



HEALTH IMPROVEMENT TRAINING BROCHURE



April 2023 – March 2024

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*NHS AYRSHIRE AND ARRAN PUBLIC HEALTH DEPARTMENT AFTON HOUSE, AILSA HOSPITAL, DALMELLINGTON ROAD, AYR,
KA6 6AB*

Health improvement training programme

Our training programme is aimed at individuals who work in a range of sectors including health, social care and voluntary organisations.

The courses offered are free to attend and will help support you to protect and improve health and wellbeing. They will provide you with the knowledge and skills to reduce inequalities and improve the health of the population.

We offer a variety of training delivery methods – face-to-face, online or a blend of both.

If you need bespoke training, we are happy to discuss additional training for any of the tools and services we provide.

Details of our scheduled courses can be found in this brochure and **each section gives details on how to book** a place.

Bookings can be made by email and you should specify the following:

- your name
- your job title
- your organisation
- contact email and telephone number
- details of which course you'd like to attend (course name and date to be included).

Contact us:



Health Improvement Team Public Health Department
Afton House, Ailsa Hospital, Dalmellington Road, Ayr, KA6 6AB



HITraining@aapct.scot.nhs.uk

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Health improvement (general)

Course title	Aims	Who should attend
Creating a fairer, healthier Ayrshire and Arran	To define what we mean by health, explore the dimensions of health and increase knowledge on health inequalities and the impact of COVID-19.	Open to anyone who would like to increase knowledge in health improvement and health inequalities. Intro level.
Learning outcomes	By the end of the course, participants will: Have explored definitions of health, Know how to take a holistic approach to the dimensions of health. Have been introduced to the determinants of health. Have been introduced to health inequalities. Have explored how their role can influence the impacts of COVID-19	
Date(s)	No scheduled dates - available on request (minimum of six people required)	
Enquiries	<ul style="list-style-type: none"> 📧 Gillian Jennings - North Ayrshire; gillian.jennings@aapct.scot.nhs.uk 📧 Kevin Lyle – East Ayrshire; Kevin.Lyle@aapct.scot.nhs.uk 📧 Eileen McCutcheon – South Ayrshire; Eileen.McCutcheon@aapct.scot.nhs.uk 	
Bookings	📧 HITraining@aapct.scot.nhs.uk	


Health improvement (general)

Course title	Aims	Who should attend
Early brain development and attachment – infant mental health	To raise awareness of early brain development and attachment and its impact on infant and children’s emotional wellbeing and wider development.	Open to anyone who would like to increase knowledge in Infant mental health.
Learning outcomes	By the end of the course you will: <ul style="list-style-type: none"> • be able to define infant mental health; • have increased knowledge about early brain development and concepts of attachment; • be able to identify interventions to promote infant mental health; and • have increased knowledge that allows you to signpost to resource materials. 	
Date(s)	No scheduled dates - available on request (minimum of six people required)	
Enquiries	Karen Lee, Health Improvement Officer  01294 323025 / Internal: 23025  Karen.Lee@aapct.scot.nhs.uk	
Bookings	 HITraining@aapct.scot.nhs.uk	






Health improvement (general)

Course title	Aims	Who should attend
Health behaviour change (HBC) MAP of HBC e-learning	<ul style="list-style-type: none"> • To introduce the ethos and principles of health behaviour change and brief intervention. • To raise awareness about determinants of health and inequalities in health. • To increase skills in Health Behaviour Change practice. 	This course is for anyone who wants to learn more about health behaviour change and who has (or thinks they could have) a role in improving health.
Learning outcomes	By the end of the courses, participants will be able to: <ul style="list-style-type: none"> • understand influences on health and health behaviour and the impact these have on the effectiveness of interventions • understand health inequalities and the importance of facilitating access to a wide range of support agencies • develop knowledge and skills in the delivery of person-centered health behaviour change techniques • practice health behaviour change skills. 	
Duration	Independent learning	
Date(s)	No scheduled dates – contact NES for details of online in person MAP training	
Enquiries		
Bookings	HITraining@aapct.scot.nhs.uk	
Online courses available	Health behaviour change – level 1 https://learning.publichealthscotland.scot/course/view.php?id=330 Health behaviour change – level 2 https://learning.publichealthscotland.scot/course/view.php?id=411 MAP: https://learn.nes.nhs.scot/2144/map-of-health-behaviour-change-helping-people-to-make-and-maintain-behaviour-change	

Health improvement (general)

Course title	Aims	Who should attend
Health inequalities: (online module)	The new Public Health Scotland module looks at a definition of health inequalities and asks a participant to reflect on their own practice, identifying what they can do to reduce them.	This module is suitable for anyone who plans or delivers services to the public.
Learning outcomes	By the end of this module you should be able to: <ul style="list-style-type: none"> • define health inequalities and their main causes; • recognise interventions which are effective in reducing health inequalities; • reflect on how your own role can contribute to reducing health inequalities; and • identify the next steps to develop your health inequalities knowledge or practice further. 	
Duration	Approximately 90 minutes	
To enroll	Visit NHS Health Scotland's Virtual Learning Environment https://learning.publikealthscotland.scot/course/index.php?categoryid=147	
Need help	 https://learning.publikealthscotland.scot/course/view.php?id=604	


Health improvement (general)

Course title	Aims	Who should attend	Learning outcomes
Health issues in the community	<ul style="list-style-type: none"> Increasing community capacity. Increasing community participation. Establishing and consolidating community development approaches to tackling health inequalities. 	Communities, community groups or staff supporting community groups	Key Learning Outcomes of this course includes being: <ul style="list-style-type: none"> able to demonstrate an understanding of a social model of health and other key ideas about health and explain how these models/ ideas relate to their own lives and communities; able to demonstrate an understanding of the causes of health inequalities and the impact they have on different groups in society; able to demonstrate a general understanding of community development approaches to tackling health inequalities and how these can be applied.
Duration	Accredited course: unit 1 (maximum 30 hours), unit 2 (maximum 30 hours). Shorter, non-accredited courses are available, and participants are not required to undertake both units.		
Date(s)	No scheduled dates - available on request (minimum of six people required)		
Enquiries	Health Improvement Officers  Gillian Jennings - North Ayrshire; gillian.jennings@aapct.scot.nhs.uk  Kevin Lyle – East Ayrshire; Kevin.Lyle@aapct.scot.nhs.uk  Eileen McCutcheon; Eileen.McCutcheon@aapct.scot.nhs.uk  01292 617280/Internal:17280		
Bookings	 HITraining@aapct.scot.nhs.uk		




Health improvement (general)

Course title	Aims	Who should attend	Learning outcomes
Health Literacy	Online training / webinar	Suitable for anyone who wishes to Learn more to support health literacy across NHS Scotland health and social care.	Increase knowledge of what health literacy is. Increase awareness of tools and techniques to support & promote health literacy. Awareness of the resources and information available
Duration	30 – 40 minutes		
Date(s)	N/A		
Enquiries	Visit Health literacy Turas Learn (nhs.scot)		
Bookings			
Online courses available	<p>Health literacy e-learning on TURAS Visit Health literacy Turas Learn (nhs.scot) and login or register with the site. (approx. 30 mins) You can also access the e-learning module: Communication matters: why health literacy is important Turas Learn (nhs.scot) which is aimed at Pharmacy staff (approx. 20 mins).</p> <p>The link between health literacy and health inequalities (approx. 45 minutes) Visit Virtual Learning Environment (publichealthscotland.scot) and find the course using the search function.</p>		
Webinars	<p>Health literacy webinars are offered on request from NHS Education for Scotland.</p> <p>Contact knowledge@nes.scot.nhs.uk for more information.</p>		


Health improvement (general)

Course title	Aims	Who should attend
Improving health: developing effective practice	Blended course; face-to-face sessions, online (pre-course) e-learning and discussion. Increase confidence in improving health and tackling inequalities, using a framework which will guide and encourage the development of effective and reflective practice. Sets a standard for common values and principles for promoting health	This course is for all occupational groups with a role or interest in improving health and tackling health inequalities. Improving health is increasingly a key part of many jobs. The course is likely to be of interest to nursing staff, public health practitioners, allied health professionals, pharmacists, voluntary sector workers, occupational health workers and so on.
Learning outcomes	<ul style="list-style-type: none"> • critically examine concepts and models of health, health improvement and health promotion and show their influence on current practice • explain the mutual influences of social, policy, regulatory and legislative drivers on population health outcomes • appraise the implications of health improvement principles for reducing health inequalities and improving overall population health • critically examine your practice in relation to achieving continuous improvement in delivery of interventions aimed to improve health and reduce health inequalities • demonstrate personal use of a reflective process of experiential learning 	
Duration	Three and a half days Approximate learning time required: <ul style="list-style-type: none"> • e-learning - 15 hours / face-to-face - 24 hours / private study 20 hours 	
Assessment	Group work and group presentation	
Date(s)	<ul style="list-style-type: none"> • TBC 	
Contact for enquiries	Laura Thompson, Senior Health Improvement Officer Laura.thompson@aapct.scot.nhs.uk	
Email for bookings	 HITraining@aapct.scot.nhs.uk	



Health improvement (general)

Course title	Aims	Who should attend
Mental Health Improvement: A Practical Approach	To raise awareness of the importance of mental health improvement and provide delegates with the knowledge, skills and tools required to promote mental health improvement within the environment they influence.	This course is aimed at anyone who is interested in mental health improvement within the environment they influence.
Learning outcomes	<p>At the end of this course participants should:</p> <ul style="list-style-type: none"> • Be aware of the concept of mental health improvement and the role it plays in promoting wellbeing, preventing mental illness and facilitating recovery • Be able to identify the components of a mentally health environment • Have information on activities and approaches that are effective in promoting mental health improvement. • Be confident in supporting the development of an action plan for mental health improvement to implement in your own setting. 	
Duration	2.5 hours	
Date(s)	No scheduled dates - available on request	
Contact for enquiries	Karen Lee, Health Improvement Officer  01294 323025 / Internal: 23025  Karen.Lee@aapct.scot.nhs.uk	
Bookings	 Karen.Lee@aapct.scot.nhs.uk	



Health improvement (general)

Course title	Aims	Who should attend
Tackling health inequalities within health and social care (online module)	<p>This e-module will explore what health inequalities are and what they mean for your role and practice in health and social care.</p> <p>Note - You may find it useful to complete the shorter 'Health inequalities awareness' e-module first (detailed above)</p>	<p>This module is suitable for staff from all sectors of the health and social care workforce who have or have potential to impact on health inequalities (this can include health, local authority, independent and voluntary sector and volunteers).</p>
Learning outcomes	<p>By the end of the module, you should be able to:</p> <ul style="list-style-type: none"> • define health inequalities and its main causes within health and social care; • interpret the evidence on what works and does not work to reduce health inequalities; • evaluate the different ways health and social care staff can take action to reduce health inequalities; reflect on how your own specific role can contribute to reduce health inequalities within health and social care. 	
Duration	Approximately one and a half hours	
To enroll	<p>Visit NHS Health Scotland's virtual learning environment, https://elearning.healthscotland.com, click on the 'Courses' tab, then click on the following course to access the learning module: Tackling health inequalities within health and social care</p>	
Need help	<p> nhs.HealthScotland-LWDTeam@nhs.net</p>	

Health improvement (general)

Course title	Aims	Who should attend
Training for trainers	The course aims to equip participants with basic training and facilitation skills. The course is for new staff, or existing trainers as a way to refresh their knowledge and skills.	Anyone looking to further their training skills within health improvement.
Learning outcomes	<p>By the end of the module, you should be able to:</p> <ul style="list-style-type: none"> • understand different learning styles and why these matter when designing and delivering training; • facilitate learning and create a learning environment; • appreciate your own learning style and how this fits within your own training style; • plan a training session and manage time to enable effective learning; • understand the role of the trainer in facilitating learning and to use this knowledge to manage the learning environment to optimise participation, engagement and learning; • check that course content aligns with your learning needs and expectations; • have knowledge of a range of training techniques and understand their role in facilitating learning of course participants; • be aware of different methods and means of communication and how these interact positively in facilitating learning; and • plan for ongoing learning and development as a trainer. 	
Duration	These sessions can be tailored to suit the audience	
Date(s)	Also available on request (minimum of six people required)	
Contact for enquiries	Laura Thompson, Senior Health Improvement Officer  Laura.Thompson@aapct.scot.nhs.uk	
Emails for bookings	 HITraining@aapct.scot.nhs.uk	

Health improvement (general)

Course title	Aims	Who should attend
Better Health	<ul style="list-style-type: none"> • To deepen understanding of wider determinants of health with a brief look at health inequalities • To raise awareness of social isolation and loneliness • To consider some key health behaviour change information • To increase knowledge and skills in relation to health literacy • To discuss “resistance” and practice dealing with it • To discuss resources and sources of support • To raise awareness of the Better Health Hub and highlight the referral pathways 	This course is for anyone who wishes for an overview of aspects of health improvement.
Learning Outcomes	<p>By the end of the course participants will be:</p> <ul style="list-style-type: none"> • aware of factors which influence health, health inequalities and health behaviour change • aware of social isolation and loneliness and the impact on health • aware of resources to support people including the Better Health Hub • aware of health literacy • able to develop knowledge and skills to support person-centered care 	
Duration	These sessions can be tailored to suit the audience, lasting anywhere between 1 hour to 3 hours dependent on availability of time by the delegates in attendance	
Date(s)	No scheduled dates –available on request (minimum of 8 people required)	
Contact for enquiries	Laura Thompson, Senior Health Improvement Officer  Laura.Thompson@aapct.scot.nhs.uk	
Emails for bookings	 HITraining@aapct.scot.nhs.uk	

Health Improvement – (General)

Course title	Aims	Who should attend
Child Poverty and Financial Inclusion Pathway Training	This training aims to raise awareness of child poverty and the impact it can have on children and young people. Participants will also gain an understanding of the financial inclusion pathways available in East, North and South Ayrshire.	This training is aimed at healthcare professionals and any partners who will come into contact with families or anyone else who may benefit from a greater knowledge of the financial supports which they could be eligible for.
Learning outcomes	By the end of this training you will be able to: <ul style="list-style-type: none"> • Describe what child poverty is and what causes it • Outline how child poverty is defined in Scotland • Explain how poverty impacts children and young people’s health and wellbeing • Reflect on your role in reducing the impact of child poverty and understand how to utilise the Financial Inclusion Pathways 	
Date(s)	No scheduled dates, available on request.	
Enquiries	Kevin Lyle, Health Improvement Officer ✉ Kevin.Lyle@aapct.scot.nhs.uk 01563 826742	
Bookings	✉ HITraining@aapct.scot.nhs.uk	

Health improvement (Gender Based Violence)

Routine Enquiry

To continue to support **routine enquiry of abuse** within identified priority NHS settings (including maternity, mental health, substance misuse, sexual health, ED and primary care), training dates continued to be offered for staff within these priority settings. This includes training for new staff and refresher sessions for staff who have previously attended routine enquiry training.

Please note:

- **Routine Enquiry of domestic abuse applies to all women** accessing Maternity, ED, Primary Care and Sexual Health Services.
- **Routine enquiry of abuse applies to both men and women** accessing Addictions, Mental Health and Learning Disabilities Services.
- Staff should attend refresher training every 3 years

Course title	Aims	Who should attend
Routine Enquiry 1 Day Training	The main aim of Routine Enquiry is to provide early, appropriate intervention and care by identifying and assessing service users who have or are experiencing domestic abuse. A disclosure of abuse also means that the therapeutic intervention offered by the service can consider the specific needs of the individual.	For staff within maternity, the Emergency Department, Primary Care and Sexual Health settings.
Learning outcomes	<ul style="list-style-type: none"> • Explain the context for routine enquiry of domestic abuse • Explain the health impact of gender based violence • Explain why, when and how to ask about abuse • Respond safely and sensitively to disclosure • Know how to access support and guidance 	
Date(s)	No dates currently arranged but if you are interested in attending contact Mhairi Strawhorn, details below.	
Enquiries	Mhairi Strawhorn, Health Improvement Officer ✉ mhairi.strawhorn@aapct.scot.nhs.uk	
Bookings	✉ HITraining@aapct.scot.nhs.uk	



Health improvement (Gender Based Violence)

Course title	Aims	Who should attend
Routine Enquiry 1.5 Day Training	The main aim of Routine Enquiry is to provide early, appropriate intervention and care by identifying and assessing service users who have or are experiencing domestic abuse. A disclosure of abuse also means that the therapeutic intervention offered by the service can consider the specific needs of the individual.	For staff within Addictions, Mental Health and Learning Disabilities settings
Learning outcomes	<ul style="list-style-type: none"> • Explain the context for routine enquiry of domestic abuse • Explain the health impact of gender based violence • Explain why, when and how to ask about abuse • Respond safely and sensitively to disclosure • Know how to access support and guidance 	
Date(s)	No dates currently arranged but if you are interested in attending contact Mhairi Strawhorn, details below.	
Enquiries	Mhairi Strawhorn, Health Improvement Officer ✉ mhairi.strawhorn@aapct.scot.nhs.uk	
Bookings	✉ HITraining@aapct.scot.nhs.uk	


Health improvement (Gender Based Violence)

Course title	Aims	Who should attend
Routine Enquiry Refresher Training (Half day)	The main aim of Routine Enquiry is to provide early, appropriate intervention and care by identifying and assessing service users who have or are experiencing domestic abuse. A disclosure of abuse also means that the therapeutic intervention offered by the service can consider the specific needs of the individual.	For staff within maternity, the Emergency Department, Primary Care and Sexual Health settings , who have attended Routine Enquiry within the last 3 years
Learning outcomes	<ul style="list-style-type: none"> • Explain the context for routine enquiry of domestic abuse • Explain the health impact of gender based violence • Explain why, when and how to ask about abuse • Respond safely and sensitively to disclosure • Know how to access support and guidance 	
Date(s)	No dates currently arranged but if you are interested in attending contact Mhairi Strawhorn, details below.	
Enquiries	Mhairi Strawhorn, Health Improvement Officer ✉ mhairi.strawhorn@aapct.scot.nhs.uk	
Bookings	✉ HITraining@aapct.scot.nhs.uk	


Health improvement (Gender Based Violence)

Course title	Aims	Who should attend
Routine Enquiry Refresher Training (Half day)	The main aim of Routine Enquiry is to provide early, appropriate intervention and care by identifying and assessing service users who have or are experiencing domestic abuse. A disclosure of abuse also means that the therapeutic intervention offered by the service can consider the specific needs of the individual.	For staff within Addictions, Mental Health and Learning Disabilities Settings , who have attended Routine Enquiry within the last 3 years
Learning outcomes	<ul style="list-style-type: none"> • Explain the context for routine enquiry of domestic abuse • Explain the health impact of gender based violence • Explain why, when and how to ask about abuse • Respond safely and sensitively to disclosure • Know how to access support and guidance 	
Date(s)	No dates currently arranged but if you are interested in attending contact Mhairi Strawhorn, details below.	
Enquiries	Mhairi Strawhorn, Health Improvement Officer  mhairi.strawhorn@aapct.scot.nhs.uk	
Bookings	 HITraining@aapct.scot.nhs.uk	

Ask Support and Care (Gender Based Violence)

Course title	Aims	Who should attend
Ask, Support, Care Training (ASC)	The aim of the ASC programme is to engage a wide variety of professionals to support the prevention of Domestic Abuse in Scotland.	ASC (Ask Support Care) provides training on domestic abuse to those working in fields where they may encounter those who have been affected , allowing them to reach out and offer support and help. The evidence shows if a trusted professional raises the issue it may encourage those experiencing abuse to take action. The main reason people don't offer help is that they don't know where to start. We can help with that.
Learning outcomes	<ol style="list-style-type: none"> 1. Define the term domestic abuse 2. Discuss the extent of domestic abuse in Scotland. 3. Identify the reasons why domestic abuse is an issue for your profession 4. Identify the signs of abuse 5. Describe the AVDR process as it pertains to your profession. 	
Date(s)	On request	
Enquiries	Mhairi Strawhorn, Health Improvement Officer  mhairi.strawhorn@aapct.scot.nhs.uk	
Bookings	HITraining@aapct.scot.nhs.uk	

Health improvement (general)

Course title	Aims	Who should attend
Ask Tell Save a Life (Supporting Adults)	This workshop explores the issue of suicide, including statistics and facts about suicide in Scotland.	This course is aimed at anyone within Ayrshire and Arran who is interested in suicide prevention within the environment they influence.
Learning outcomes	It helps learners understand the signs that people may be thinking about suicide, and how and when to provide immediate help and support.	
Duration	2 hours - Face to Face and Microsoft Teams	
Date(s)	Available on request. To read more information about this training please click the link <u><i>Ayrshire & Arran Suicide Prevention Training Guide</i></u>	
Contact for enquiries	 chooselife@aapct.scot.nhs.uk	

Health improvement (general)

Course title	Aims	Who should attend
Ask Tell Save a Life (Children & Young People)	The aim is to learn about self-harm and suicide risk in children and young people.	This training is for those who work with or support Children and Young people.
Learning outcomes	Know the importance of talking and asking about suicidal thoughts and self-harm and getting immediate help when you are worried about a child or young person's safety.	
Duration	2 hours – face to face and Microsoft Teams.	
Date(s)	Available on request. To read more information about this training please click the link <u><i>Ayrshire & Arran Suicide Prevention Training Guide</i></u>	
Contact for enquiries	✉ chooselife@aapct.scot.nhs.uk	
Booking	✉ chooselife@aapct.scot.nhs.uk	

Health improvement (general)

Course title	Aims	Who should attend
safeTALK: Suicide Awareness for Everyone	<p>This course is designed to help participants:</p> <ul style="list-style-type: none"> • Recognise that a person may be having thoughts of suicide. • Engage that person in a direct and open talk about suicide. • Move quickly to connect them with someone trained in suicide intervention. 	This course is aimed at anyone within Ayrshire and Arran who is interested in suicide prevention within the environment they influence.
Learning outcomes	<ul style="list-style-type: none"> • Recognise • Engage • Connect 	
Duration	3 – 3.5 hours - Face to Face	
Date(s)	<p>Available on request.</p> <p>To read more information about this training please click the link <u><i>Ayrshire & Arran Suicide Prevention Training Guide</i></u></p>	
Contact for enquiries	✉ chooselife@aapct.scot.nhs.uk	
Booking	✉ chooselife@aapct.scot.nhs.uk	



Health improvement (general)

Course title	Aims	Who should attend
ASIST: Applied Suicide Intervention Skills Training (Skilled)	<p>The aim of this course is:</p> <ul style="list-style-type: none"> To preserve life where a person may be a danger to themselves. Listen and talk to a person with suicidal intention without judgement. Provide comfort to a person with suicidal intention. 	<p>This course is aimed at anyone within Ayrshire and Arran who is interested in suicide prevention within the environment they influence.</p> <p>It is an intensive interactive and practice dominated course.</p>
Learning outcomes		
Duration	2 days – Face to Face	
Date(s)	Available on request	
Contact for enquiries	<p>To read more information about this training please click the link <u>Ayrshire & Arran Suicide Prevention Training Guide</u></p> <p>✉ chooselife@aapct.scot.nhs.uk</p>	
Booking	<p>✉ chooselife@aapct.scot.nhs.uk</p>	



Health improvement (general)

Course title	Aims	Who should attend
Fundamentals of FASD for Health and Social Care Practitioners	. Visit the Foetal Alcohol Advisory Support and Training Service website for more information	<p>This course is aimed at professionals working within Health and Social Care in Scotland.</p> <p>The Fetal Alcohol Advisory Support and Training Team (FAASTT) is funded by Scottish Government with a national remit to provide and facilitate training, consultation and research in order to enhance the capacity, knowledge and confidence of Scotland's health and social care workforce.</p>
Learning outcomes	MAP of health behaviour change : helping people to make and maintain behaviour change Turas Learn (nhs.scot)	
Duration	1 – 2 days	
Date(s)	Enquire for dates on the website	
Contact for enquiries	✉ faast@ed.ac.uk For further information https://www.faast.ed.ac.uk/	
Booking	You can access further details and register by following the Team's Eventbrite page FAAST Team Events Eventbrite	



Dietetics

Course title	Aims	Who should attend
<p>C.A.N (Cheap And Nutritious)</p> <p>Eating well on a budget.</p>	<p>To provide participants with up to date knowledge and skills around healthy eating no matter what the available budget.</p> <ul style="list-style-type: none"> • Knowledge and practical skills • Training • Resources • Policy to practice 	<p>This course is aimed at community groups, organisations and individuals who wish to know more about eating healthily on a budget in order to enable others to eat well for good health.</p>
<p>Learning outcomes</p>	<p>This relaxed and interactive training session will equip you with knowledge and skills to promote eating well with others. The session includes a mixture of group work and discussions, based on the Eatwell Guide, games and resources to help with support the food poverty agenda.</p> <p>On Completion Participants will:</p> <ul style="list-style-type: none"> • Be able to understand how to use the Eatwell Guide and C.A.N Toolkit in practice with others. • Be more confident using the Eatwell Guide with others. • Be able to use the recipes and activities within the toolkit with others. 	
<p>Date(s)</p>	<p>This session will take place over 3 1/2 hours</p> <p>On request.</p>	
<p>Enquiries</p>	<p> NutritionTrainingDietetics@aapct.scot.nhs.uk</p>	
<p>Bookings</p>	<p> NutritionTrainingDietetics@aapct.scot.nhs.uk</p>	



Dietetics

Course title	Aims	Who should attend
Early Years nutrition.	Aims to build on participants' knowledge of current dietary concerns, nutritional guidelines and resources with a focus on application to practice. This training will introduce participants to the key health messages associated with early year's nutrition, resources available. You can then apply this knowledge effectively within your own practice to positively contribute to children's health.	<p>Staff who support families and/or work with children aged 0-5 years.</p> <p>This relaxed and interactive training session will equip you with knowledge and skills to promote eating well with under-fives. The session includes a mixture of group work and discussions, based on the Eatwell Guide, games and curriculum based resources.</p>
Learning outcomes	<p>On Completion Participants will be able to:</p> <ul style="list-style-type: none"> • Describe nutritional needs and key areas of consideration of the under fives. • Recognise key areas of consideration when implementing appropriate standards and guidelines. • Practice skills in supporting families with introducing first foods. • Practice activities from a sample of resources to support families around nutritional issues. • Identify and create nutrition improving activities using available resources. • Evaluate their learning needs in relation to nutrition and early years. 	
Date(s)	<p>This session will take place over 3 1/2 hours</p> <p>On request.</p>	
Enquiries	<p> NutritionTrainingDietetics@aapct.scot.nhs.uk</p>	
Bookings	<p> NutritionTrainingDietetics@aapct.scot.nhs.uk</p>	

Dietetics

Course title	Aims	Who should attend
Family Support Weaning. An introduction to solid food.	These sessions aim to provide an update on current national recommendations and provide staff with the opportunity to discuss weaning in more detail and gain knowledge and skills to advise about the introduction of solid foods and suitable drinks for babies under one year.	<p>Staff/volunteers who support families/carers of babies up to one year.</p> <p>This relaxed and interactive training session will equip you with knowledge and skills to promote starting solids with babies around 6 months The session includes a practical cooking element.</p>
Learning outcomes	<p>On Completion Participants will be able to:</p> <ul style="list-style-type: none"> • Explain the rationale behind the current weaning recommendations. • Be confident in using Fun First Foods for guidance on starting solids. • Gain confidence and wider skills in discussing practical application of current recommendations with clients. • Support parents with advice on practical cooking of homemade foods for babies. • Know where to access further information and advice when needed. 	
Date(s)	<p>This session will take place over 3 hours</p> <p>On request.</p>	
Enquiries	<p> NutritionTrainingDietetics@aapct.scot.nhs.uk</p>	
Bookings	<p> NutritionTrainingDietetics@aapct.scot.nhs.uk</p>	



Dietetics

Course title	Aims	Who should attend
Eating well for older people. East Ayrshire	Enables participants to update their knowledge on nutrition issues specific to older people. It is suitable for those working in clinical and in formal environments.	Staff/volunteers working with older people in groups or one-to-one. This relaxed and interactive training session will equip you with knowledge and skills to promote eating well with older people. The session includes a mixture of group work and discussions, based on the Eatwell Guide, games and additional resources available.
Learning outcomes	On Completion Participants will have an awareness of: <ul style="list-style-type: none"> The importance of a healthy diet in older people. Key nutrients required to maintain their body and protect them from illness. 	
Date(s)	On request.	
Enquiries	 NutritionTrainingDietetics@aapct.scot.nhs.uk	
Bookings	 NutritionTrainingDietetics@aapct.scot.nhs.uk	



Dietetics

Course title	Aims	Who should attend
Cooking Group Facilitation Skills	<p>Equips participants with the relevant knowledge, skills and confidence to facilitate cooking groups with service users, incorporating the key Eatwell messages to promote good health.</p> <ul style="list-style-type: none"> Equip participants with the basic skills to facilitate a cooking group Apply knowledge of how to incorporate the key Eatwell messages to promote good health 	<p>Staff or volunteers who run small practical cooking groups or cook with service users on a one to one basis.</p> <p>NOTE – you should attend one of the theory based sessions prior to this.</p> <p>This relaxed and interactive training session will equip you with knowledge and skills to promote eating well with others. The session includes a mixture of group work and discussions, based on the Eatwell Guide, games and practical cooking skills.</p>
Learning outcomes	<p>On Completion Participants will be able to:</p> <ul style="list-style-type: none"> Demonstrate an awareness of what makes an effective facilitator. Have increased confidence to incorporate appropriate Eatwell messages within a cooking group. Make simple changes to menus or recipes to meet service user health needs. Identify practical considerations to run cooking groups including health and safety issues. Have an increased knowledge on adapt a recipe on a budget. 	
Date(s)	On request.	
Enquiries	✉ NutritionTrainingDietetics@aapct.scot.nhs.uk	
Bookings	✉ NutritionTrainingDietetics@aapct.scot.nhs.uk	




Dietetics

Course title	Aims	Who should attend
REHIS Food Safety/ Hygiene.	To provide an introduction to all food hygiene and safety regulations.	<p>Staff or volunteers who are supporting individuals, families or groups around cooking and eating well.</p> <p>This is a full day accredited course and includes a multiple choice exam. The course will provide participants with the knowledge and understanding of the benefits of having high standards of hygiene within food premises in line with food safety legislation.</p>
Learning outcomes	<p>On Completion Participants will:</p> <p>Receive a REHIS accredited Elementary Food Hygiene qualification.</p>	
Date(s)	<p>On request. 9.00am - 4.30pm at our training room: North West Kilmarnock Area Centre, Western Road, Kilmarnock KA3 1NQ</p>	
Enquiries	<p> NutritionTrainingDietetics@aapct.scot.nhs.uk</p>	
Bookings	<p> NutritionTrainingDietetics@aapct.scot.nhs.uk</p>	

Dietetics

Course title	Aims	Who should attend
Weaning for Health Visitors.	Along with the Learn pro module this course aims to provide an update on current national recommendations and provide staff with the opportunity to discuss weaning in more detail and gain knowledge and skills to advise about the introduction of solid foods and suitable drinks for babies under one year.	<p>Existing and new health visiting staff ONLY.</p> <p>This relaxed and interactive training session will equip you with knowledge and skills to promote starting solids. The session includes a mixture of group work and discussions, games and a practical element.</p>
Learning outcomes	<p>Explain the rationale behind the current weaning recommendations.</p> <ul style="list-style-type: none"> Give practical up to date consistent advice on weaning to parents and carers. Be confident in using Fun First Foods for weaning advice and feeding babies up to one year of age. Gain confidence and wider skills in discussing practical application of current recommendations with clients. Support parents with advice on practical cooking of homemade foods for babies. Know where to access further information and advice when needed. 	
Date(s)	<p>On request.</p> <p>9.30am-4pm at our training room at: North West Kilmarnock Area Centre, Western Road, Kilmarnock KA3 1NQ</p>	
Enquiries	<p> NutritionTrainingDietetics@aapct.scot.nhs.uk</p>	
Bookings	<p> NutritionTrainingDietetics@aapct.scot.nhs.uk</p>	

Sexual Health and Blood Borne Virus (SHBBV)

Course title	What is C-card scheme?	Who should attend	Aims
Condom card (c-card)	C-card is a service in Ayrshire and Arran offering access to free condoms or dental dams with minimum embarrassment or fuss. Condoms and dams offer protection against some sexually transmitted infections - for example, chlamydia, gonorrhoea and HIV.	This course is suitable for anyone who wish to take on the role of C Card sign –up or collection point facilitator.	This course aims to give participants the knowledge and skills to be a C Card sign up facilitator or collection point. Contents includes providing a service which is open, friendly, non-judgement and confidentiality.
Duration	Two – two and a half hours (time can vary pending your request)		
Testimonial from previous delegate	“Group work, info given, in fact all, good balance of learning styles” “Trainers were very good at making us feel at ease”		
Date(s)	On demand		
Contact for enquiries	Sexual Health Team  01292 885804 Internal:15804  aa-uhb.shbbv@nhs.net		
Emails for bookings	 aa-uhb.shbbv@nhs.net		

Sexual Health and Blood Borne Virus (SHBBV)

Course title	Who should attend	Aims
Introduction to Transgender Awareness	This course is suitable for all staff who interact with service users, their families and carers.	This session will focus on how sex, gender identity and sexual orientation differ and provide the participants with an opportunity to explore their own use of appropriate and respectful language. It will help attendee's more effectively with trans gender people and better understand many of the challenges they can face.
Duration	Three hours a half hours.	
Date(s)	<ul style="list-style-type: none"> • On demand • 9.30am -1pm - Training Centre – Room 1, Ayrshire Central Hospital, Irvine 	
Contact for enquiries	Sexual Health Team ✉ aa-uhb.shbbv@nhs.net	
Emails for bookings	✉ aa-uhb.shbbv@nhs.net	



Sexual Health and Blood Borne Virus (SHBBV)

Introduction to Sexual Health and Learning Disabilities	This level is suitable for anyone working with anyone with learning disabilities and or additional support needs.	The aim of this course is to increase awareness of the issues around sexual health and learning disabilities.
Date	Wednesday 22 nd March 2023 9.30am - 1.00pm Afton House, Ailsa Hospital, Ayr	
Duration	Three and a half hours	
Contact for enquiries	Sexual Health Team ✉ aa-uhb.shbbv@nhs.net	
Emails for bookings	✉ aa-uhb.shbbv@nhs.net	

Sexual Health and Blood Borne Virus (SHBBV)

Course title	Who should attend	Aims
Sexuality, Learning Disability and sexual health	This course is suitable for anyone who has a role in working with, or supporting, individuals or groups with a learning disability, have an interest in sexual health and wellbeing and who are looking to promote sexual health within their client group.	This course aims to equip trainers with the current thinking on learning disability, sexual health, sexuality and the implications for the lives of individuals with a learning disability. Content includes demonstration awareness of the main barriers and issues in relation to abuse and encourages self-advocacy and empower for sexual health through a person-centered approach to practice and planning care. This train the trainer's course will provided appropriate knowledge and resources to plan and deliver a programme of training for people with learning disabilities.
Testimonial from previous delegate	"Having the opportunity to carry out a teaching session and get feedback was helpful. There was a good range of participants from different organisations" (Participant, October 2016)	
Duration	9.00am - 5.00pm	
Date(s)	TBC	
Contact for enquiries	Sexual Health Team ✉ aa-uhb.shbbv@nhs.net	
Emails for bookings	✉ aa-uhb.shbbv@nhs.net	

Sexual Health and Blood Borne Virus (SHBBV)

Course title	Who should attend	Aims
All you need to know about sex and your sexual health	This course is suitable for anyone wishing to increase their knowledge around sexual health.	This course explores information about relationships, sexual health and wellbeing and considers the wider influences on sexual health. Content increases person knowledge and understanding on STI's safer sexual practices and local support services.
Duration	Three hours a half hours.	
Date(s)	On Demand 9.30am - 12.30pm MacDonald Education Centre University Hospital, Ayr – Common Room 2 .	
Contact for enquiries	Sexual Health Team  aa-uhb.shbbv@nhs.net	
Emails for bookings	 aa-uhb.shbbv@nhs.net Or via <u>TURAS</u>	

Sexual Health and Blood Borne Virus (SHBBV)

Course title	Who should attend	Aims
Sex, the Law and Impact of technology	This course is suitable for anyone wishing to increase their knowledge around sexual health.	This course aims to explore the law in relation to sexual health and relationships while improving attendees understanding on how digital technology can negatively impact on a person's health and wellbeing.
Duration	Approximately Three hours 45 minutes	
Date(s)	On Demand 9.15am – 1.00pm MacDonald Education Centre, Common Room 2, University Hospital Ayr	
Contact for enquiries	Sexual Health Team  aa-uhb.shbbv@nhs.net	
Emails for bookings	 aa-uhb.shbbv@nhs.net	



Sexual Health and Blood Borne Virus (SHBBV)

Course title	Who should attend	Aims
Traffic light toolkit	This course is suitable for anyone working with vulnerable young people or people with learning disabilities up to the age of 25 years.	This course aims to equip trainers with knowledge and skills to train others in the use of the Traffic Light Toolkit. The course aims to increase knowledge on the law and sexual behavior, identify behaviors of concern and practice skills in different scenarios
Duration	Approximately Three hours a half hours.	
Testimonial from previous delegate	“Informative, relaxed and fun session with ready-to-use materials”	
Date(s)	On Demand	
Contact for enquiries	Sexual Health Team ✉ aa-uhb.shbbv@nhs.net	
Emails for bookings	✉ aa-uhb.shbbv@nhs.net	



Sexual Health and Blood Borne Virus (SHBBV)

Course title	Who should attend	Aims
BBV level 2 (HIV, HEPb &HAPC)	This course is suitable for all staff in all sectors and is mandatory for those undertaking training for Dry Blood Spot Testing for blood-borne viruses.	This course aims to increase your knowledge and understanding of HIV, Hepatitis C and Hepatitis B, by exploring routes of transmission and promoting the benefits of testing, treatment and care.
Duration	Approximately three hours a half hours.	
Date(s)	No scheduled dates- available on request (Minimum of six people required)	
Contact for enquiries	Sexual Health Team ✉ aa-uhb.shbbv@nhs.net	
Emails for bookings	✉ aa-uhb.shbbv@nhs.net	




Sexual Health and Blood Borne Virus (SHBBV)

Course title	Who should attend	Aims
Introduction to Motivational Interviewing	Staff or volunteers who provide direct support to people looking to make changes in their life. This includes nursing staff, social services and voluntary organisations.	<p>Provide the participants with the skills, knowledge and confidence to support clients and service users towards healthy life changes.</p> <p>It is a therapeutic tool that seeks to elicit empathy and co-operation between client and worker in a person-centered and non-confrontational approach. Motivational interviewing helps people to identify their own ambivalence and resistance to change, and then helps them set their own goals for change.</p>
Duration	Half-day (approximately four hours)	
Date(s)	No scheduled dates – available on request (minimum of six people)	
Contact for enquiries	Sexual Health Team  aa-uhb.shbbv@nhs.net	
Emails for bookings	 aa-uhb.shbbv@nhs.net	




Sexual Health and Blood Borne Virus (SHBBV)

Course title	Who should attend	Aims
Lesbian, Gay Bisexual and Transgender (LGBT)	This course is suitable for any health professionals who has little or no knowledge of LGBT.	This course aims to increase awareness of LGBTQ issues and explore examples of good practice. It will provide an opportunity to explore attendees own attitudes and values as well as building their interpersonal skills and confidence to better support people with diverse gender identities and sexual orientations.
Duration	Approximately three a half hours.	
Date(s)	On Demand 9.30am - 1.00pm Ayrshire Centre Hospital, Training Centre, room 1	
Contact for enquiries	Sexual Health Team  aa-uhb.shbbv@nhs.net	
Emails for bookings	 aa-uhb.shbbv@nhs.net	

Tobacco

Course title	Aims	Who should attend	NHS Knowledge and Skills Framework (KSF) dimensions
Raising the issue of smoking Level 1	To provide information about smoking and how to refer someone to the local Quit Your Way service.	All NHS staff and partner agencies.	Core: 1, 2 and 6 Specific: HWB1, 4 and 7
Duration	One hour and 30 minutes online component, then a three-hour classroom session.		
Certificate	Certificate issued on completion of training.		
Date(s)	No scheduled dates - available on request (minimum of six people required).		
Contact for enquiries	Kerry Ingram (Quit Your Way Team)  0800 783 9132  QYWAyrshire@aapct.scot.nhs.uk		
Emails for bookings	 QYWAyrshire@aapct.scot.nhs.uk		

Smoking Cessation

Course title	Pre-requisite	Aims	Who should attend	NHS Knowledge and Skills Framework (KSF) dimensions
Raising the issue of smoking Level 2	Raising the issue of smoking level 1 must be completed before attending this course.	Advanced training for those who are going to be supporting clients to try to stop smoking on a one-to-one basis. Includes information on pharmacotherapies - for example, Nicotine Replacement Therapy (NRT).	All NHS staff and partner agencies that provide one-to-one smoking cessation support to clients.	Core: 1, 2, 5 and 6 Specific: HWB1, 2, 4 and 7 IK: 1 and 3
Duration	Two days. After the course, there will also be an element of shadowing Fresh Air-shire staff and seeing clients on a one-to-one basis (while supervised).			
Certificate	Certificate issued on completion of training.			
Date(s)	No scheduled dates - available on request (minimum of six people required).			
Contact for enquiries	Kerry Ingram (Quit Your Way Team)  0800 783 9132  QYWAyrshire@aapct.scot.nhs.uk			
Emails for bookings	 QYWAyrshire@aapct.scot.nhs.uk			

Smoking Cessation

Course title	Summary	Who should attend	NHS Knowledge and Skills Framework (KSF) dimensions
Reducing children's exposure to second- hand smoke (Toby the cat)	For those who work with young children and/or their parents, to advise on how to go smoke-free in the home and car.	Usually nursery school staff and child minders.	Core: 1, 2 and 6 Specific: HWB1, 4 and 7 IK: 3
Duration	Two-hour session		
Date(s)	No scheduled dates - available on request (minimum of six people required).		
Contact for enquiries	Kerry Ingram (Quit Your Way Team) ☎ 0800 783 9132 ✉ QYWAyrshire@aapct.scot.nhs.uk		
Emails for bookings	✉ QYWAyrshire@aapct.scot.nhs.uk		

Smoking Cessation

Course title	Summary	Who should attend	NHS Knowledge and Skills Framework (KSF) dimensions
Tobacco awareness (bespoke training)	A very brief overview of the Quit Your Way service, smoking and how to refer someone to the service.	All NHS staff and partner agencies.	Core: 1, 2 and 6 Specific: HWB1, 4 and 7 IK: 3
Duration	30 minutes to one hour		
Date(s)	No scheduled dates - available on request (minimum of six people required)		
Contact for enquiries	Kerry Ingram (Quit Your Way Team) ☎ 0800 783 9132 ✉ QYWAyrshire@aapct.scot.nhs.uk		
Emails for bookings	✉ QYWAyrshire@aapct.scot.nhs.uk		

Smoking Cessation

Course title	Summary	Who should attend	NHS Knowledge and Skills Framework (KSF) dimensions
Very Brief Advice	A very brief overview of what Very Brief Advice is and how to use it.	All NHS staff and partner agencies.	Core: 1, 2 and 6 Specific: HWB1, 4 and 7 IK: 3
Duration	30 minutes to one hour		
Date(s)	No scheduled dates - available on request (minimum of six people required)		
Contact for enquiries	Quit Your Way Team ☎ 0800 783 9132 ✉ QYWAyrshire@aapct.scot.nhs.uk		
Emails for bookings	QYWAyrshire@aapct.scot.nhs.uk		




Workplace

Course title	Summary	Who should attend	Overview
Menopause in the workplace	The purpose of this session is to create awareness of the menopause and the symptom's women can experience, the related issues and how it can affect employees in the workplace.	All staff	This includes: The definition of menopause Discuss some of the most common symptoms. Self-help activities and workplace support and accommodations. Overview of a risk assessment and mitigating factors to be considered. Policy content We will then touch on some examples of local businesses and the ways in which they are supporting their employees who are facing menopause.
Date(s)	On Demand 2- 3 hours		
Contact for enquiries	Workplace Team ☎ 01292 617284 ✉ AA-UHB.HWL@aapct.scot.nhs.uk		
Emails for bookings	✉ AA-UHB.HWL@aapct.scot.nhs.uk		




Workplace

Course title	Summary	Who should attend	Overview
Introduction to Mindfulness	One hour session to raise awareness of the benefits of mindfulness	All staff	To raise awareness of mindfulness and its use in mental health improvement within the workplace.
Duration	One hour		
Date(s)	On demand		
Contact for enquiries	Workplace Team ☎ 01292 617284 ✉ AA-UHB.HWL@aapct.scot.nhs.uk		
Emails for bookings	✉ AA-UHB.HWL@aapct.scot.nhs.uk		




Workplace

Course title	Summary	Who should attend	Overview
Hand hygiene	The workplace team continues to offer monthly in-house hand hygiene for small and medium-sized enterprises (SME). These sessions raise awareness of where and how germs are most commonly transferred throughout the workplace and practice effective hand-washing techniques. It is also an opportunity to find out if your hand washing technique is effective using our light box kit.	All staff.	<p>The session will cover:</p> <ul style="list-style-type: none"> • hand hygiene campaign • why hand hygiene is important • methods of hand hygiene and hand washing • skin care • opportunity to practice good hand washing technique using ultraviolet light.
Duration	One hour		
Date(s)	No scheduled dates – available on request		
Contact for enquiries	<p>Workplace Team</p> <p> 01292617284</p> <p> AA-UHB.HWL@aapct.scot.nhs.uk</p>		
Emails for bookings	<p> AA-UHB.HWL@aapct.scot.nhs.uk</p>		




Workplace

Course title	Summary	Who should attend
Healthy eating, active living	These sessions can be tailored to the needs of your workplace and will cover: <ul style="list-style-type: none"> • what's involved in a balanced diet; • how much activity we need to keep us fit and healthy; and • creating a personal action plan to help people eat well and be active. 	All staff
Duration	One hour	
Date(s)	No scheduled dates – available on request	
Contact for enquiries	Workplace Team  01292 617284  AA-UHB.HWL@aapct.scot.nhs.uk	
Emails for bookings	 AA-UHB.HWL@aapct.scot.nhs.uk	




Workplace

Course title	Summary	Who should attend	Overview
Mentally healthy workplace training for managers	Mentally healthy workplace training has been developed by Healthy Working Lives specifically for managers and supervisors. This course is delivered through blended learning and before attending you must complete the mentally healthy workplace e- learning course.	Line Managers.	Line managers have a crucial role in supporting the health and wellbeing of employees. From communication, to clarity of job role, line managers can influence the success of a team. This training includes good practice in promoting positive mental health and wellbeing as well as offering practical examples of how to support employees experiencing mental health problems. Mental health training for managers is a core criteria of the silver and gold Healthy Working Lives awards. Attending this course can be used as evidence for your HWL award portfolio. The aims of the course are to: <ul style="list-style-type: none"> • give employers and line managers a broad understanding of mental health • identify key factors that contributes to a mentally healthy workplace • improve managers confidence in dealing with this issue and • ensure that managers are aware of their legislative responsibilities in relation to health and wellbeing. This course is delivered as 'blended learning' and consists of an eLearning course (30 minutes - one hour) and six hours face-to-face learning. Participants must complete the e-learning course before attending.
Duration	9.30am - 4.30pm		
Date(s)	Dates can be viewed here once they are available: www.healthyworkinglives.scot		
Contact for enquiries	Workplace Team  01292617284  AA-UHB.HWL@aapct.scot.nhs.uk		
Emails for bookings	 AA-UHB.HWL@aapct.scot.nhs.uk		

Workplace

Course title	Summary	Who should attend	Overview
Stress awareness	This course is designed for employees from any workplace to explore the factors that can cause stress both at home and at work. The session explores both pressure and stress and then asks delegates to consider their own stressors and potential coping mechanisms using personal action planning to help keep them well.	All staff.	<p>This session covers the following learning outcomes:</p> <ul style="list-style-type: none"> • understanding the meaning of stress • recognising when you are stressed • understanding what can cause stress • identifying how you can respond to stress • developing coping mechanisms • developing your own personal action plan.
Duration	Approximately one hour		
Date(s)	No scheduled dates - available on request		
Contact for enquiries	<p>Workplace Team</p> <p> 01292 617284</p> <p> AA-UHB.HWL@aapct.scot.nhs.uk</p>		
Emails for bookings	<p> AA-UHB.HWL@aapct.scot.nhs.uk</p>		

Workplace

Course title	Summary	Who should attend	Overview
Supporting staff attendance training (for SMEs)	<p>This session aims to provide delegates with an introduction to supporting staff attendance, development and implementation of policy and managing return to work. The course is suitable for individuals who have responsibility for line management of staff within small businesses and who would like to know more on how to support staff attendance more effectively.</p> <p>This course is only available to small businesses up to 250 employees' outwith the public sector.</p>	Line Managers.	<p>This workshop will focus on:</p> <ul style="list-style-type: none"> • work, is it good for you? • effective management • best practice • fit note • return to work advice • absence management tools • how to get help and support.
Learning outcomes	<p>Delegates will be able to demonstrate increased:</p> <ul style="list-style-type: none"> • awareness of key components to supporting staff attendance; • knowledge of principles of effective management of attendance including policy and return to work; • knowledge of support mechanisms • confidence to support staff attendance. 		
Duration	Three hours		
Date(s)	Dates can be viewed here once they are available: www.healthyworkinglives.scot		
Contact for enquiries	Workplace Team  01292617284  AA-UHB.HWL@aapct.scot.nhs.uk		
Emails for bookings	 AA-UHB.HWL@aapct.scot.nhs.uk		

Workplace

Course title	Summary	Who should attend	Overview
Health and Safety Basics	Three hour session covering basic health and safety in the workplace	All staff.	Covers the basics of health and safety offering the participants knowledge and information on how to meet current health and safety legislation. It covers areas such as legal duties on Safety Policy, Employers liability insurance, first aid, training, workplace health safety and welfare etc.
Duration	3 hours		
Date(s)	On demand- external trainer		
Contact for enquiries	Workplace Team ☎ 01292 617284 ✉ AA-UHB.HWL@aapct.scot.nhs.uk		
Emails for bookings	✉ AA-UHB.HWL@aapct.scot.nhs.uk		

Workplace

Course title	Summary	Who should attend	Overview
Fire Safety	Two hour session to raise awareness of fire safety.	All staff.	Awareness of fire hazards, an understanding of how fires start and spread. Actions to take to prevent fires and what to do if a fire breaks out. How to distinguish between the different types of fire extinguishers and the fires they can be used against.
Duration	2 hours		
Date(s)	On demand – external trainer		
Contact for enquiries	Workplace Team ☎ 01292 617284 ✉ AA-UHB.HWL@aapct.scot.nhs.uk		
Emails for bookings	✉ AA-UHB.HWL@aapct.scot.nhs.uk		


Workplace

Course title	Summary	Who should attend	Overview
Lone Working	Three hour session to raise awareness of risks of lone working.	Line managers.	This session looks at the risks that could be faced by lone workers. It looks at assessing the risks for lone workers, including violence and aggression, getting assistance in an emergency and discussing policies and procedures for keeping in contact with lone workers.
Duration	Three hours		
Date(s)	On demand – external trainer		
Contact for enquiries	Workplace Team ☎ 01292 617284 ✉ AA-UHB.HWL@aapct.scot.nhs.uk		
Emails for bookings	✉ AA-UHB.HWL@aapct.scot.nhs.uk		


Workplace

Course title	Summary	Who should attend	Overview
Basic Risk Assessment	Three hour session to raise awareness of the benefits of mindfulness	All staff.	Covers the requirements for businesses to carry out risk assessments. Including legal duties, what is meant by terms such as reasonably practicable and suitable and sufficient. It offers participants an opportunity to look at some of the practicalities of carrying out risk assessments.
Duration	Three hour		
Date(s)	On demand – external trainer		
Contact for enquiries	Workplace Team ☎ 01292 617284 ✉ AA-UHB.HWL@aapct.scot.nhs.uk		
Emails for bookings	✉ AA-UHB.HWL@aapct.scot.nhs.uk		


Oral Health

Course title	Summary	Who should attend
Basic Oral Health Awareness	To raise awareness, increase knowledge and confidence of oral health and issues related to oral health.	This level caters for all staff and partner agencies who require a basic knowledge of Oral Health and the issues surrounding oral health.
Learning outcomes	Delegates will be able to: <ul style="list-style-type: none"> • Recognise the factors that contribute to poor oral health • Understand the practical steps to improve oral health • Know when and how to access appropriate dental services 	
Duration	Will be advised on request - can be tailored to suit organisation/group on request	
Date(s)	No scheduled dates – available on request	
Contact for enquiries and bookings	Oral Health Improvement Team  oralhealthimprovementteam@aapct.scot.nhs.uk	


Oral Health

Course title	Summary	Who should attend
Caring for Smiles – Level 1 Training	Basic oral health care for Dependent Older People	Care home staff, Homecare provider staff, Nursing Assistants, any staff who provide care for dependent older people.
Learning outcomes	<ul style="list-style-type: none"> • Explain why good oral health is important for older people in care. • Recognize the factors that contribute to poor oral health in older people. • Demonstrate good practice in day to day oral care for residents who require assistance. • Summarise the importance of the different oral care forms (for example assessment, care plans and documentation of daily oral care). • Know when and how to report any oral health concerns (referring to local protocols). 	
Duration	1 hr 30 mins or can be tailored to suit client group	
Date(s)	No scheduled dates – available on request	
Contact for enquiries and bookings	Oral Health Improvement Team  oralhealthimprovementteam@aapct.scot.nhs.uk	


Oral Health

Course title	Summary	Who should attend
Caring for Smiles – Level 2 Training	Providing oral care for Dependent Older People demonstrating signs of Care Related Stress and Distress	Care home staff, Homecare provider staff, Nursing Assistants, any staff who provide care for dependent older people.
Learning outcomes	<ul style="list-style-type: none"> Describe the techniques and strategies that may help those residents with dementia, with specific reference to those resisting oral care. 	
Duration	1 hr 30 mins or can be tailored to suit client group	
Date(s)	No scheduled dates – available on request	
Contact for enquiries and bookings	Oral Health Improvement Team  oralhealthimprovementteam@aapct.scot.nhs.uk	


Oral Health

Course title	Summary	Who should attend
Caring for Smiles Credit Rated Qualification Foundation level – at SCQF 5 (2 credit points)	To promote the importance of providing good oral care for those dependent older people in care homes.	This foundation level would be appropriate for all staff caring for the oral health of dependent older people in care homes.
Learning outcomes	<ul style="list-style-type: none"> • Explain why Good Oral Health is important for older people in care • Recognise the factors that contribute to Poor Oral Health • Demonstrate good practice in day to day oral care for residents who require assistance • Know when and how to report any oral health concerns (referring to local protocols) 	
Duration	Approximately 20 hours	
Date(s)	No scheduled dates – available on request	
Contact for enquiries and bookings	Oral Health Improvement Team  oralhealthimprovementteam@aapct.scot.nhs.uk	


Oral Health

Course title	Summary	Who should attend
Caring for Smiles Credit Rated Qualification Intermediate level – at SCQF 6 (2 credit points)	To gain the skills and confidence to carry out oral care for residents with dementia, and those at palliative and end-of-life stages.	This intermediate level would be appropriate for all staff caring for the oral health of dependent older people .
Learning outcomes	<ul style="list-style-type: none"> • Summarise the importance of the different oral care forms. • Carry out oral health risk assessment • Describe the techniques and strategies that may help those residents with dementia, with specific reference to those resisting oral care. • Recognise the need for specialist oral care 	
Duration	20 hours	
Date(s)	No scheduled dates – available on request	
Contact for enquiries and bookings	Oral Health Improvement Team  oralhealthimprovementteam@aapct.scot.nhs.uk	


Oral Health

Course title	Summary	Who should attend
Oral Health Training – Caring for Smiles for Hospital Staff	To promote the importance of providing good oral care for people who are in hospital.	Nursing staff & nursing assistants who provide care for dependent older people.
Learning outcomes	<ul style="list-style-type: none"> • Explain why good oral health is important for older people in hospital • Recognize the factors that contribute to poor oral health in older people. • Demonstrate good practice in day to day oral care for patients who require assistance. • Summarise the importance of the different oral care forms (for example risk assessment, care plans and documentation of daily oral care). • Know when and how to report any oral health concern (referring to local protocols). 	
Duration	2 hours or can be tailored to suit client group	
Date(s)	No scheduled dates – available on request	
Contact for enquiries and bookings	Oral Health Improvement Team  oralhealthimprovementteam@aapct.scot.nhs.uk	


Oral Health

Course title	Summary	Who should attend
Smile4life Oral Health Training	To promote the importance of providing good oral care for people experiencing homelessness.	Health and social care professionals working directly with people experiencing homelessness.
Learning outcomes	<ul style="list-style-type: none"> • To have knowledge of the oral health issues and barriers to accessing care, as experienced by homeless people. • To know the main oral health care messages and be competent in providing tailored oral health information to clients. • To be familiar with the risk factors that contribute to the oral health status of homeless people. • To be aware of how and where homeless people can access dental care. • To be competent in giving basic health advice on diet, smoking, alcohol consumption and methadone use. • To know the structure and application of the Smile4life intervention. • To know how to assess client readiness to change, using the assessment tool. • To know the basic motivational interviewing techniques when interacting with clients. 	
Duration	Full day or can be tailored to suit client group	
Date(s)	No scheduled dates – available on request	
Contact for enquiries and bookings	Oral Health Improvement Team  oralhealthimprovementteam@aapct.scot.nhs.uk	

Oral Health

Course title	Summary	Who should attend
Open Wide Oral Health Training	To provide care staff with adequate knowledge and understanding to enable them to support clients (adults with additional needs) in achieving good oral health.	All staff caring for the oral health of adults with additional needs.
Learning outcomes	<ul style="list-style-type: none"> • Recognise the factors that contribute to poor oral health • Demonstrate an understanding of why good oral health is important for adults with additional needs. • Understand the practical steps to improve oral health. • Know when and how to report any oral health concerns. • Understand the importance of the different oral care forms (for example risk assessment, care plans and documentation of daily oral care). • Carry out an oral health risk assessment. • Understand what techniques and strategies may help those with additional needs who resist oral care. • Confidentially carry out day to day oral care for clients who require assistance. 	
Duration	Full day or can be tailored to suit client group	
Date(s)	No scheduled dates – available on request	
Contact for enquiries and bookings	Oral Health Improvement Team  oralhealthimprovementteam@aapct.scot.nhs.uk	

Oral Health

Course title	Summary	Who should attend
Mouth Matters	To promote the importance of providing good oral care for the Scottish Offender population.	Prison staff, support workers and health professionals.
Learning outcomes	<ul style="list-style-type: none"> • Understand why improving oral health is important for the Scottish Offender population. • Understand the content of government policy to oral health in Scottish prisons. • Understand what good oral health is, and why it is important. • Describe the core key steps to maintaining oral health. • Recognise the common risk factors that contribute to poor oral health. • Give basic health advice on the common risk factors for oral health. • Understand the most common oral health problems in the offender population and give oral health advice. • Understand the barriers and enablers to oral health for offenders inside and outside the prison setting. • Refer offenders to dental services inside and outside of prison and provide information on through-care support. • Carry out an oral health brief intervention tailored to the needs of the individual offender. 	
Duration	4 hours or can be tailored to suit client group	
Date(s)	No scheduled dates – available on request	
Contact for enquiries and bookings	Oral Health Improvement Team  oralhealthimprovementteam@aapct.scot.nhs.uk	