

NHS Forth Valley

Health Promotion Service

Training Brochure



Contents

INTRODUCTION.....	3
THE HEALTH IMPROVEMENT RESOURCE SERVICE (HIRS)	4
DRUGS & ALCOHOL.....	5
Alcohol and Drug Awareness Training for Managers	5
Alcohol Brief Intervention	6
Fetal Alcohol Spectrum Disorders (FASD).....	7
GONE	8
Introduction to Blood Borne Viruses (BBV's).....	9
Overdose Awareness and Intervention	10
Volatile Substance Abuse (VSA).....	11
HEALTH BEHAVIOUR CHANGE.....	12
MAP of Health Behaviour Change	12
Children and Young People's Mental Wellbeing Toolkit Training	13
Dinnae Stress	14
Scotland's Mental Health First Aid (SMHFA)	15
Self Harm	16
Stress Control	17
ORAL HEALTH.....	18
Smile4Life	18
SEXUAL HEALTH.....	19
Sexual Health - Supporting Looked After Children & Young People.....	19
LGBT Awareness Training	20
Feel, Think, Do –	21
Getting to Know Feel, Think, Do	22

Managing Sexualised Behaviour	23
Meeting the Needs of Service Users.....	24
Relationships, Sexual Health & Parenthood - Early Years	25
Relationships, Sexual Health and Parenthood - Primary Schools	26
Relationships, Sexual Health and Parenthood Education for Young People with a Learning Disability	27
Signposting and Condom Use	28
Sexual Health - Supporting Adults with a Learning Disability	29
TOBACCO & CANNABIS	30
Raising the Issue of Tobacco Utilising a Health Behaviour Change Approach.....	30
Introduction to Tobacco and Cannabis.....	31
WORKPLACE HEALTH, SAFETY & WELLBEING	32
Mentally Healthy Workplace Training for Managers.....	32

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 health inequalities.

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.

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

We are always seeking to improve what we do so we warmly welcome your feedback.

We look forward to welcoming you at our training events.

**Ann McLaughlin, Health Promotion 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.

Registration

To register with HIRS, please access the following link and follow the on-screen instructions. hpac.nhsforthvalley.com

Booking and Orders

Once registered, bookings and orders can be made by accessing HPAC.

Services we provide:

- 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
- health improvement literature searches

Visiting HIRS

Visit our Look 'n' Book sessions to view resources and to discuss your health information needs.

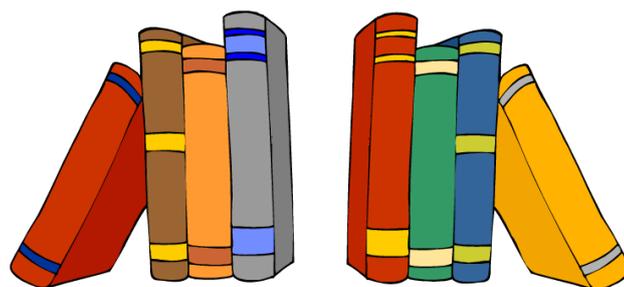
Tuesday 1.30 pm - 4.30 pm

Wednesday and Thursday 9.30 am - 12.30 pm

Outwith Look'n'Book session times you can make an appointment by contacting HIRS staff directly.

Contact us:

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



e-mail: FV-UHB.HIRS-group-mailbox @nhs.net
website: nhsforthvalley.com/healthservices/health-promotion/
ordering site: hpac.nhsforthvalley.com
telephone: 01786 433867

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

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).

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)

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: 4 hours

Dates: tbc

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)

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 2019.

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: 4 hours

Dates: tbc

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)

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: 3 hours: 9:15 am - 12:15 pm

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:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)

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: 4 hours

Dates:

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)

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

Date: Friday 22nd November 2019 9.30am – 1.30pm Stirling

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)

Health Behaviour Change

Name of Training Course:

MAP of Health Behaviour Change

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 staff with knowledge of the MAP of Health Behaviour Change model.
- Enable staff to develop practical skills to use Behaviour Change Techniques from the MAP model to support patients, clients and service users.
- Provide staff with the opportunity to explore how they can utilise the MAP model within their practice.

Learning outcomes:

Participants will:

- Be able to use the MAP model to structure consultations with patients/clients about changing their behavior.
- Be able to use the Behaviour Change Techniques (BCT's) included in the MAP approach according to a minimum specified standard.
- Be able to adapt responses and techniques used based on the patient or clients' context.
- Be able to use the MAP model to support the integration of these skills into their own practice.

Dates/Times/Locations:

Course duration: ½ day face to face.

The course can be delivered to suit the needs of the individual service regarding duration, venue and content.

E-Learning – Health Behaviour Change:

NES: The MAP of Health Behaviour Change

Access via **TURAS** using the 'Learn' application

You will be able to make a TURAS account at: <https://learn.nes.nhs.scot/>

Duration: Approx 45 mins

[To apply](#)

Name of Training Course:

Children and Young People's Mental Wellbeing Toolkit Training

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: Full day: 9:30 am - 4:30 pm

Dates:	Thursday 5th December 2019	Clacks (Fully booked)
	Tuesday 25th February 2020	Falkirk
	Wednesday 3rd June 2020	Clacks
	Wednesday 28th October 2020	Stirling

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:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)

Name of Training Course:

Dinnae Stress

Simple techniques to support pupils to better understand and handle their stress.

Our training is aimed at:

Teachers and tutors who support senior high school or college students' mental health and wellbeing.

Our training aims to:

- Ensure that teaching staff are familiar and comfortable with the content and format of Dinnae Stress teaching resource.
- Ensure that participants have a good understanding of stress and how it affects us.

Learning outcomes:

Participants will:-

- have an understanding of the Dinnae Stress Programme.
- feel comfortable with the programme's content.
- feel comfortable with the programme's format: The programme is a series of lesson plans supported by Power Points. The introduction and first 3 lessons is the core programme. You may add an additional lesson plan in response to your classes needs. Each lesson is designed to be taught in one period (40 - 50 minutes) and has a set of Powerpoint slides which lead into individual and group exercises.
- feel confident to deliver Dinnae Stress.

Dates/Times/Locations:

Course duration: 9:15 am – 12:15 pm

Date: Friday 29th November 2019 Alloa

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)

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.
- practice 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 09:30 am - 4:30 pm

Dates:	Tuesday 29th & Wednesday 30th October	Stirling (Fully booked)
	Thursday 28th & Friday 29th November	Falkirk (Fully booked)
	Thursday 5th & Friday 6th December	Stirling (Fully booked)
	Tuesday 14th & Tuesday 21st January 2020	Stirling
	Tuesday 18th & Wednesday 19th February	Stirling
	Wednesday 4th & Thursday 5th March	Stirling

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)

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 young 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:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

Dates/Times/Locations:

Course duration: Full day: 9:30 am - 4:30 pm

Dates

Tuesday 28th January 2020	Falkirk
Wednesday 6th May 2020	Clacks
Wednesday 30th September 2020	Stirling

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)

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 – sessions can be afternoon or evenings.

To apply contact: Stirling, Clacks and Falkirk: tel: 01324 673524

To book online: www.bookwhen.com/imhs

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 - In-house training available or course can be delivered to meet individual needs.

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)

Sexual Health

Name of Training Course:

Sexual Health - Supporting Looked After Children & Young People

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: Flexible minimum 1.5 hours, maximum 1 day.

In-house training is available to established groups of carers or staff.

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)



Name of Training Course:

LGBT Awareness Training

Our training is aimed at:

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

Our training aims to:

- Provide a better understanding of LGBT people and the challenges they face.

Learning outcomes:

Participants will:

- recognise the diverse needs and experiences of LGBT people.
- become aware of support & information that exists locally for LGBT young 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, biphobia & transphobia in the classroom or community setting.

Dates/Times/Locations:

Course duration: 3 hours - in house training is available

Date: Wednesday 15th January 2020 1:00pm – 4:00pm Stirling

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)



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:

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

Feel, Think, Do is a personal safety and sexual abuse prevention programme that meets curriculum for excellence HWB2 – 49a.

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/Locations:

Course duration: Full day: 9:15 am - 3:30 pm

**Dates: Thursday 28th November 2019 – Stirling
Tuesday 18th February 2020 - Camelon**

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)

Name of Training Course:

Getting to Know Feel, Think, Do

A half day training for Primary School 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:

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

Feel, Think, Do is a personal safety and sexual abuse prevention programme that meets curriculum for excellence HWB2 – 49a.

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:

Course duration: 3 hrs 15 mins: 9:15 am - 12:30 pm

Date: tbc

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)

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. This [guidance](#) has been produced as a response to the sexual health needs of young people in Forth Valley.

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

In-house training is available either as a twilight (90 minutes) or a half day session (3 hours).

Date:

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)



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.

Please contact us to discuss your specific training needs -

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)



Name of Training Course:

Relationships, Sexual Health & Parenthood - Early Years

Our training is aimed at:

Early Years Practitioners

Our training aims to:

Increase knowledge and awareness of Relationships, Sexual Health and Parenthood in the Early Years setting.

Learning outcomes:

Participants will:

- Provide a local and national context for Relationships, Sexual health and Parenthood in the Early Years setting
- Increase knowledge of the [new national resource for RSHP](#) and how this aligns to the Health and Wellbeing Outcomes for Curriculum for Excellence.
- Explore content from the new resource and how it can support and build on existing practice in the Early Years setting.

Dates/Times/Locations:

Thursday 6th February 2020 9.00 – 12.30 – Clackmannanshire

Thursday 27th February 2020 9.00 – 12.30 – Stirling

[To apply](#)



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.

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)



Name of Training Course:

Relationships, Sexual Health and Parenthood 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 Education.

Our training aims to:

- Familiarise participants with the Health and Wellbeing experiences & outcomes and benchmarks 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

Date: tbc

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)



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 – in house training is available.

Date: Tuesday 3rd December 2019 09:30 – 12:30 Stirling

For further information or queries about this course contact :

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)



Name of Training Course:

Sexual Health - 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 organization.

Dates/Times /Locations:

Course duration: 3 hours

Date: tbc

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)



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: tbc

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)

Name of Training Course:

Introduction to 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:

- 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: tbc

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)

Workplace Health, Safety & Wellbeing

Name of Training Course:

Mentally Healthy Workplace Training for Managers

Our training is aimed at:

Managers and Supervisors

Our training aims to:

- Increase understanding of mental health in the workplace. 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

Dates: Wednesday 5th February 2020 - Falkirk

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).

For further information or queries about this course contact:

<https://nhsforthvalley.com/health-services/health-promotion/contact-us/>

[To apply](#)