Sexualised Behaviour](#)

Our training is aimed at:

Staff from main stream and special provision schools in both the primary and secondary sector.

Our training aims to:

Provide a brief summary of the Managing Sexualised Behaviour Guidelines and explore how it can be integrated into practice.

http://www.centralexualhealth.org/media/6505/msb_guidelines.pdf

Learning Outcomes:

Participants will:

- **recognise sexualised behaviour amongst young people in schools**
- **monitor and assess the behaviour and needs of young people**
- **develop a consistent approach to managing sexualised behaviour across the whole school**
- **develop a working knowledge of the Managing Sexualised Behaviour Guidelines**

Dates/Times /Locations:

Course duration: 3 hours

DATES: TBC

For further information or queries about this course contact: jewen@nhs.net

[Apply Online](#)

Name of Training Course:

[Meeting the needs of Service Users](#)

Our training is aimed at:

Any services in the Forth Valley area who would like to improve support for staff and service users around sexual health.

Our training aims to:

Identify issues affecting service users and to support staff to meet these needs, through policy development, training, or programme development as required.

Learning Outcomes:

Participants will:

- **identify issues which impact on service users sexual health and relationships**
- **identify staff development needs**
- **support services to develop and embed positive ethos and practice around sexual health and relationships for service users e.g. policy, training, resources**

Dates/Times /Locations:

Course duration: This training is developed to meet the needs of individual services or organisations.

Dates: TBC

For further information or queries about this course contact: jewen@nhs.net

[Apply Online](#)

Name of Training Course:

Relationships and Sexual Health – Early Years

Our training is aimed at:

Early Years staff to support the implementation of the Framework for Relationships, Sexual Health and Parenthood (RSHP)

Our training aims to:

Provide an introduction to the framework and an opportunity to explore issues relating to sexual health and the needs of children and young people.

Falkirk Council RSHP Curriculum

Falkirk Council RSHP Framework

http://www.centalsexualhealth.org/media/6498/sexual_health_insides_sexual_health-1-.pdf

Clackmannanshire and Stirling Council's RSHP framework

http://www.centalsexualhealth.org/media/7957/rhsp_august_2014-1-.pdf

Learning Outcomes:

Participants will:

- **provide a local and national context for Relationships, Sexual Health and Parenthood for the early years setting**
- **identify challenges for staff delivering the programme and explore strategies to overcome these challenges**
- **increase knowledge and confidence of staff to support the delivery of the RSHP Outcomes and Experiences**

Dates/Times /Locations:

Course duration:

This training is developed to meet the needs of individual establishments and is offered as a ½ day session providing an introduction to sexual health and links to emotional literacy.

DATES: TBC

For further information or queries about this course contact: jewen@nhs.net

[Apply Online](#)

Name of Training Course:

Relationships, Sexual Health and Parenthood

Primary Schools

Our training is aimed at:

Primary school staff to support the implementation of the Framework for Relationships, Sexual Health and Parenthood (RSHP)

Our training aims to:

Provide an introduction to the framework and an opportunity to explore issues relating to sexual health and the needs of children and young people.

Falkirk Council RSHP Curriculum

http://www.centalsexualhealth.org/media/6498/sexual_health_insides_sexual_health-1-.pdf

Clackmannanshire and Stirling Council's RSHP framework

http://www.centalsexualhealth.org/media/7957/rhsp_august_2014-1-.pdf

Learning Outcomes:

Participants will:

- **provide a local and national context for Relationships, Sexual Health and Parenthood**
- **identify challenges for staff delivering the programme and explore strategies to overcome these challenges**
- **increase knowledge and confidence of staff to support the delivery of the RSHP Outcomes and Experiences**

Dates/Times /Locations:

Course duration: This training is developed to meet the needs of individual schools and can offered as a ½ day session that provides an

introduction to sexual health or as a whole day providing additional information including time for action planning.

DATES: TBC

For further information or queries about this course contact: jewen@nhs.net

[Apply Online](#)

Name of Training Course:

Sexual Health and Relationships Education for Young People with a Learning Disability

Our training is aimed at:

Teaching staff and anyone who works with young people with a learning disability around Relationships, Sexual Health and Parenthood.

Our training aims to:

Familiarise participants with the Health and Wellbeing outcomes from Curriculum for Excellence and a range of methods for delivering Relationships, Sexual Health and Parenthood to different groups of young people with learning disabilities.

Learning Outcomes:

Participants will:

- **increase knowledge, skills and confidence in the delivery of Relationships, Sexual Health and Parenthood (RSHP) Education**
- **develop an understanding of the values and evidence base for RSHP**
- **interpret the Health and Wellbeing outcomes from Curriculum for Excellence and explore a range of methods for delivering RSHP to different groups of young people with learning disabilities**
- **identify a range of resources available to support the delivery of RSHP education**

Dates/Times /Locations:

Course duration: 1 day

DATES: TBC

For further information or queries about this course contact: jewen@nhs.net

[Apply Online](#)

Name of Training Course:

[SHARE](#)

Our training is aimed at:

Secondary school staff and others who have a responsibility to deliver Relationships, Sexual Health and Parenthood Education to young people.

Our training aims to:

Support the delivery of the Relationships, Sexual Health and Parenthood Education to meet the Experiences and Outcomes from the Curriculum for Excellence.

Learning Outcomes:

Participants will:

- recognise the issues which impact on young people's sexual health
- demonstrate practical activities and methodologies that can be used when working with young people
- develop an understanding of their own and society's values relating to sexual health and wellbeing

Dates/Times /Locations:

Course duration: 2 days

Dates: Monday 4 & Tuesday 5 September

Falkirk

For further information or queries about this course contact: jewen@nhs.net

[Apply Online](#)

Name of Training Course:

[Signposting and Condom Use](#)

Our training is aimed at:

Anyone looking to gain the knowledge and confidence to support young people around sexual health issues.

Our training aims to:

Provide information and raise awareness on local services and support available for young people in Forth Valley.

Learning Outcomes:

Participants will:

- **increase knowledge of local sexual health services and where to access information**
- **identify resources and services open to you and your organisation**
- **consider the legal implications for supporting young people in relation to sexual health**
- **define the issues relating to young people and condom use, and explore how some of the barriers to using condoms may be overcome**

Dates/Times /Locations:

Course duration: 3 hours

DATES: TBC

For further information or queries about this course contact : jewen@nhs.net

[Apply Online](#)

Name of Training Course:

Supporting Adults with a Learning Disability

Our training is aimed at:

Anyone looking to gain the knowledge and confidence to support adults with a learning disability around basic sexual health and relationship issues.

Our training aims to:

Identify a range of issues that may create barriers to supporting clients with learning disabilities in accessing sexual health services and explore strategies to overcome these challenges.

Learning Outcomes:

Participants will:-

- **recognise the barriers faced by adults with learning disabilities**
- **interpret the legal implications for supporting adults with a learning disability in relation to sexual health**
- **increase knowledge of local sexual health services and other services where clients can be referred/signposted to for further help**
- **identify resources and services open to you and your organisation**

Dates/Times /Locations:

Course duration: 3 hours 09:30am – 12:30pm Stirling

DATES: Tuesday 15 August 2017

For further information or queries about this course contact: jewen@nhs.net

[Apply Online](#)

Tobacco & Cannabis

Name of Training Course:

[Raising the issue of tobacco utilising a health behaviour change approach](#)

Our training is aimed at:

All staff involved in supporting a tobacco free generation including: Hospital based staff, Primary Care and Community Teams, Prison Health Care Staff, Health Improvement staff, Voluntary Organisations, staff within local authority e.g. social services, education, organisations which support families and children.

Our training aims to:

Promote positive health behaviour change by providing an increased awareness of the issues around tobacco use and impact on health.

Learning Outcomes:

Participants will:

- **Be able to describe the process of a Brief intervention.**
- **Advise smokers of the dangers of smoking and the benefits to their health of stopping.**
- **Support smokers wishing to stop smoking by informing them of treatments and support available.**

Dates/Times /Locations:

Course duration: ½ day

DATES:

Thursday 9 November 2017 1:00pm – 4:00pm Falkirk

For further information or queries about this course contact:

m.kaneen@nhs.net

[Apply Online](#)

Name of Training Course:

Tobacco and Cannabis

Our training is aimed at:

All staff involved in supporting a tobacco free generation including: Hospital based staff, Primary Care and Community Teams, Prison Health Care staff, Health Improvement staff, Voluntary Organisations, staff within local authority e.g. social services, education, organisations which support families and children.

Our training aims to:

To provide participants with the knowledge and skills to enable more effective engagement with tobacco and cannabis users.

Learning Outcomes:

Participants will have:

- **gained an understanding of tobacco and cannabis use**
- **increased knowledge of the types of cannabis and the variation in strength and quality**
- **learned about the short and long term effects of cannabis use**
- **gained an understanding of cannabis risks and how to address them**
- **knowledge of how to implement harm reduction strategies with users**
- **more confidence in discussing smoking and cannabis with users.**

Dates/Times /Locations:

Course duration: 1 day

DATES: Wednesday 29 November 2017, 12:30pm – 4:00pm Stirling

For further information or queries about this course contact:

m.kaneen@nhs.net

[Apply Online](#)

Workplace Health, Safety & Wellbeing

Name of Training Course:

Alcohol and Drug Awareness Training for Managers

Our training is aimed at:

Workplace Managers, Supervisors, Human Resource and Occupational Health professionals.

Our training aims to:

Enable employers/managers to create a greater awareness around alcohol and drugs in their workplace and provide them with the knowledge and skills to deal with issues as they arise.

Learning Outcomes:

Participants will:

- **have increased awareness of the impact of alcohol and drugs in Scotland and specifically in the workplace.**
- **have increased knowledge of all forms of substances and their impact on the individual and workplaces**
- **have increased knowledge of the responsibilities of managers in dealing with alcohol and drugs at work**
- **develop their skills, as a manager, in identifying and addressing alcohol and drug use at work**

Dates/Times /Locations:

Course duration: ½ day

Before attending delegates must complete a short e-learning module online.

DATES: TBC

For further information or queries about this course contact: elainehaston@nhs.net

[Apply Online](#)

Name of Training Course:

Control of Substances Hazardous to Health (COSHH)

Our training is aimed at:

Anyone responsible for carrying out COSHH risk assessments.

Our training aims to:

Raise awareness of the moral and legal requirement for carrying out COSHH risk assessments, the financial benefits negative or positive and to provide attendees with basic COSHH risk assessment methodology training.

Learning Outcomes:

Participants will:

- **have an understanding of the legal requirements for carrying out COSHH assessments**
- **have an understanding of the COSHH risk assessment methodology.**
- **have an understanding of how to apply the COSHH risk assessment methodology**
- **practise carrying out a fire risk assessment**

Dates/Times /Locations:

Course duration: 3 hours

The above information can be accessed on the Healthy Working Lives Website: <http://www.healthyworkinglives.com/events>

For further information or queries about this course contact: elainehaston@nhs.net

[Apply Online](#)

Name of Training Course:

[Display Screen Equipment \(DSE\)](#)

Our training is aimed at:

Anyone who is responsible for carrying out DSE risk assessments.

Our training aims to:

Raise awareness of the moral and legal requirement for carrying out DSE risk assessments, the financial benefits negative or positive and to provide attendees with basic fire risk assessment methodology training.

Learning Outcomes:

Participants will:

- **have an understanding of the legal requirements for carrying out DSE risk assessments**
- **have an understanding of the DSE risk assessment methodology**
- **have an understanding of how to apply the DSE risk methodology**
- **practise carrying out a DSE risk assessment**

Dates/Times /Locations:

Course duration: 3 hours

The above information can be accessed on the Healthy Working Lives Website: <http://www.healthyworkinglives.com/events>

For further information or queries about this course contact: elainehaston@nhs.net

[Apply Online](#)

Name of Training Course:

Fire Risk

Our training is aimed at:

Anyone who is responsible for carrying out fire risk assessments.

Our training aims to:

Raise awareness of the moral and legal requirement for carrying out a fire risk assessment, the financial benefits negative or positive and to provide attendees with basic fire risk assessment methodology training.

Learning Outcomes:

Participants will:

- **have an understanding of the legal requirements for carrying out a fire risk assessment**
- **have an understanding of the fire risk assessment methodology**
- **have an understanding of how to apply the five steps to fire risk assessment**
- **practise carrying out a fire risk assessment**

Dates/Times /Locations:

Course duration: 3 hours

The above information can be accessed on the Healthy Working Lives Website: <http://www.healthyworkinglives.com/events>

For further information or queries about this course contact: elainehaston@nhs.net

[Apply Online](#)

Name of Training Course:

Health and Safety Policy

Our training is aimed at:

Anyone who is responsible for writing health and safety policy statements.

Our training aims to:

Raise awareness of the moral and legal requirement for writing a health and safety policy statement, the financial benefits negative or positive and to provide attendees with health and safety policy statement training.

Learning Outcomes:

Participants will:

- **have an understanding of the legal requirements for writing a health and safety policy statement**
- **have an understanding of the methodology to adopt when writing the health and safety policy statement**
- **have an understanding of what should be included in the health and safety policy statement**
- **practise writing a health and safety policy statement**

Dates/Times /Locations:

Course duration: 3 hours

The above information can be accessed on the Healthy Working Lives Website: <http://www.healthyworkinglives.com/events>

For further information or queries about this course contact: elainehaston@nhs.net

[Apply Online](#)

Name of Training Course:

Introduction to Blood Borne Viruses (BBV's)

Our training is aimed at:

All who work across Forth Valley Health Board area including Voluntary and Statutory organisations.

Our training aims to:

Provide an overview of BBV's and will include Hepatitis B, Hepatitis C, HIV, Transmission Routes, Risk Reduction and First Aid Measures.

Learning Outcomes:

Participants will:

- be able to describe the differences in Hep B, Hep C & HIV
- be able to explain the correct transmission routes of BBVs
- be able to explain the correct procedures to reduce risks of BBVs
- be able to explain correct first aid measures for BBVs

Dates/Times /Locations:

Course duration: 3 hours (09:30 - 12:30) – Venue - Stirling

DATES:

Tuesday 20 June 2017

Wednesday 13 September

Tuesday 7 November

For further information or queries about this course contact:

elainehaston@nhs.net

[Apply Online](#)

Name of Training Course:

[Manual Handling](#)

Our training is aimed at:

Anyone who is responsible for carrying out manual handling risk assessments.

Our training aims to:

Raise awareness of the moral and legal requirement for carrying out manual handling risk assessments, the financial benefits negative or positive and to provide attendees with basic manual handling risk assessment methodology training.

Learning Outcomes:

Participants will:

- **have an understanding of the legal requirements for carrying out manual handling risk assessments**
- **have an understanding of the manual handling risk assessment methodology**
- **have an understanding of how to apply the manual handling risk assessment methodology**
- **practise carrying out a manual handling risk assessment**

Dates/Times /Locations:

Course duration: 3 hours

The above information can be accessed on the Healthy Working Lives Website: <http://www.healthyworkinglives.com/events>

For further information or queries about this course contact: elainehaston@nhs.net

[Apply Online](#)

Name of Training Course:

Mentally Healthy Workplace Training for Managers

Our training is aimed at:

Managers and Supervisors to increase understanding of mental health in the workplace.

Our training aims to:

Line managers have a crucial role in supporting the health and wellbeing of employees. From communication, to clarity of job role, managers can influence the success of a team. This training encourages good practice in promoting positive mental health and wellbeing, as well as offering practical examples of how to support employees experiencing mental health problems.

Learning Outcomes:

Participants will:

- **gain a broad understanding of mental health**
- **identify key factors that contribute to a mentally healthy workplace**
- **gain confidence in dealing with this issue**
- **increase awareness of their legislative responsibilities in relation to health and wellbeing**

Dates/Times /Locations:

Course duration: 1 day. 09:30am – 4:30pm - Stirling

This course is delivered through blended learning therefore before attending delegates must complete the Mentally Healthy Workplace e-learning course online (duration approx 30 mins /1 hour).

DATES:

Wednesday 30 August

Wednesday 4 October

Wednesday 14 February 2018

For further information or queries about this course contact:

elainehaston@nhs.net

[Apply Online](#)

Name of Training Course:

[Risk Assessment](#)

Our training is aimed at:

Anyone who is responsible for carrying out risk assessments.

Our training aims to:

Raise awareness of the moral and legal requirement for carrying out risk assessments, the financial benefits negative or positive and to provide attendees with basic risk assessment methodology training.

Learning Outcomes:

Participants will:

- **have an understanding of the legal requirements for carrying out a risk assessment**
- **have an understanding of the risk assessment methodology**
- **have an understanding of how to apply the five steps to risk assessment**
- **practise carrying out a risk assessment**

Dates/Times /Locations:

Course duration: 3 hours

**The above information can be accessed on the Healthy Working Lives Website:
<http://www.healthyworkinglives.com/events>**

For further information or queries about this course contact: elainehaston@nhs.net

[Apply Online](#)