GLASGOW CITY HEALTH IMPROVEMENT TRAINING CALENDAR

JANUARY – JUNE 2023

All training is free of charge. If you no longer require your place, please let us know, so it can be offered to someone else.

For all queries, please email northeastyouth@ggc.scot.nhs.uk

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

Glasgow City Health Improvement Training Calendar offers different levels of training, ranging from 'informed' through to 'specialist'. It offers a variety of options for your organisation.

Informed	Baseline knowledge and skills required by all staff working in health, social care and third sector settings.
Skilled	Knowledge and skills required by staff who have direct and/or substantial contact with individuals at risk of self harm and/or suicide.
Enhanced	Knowledge and skills required by staff who have more regular and intense contact with those who may be at risk or/affected by mental ill health.
Specialist	Knowledge and skills required by staff who, by virtues of their role and practice setting, provide an expert specialist role in the assessment, care, treatment and support of those affected by mental ill health. They often have leadership roles in education, training and service coordination and development, e.g. staff working within specialist mental health services.

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

COURSE NAME, AIMS & OBJECTIVES	DATES & VENUE BOOKING INFORMATION
HEALTHY MINDS OVERVIEW **AIMS** This session provides information on the Healthy Minds Resource Pack. **LEARNING OUTCOMES/OBJECTIVES** A brief overview of what influenced the development of the resource. Information on the context of the resource, its format, how it can be accessed and used. An opportunity for questions and some discussion to explore how they see the resource supporting their work in mental health improvement. **Level: Informed**	**Thursday 19th January 2023** **2pm – 3.30pm** **Online via MS Teams** **Click here to book a place**

Glasgow City HSCP
Health and Social Care Partnership

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

WHAT'S THE HARM? SKILLS AND AWARENESS (FULL DAY)

AIMS

This 1 day workshop aims to help dispel the myths about self harm and equip participants to support people who may self harm.

LEARNING OUTCOMES/OBJECTIVES

A brief Introduction to develop your understanding of self harm.

Opportunity to further develop skills and knowledge from the 1 hour awareness session.

Gain access to resources to support those using self harm as a coping strategy.

Level: Skilled

Tuesday 31st January 2023

9am – 4.30pm

Eastbank Conference and Training Centre

22 Academy Street

Shettleston

G32 9AA

Click here to book a place

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

WHAT'S THE HARM? (1 HOUR) **AIMS** To increase participants' awareness and understanding of self harm when used as a coping strategy. **LEARNING OUTCOMES/OBJECTIVES** A brief overview of what influenced the development of the resource. Information on the context of the resource, its format, how it can be accessed and used. An opportunity for questions and some discussion to explore how they see the resource supporting their work in mental health improvement. **Level: Informed**	**Wednesday 8th February 2023** **2pm – 3.30pm** **Online via MS Teams** **Click here to book a place**

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

SUICIDE CONTAGION **AIMS** To increase participants' awareness of the multi-agency approach to suicide prevention across the Greater Glasgow and Clyde Board area. **LEARNING OUTCOMES/OBJECTIVES** Increased understanding of; The current data around suicide, particularly around age and gender. Some of the factors that can contribute to people completing, or attempting to complete suicide. The impact that different forms of media can have on rates of completed and attempted suicide. The risks associated with irresponsible reporting of suicide in the media. **Level: Informed**	**Thursday 9th February 2023** **1.30pm – 3.30pm** **Online via MS Teams** **Click here to book a place**

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

WHAT'S THE HARM? SKILLS AND AWARENESS (FULL DAY)

AIMS

This 1 day workshop aims to help dispel the myths about self harm and equip participants to support people who may self harm.

LEARNING OUTCOMES/OBJECTIVES

A brief Introduction to develop your understanding of self harm.

Opportunity to further develop skills and knowledge from the 1 hour awareness session.

Gain access to resources to support those using self harm as a coping strategy.

Level: Informed

Wednesday 22nd February 2023

9am – 4.30pm

Wheatley House

25 Cochrane Street

Glasgow

G1 1HL

Click here to book a place

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

EQUALLY SAFE YOUNG PEOPLE (ESYP)

AIMS

To increase awareness of the issues of abuse and exploitation in young people's relationships. Participants will be supported to develop their understanding of these issues and be equipped with the skills and language to respond.

LEARNING OUTCOMES/OBJECTIVES

Increased knowledge and understanding of the effects of; gender stereotyping on young people, the signs and effects of abuse within young people's intimate relationships, the Guideline for Responding to Gender Based Violence in Youth Work Settings and how to talk to young people about the issues.

Level: Informed

Wednesday 22nd February 2023

9.30am – 12.30pm

Online via MS Teams

Click here to book a place

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

SCOTTISH MENTAL HEALTH FIRST AID (SMHFA) ADULT

(2 DAY COURSE)

AIMS

- To preserve life
- To provide help to prevent the mental health problem or crisis developing into a more serious state
- To promote recovery and wellbeing
- To provide comfort to a person experiencing distress
- To promote understanding of mental health issues

The course will support you in learning more about:

- How to apply the 5 steps of SMHFA
- How to respond if you believe someone is at risk of suicide
- How to give immediate help until professional help is available
- What to say and do in a crisis
- The importance of good listening skills, practice listening and responding
- Understanding recovery, understanding the connection between mental health problems and alcohol and drugs, mental health problems and discrimination
- Some basic information about common mental health problems & self-help information

Level - skilled

Tuesday 28th February

&

Wednesday 1st March 2023

(must attend both days)

9am – 4.30pm

Eastbank Conference and Training Centre

22 Academy Street

Shettleston

G32 9AA

Click here to book a place

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

INEQUALITY, EQUITY AND SOCIAL JUSTICE

(2 HALF DAYS)

AIMS

The course explores the idea of relative poverty and its link to social justice.

LEARNING OUTCOMES/OBJECTIVES

Introduce key aspects of the determinants of health; poverty, inequality and social class.

Broaden participants' understanding of different groups' experiences of inequality.

Enable participants to develop a basic understanding of social inclusion and social justice.

Whilst the course has a specific view on young people, it would be beneficial to anyone with an interest in inequality and social justice and how it impacts on communities.

Level: Informed

Tuesday 28th February

&

Tuesday 7th March 2023

9.30am – 12.30pm

Must attend both days

Leverndale

Beresford Suite

Leverndale hospital

510 Crookston Road,

Glasgow

G53 7TU

Click here to book a place

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

POVERTY AWARENESS – PROFESSIONAL DEVELOPMENT **AIMS** During this course, you will: Explore the causes and impact of poverty from a national to a local community perspective. Identify actions to poverty proof the work you are involved in and promote greater inclusion and participation. **LEARNING OUTCOMES/OBJECTIVES** Understand the causes of poverty. Identify the impact that poverty has on children and young people's wellbeing. Reflect on how your organisation's policy and practice can impact the experience of families in poverty. Have awareness of further learning resources and information to support your work. **Level – Informed**	**Thursday 2nd March 2023** **10am – 12 noon** **SWAMP** **25-27 Brockburn Road** **Glasgow** **G53 5BG** **Click here to book a place**

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

WHAT'S THE HARM? (1 HOUR) **AIMS** To increase participants' awareness and understanding of self harm when used as a coping strategy. **LEARNING OUTCOMES/OBJECTIVES** A brief overview of what influenced the development of the resource. Information on the context of the resource, its format, how it can be accessed and used. An opportunity for questions and some discussion to explore how they see the resource supporting their work in mental health improvement. **Level: Informed**	**Wednesday 15th March** **10am – 11.30am** **Online via MS Teams** **Click here to book**

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

WHAT'S THE HARM? SKILLS AND AWARENESS (FULL DAY)

AIMS

This 1 day workshop aims to help dispel the myths about self harm and equip participants to support people who may self harm.

LEARNING OUTCOMES/OBJECTIVES

A brief Introduction to develop your understanding of self harm.

Opportunity to further develop skills and knowledge from the 1 hour awareness session.

Gain access to resources to support those using self harm as a coping strategy.

Level: Skilled

Wednesday 29th March 2023

9am - 4.30pm

Old Ladywell School

Ladywell

12A Victoria Park Drive South

Glasgow

G14 9RN

Click here to book a place

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

HEALTHY MINDS OVERVIEW

AIMS

This session is to provide information on the Healthy Minds Resource Pack.

LEARNING OUTCOMES/OBJECTIVES

A brief overview of what influenced the development of the resource.

Information on the context of the resource, its format, how it can be accessed and used.

An opportunity for questions and some discussion to explore how they see the resource supporting their work in mental health improvement.

Level: Informed

Tuesday 18th April 2023

2pm – 3.30pm

Online via MS Teams

Click here to book a place

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

POVERTY AWARENESS – PROFESSIONAL DEVELOPMENT **AIMS** During this course, you will: Explore the causes and impact of poverty from a national to a local community perspective. Identify actions to poverty proof the work you are involved in and promote greater inclusion and participation. **LEARNING OUTCOMES/OBJECTIVES** Understand the causes of poverty. Identify the impact that poverty has on children and young people's wellbeing. Reflect on how your organisation's policy and practice can impact the experience of families in poverty. Have awareness of further learning resources and information to support your work. **Level – Informed**	**Tuesday 18th April 2023** **12.30pm – 2.30pm** **Online via MS Teams** **Click here to book a place**

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

SCOTTISH MENTAL HEALTH FIRST AID (SMHFA) ADULT

(2 DAY COURSE)

AIMS

- To preserve life.
- To provide help to prevent the mental health problem or crisis developing into a more serious state
- To promote recovery and wellbeing
- To provide comfort to a person experiencing distress
- To promote understanding of mental health issues

The course will support you in learning more about:

- How to apply the 5 steps of SMHFA
- How to respond if you believe someone is at risk of suicide
- How to give immediate help until professional help is available
- What to say and do in a crisis
- The importance of good listening skills, practice listening and responding
- Understanding recovery, understanding the connection between mental health problems and alcohol and drugs, mental health problems and discrimination
- Some basic information about common mental health problems & self-help information

Level - skilled

Tuesday 25th April &
Wednesday 26th April 2023

(must attend both sessions)

9am – 4.30pm

Eastbank Conference and Training Centre

22 Academy Street

Shettleston

G32 9AA

Click here to book a place

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

INEQUALITY, EQUITY AND SOCIAL JUSTICE (2 HALF DAYS)

AIMS

The course explores the idea of relative poverty and its link to social justice.

LEARNING OUTCOMES/OBJECTIVES

Introduce key aspects of the determinants of health; poverty, inequality and social class.

Broaden participants' understanding of different groups' experiences of inequality.

Enable participants to develop a basic understanding of social inclusion and social justice.

Whilst the course has a specific view on young people, it would be beneficial to anyone with an interest in inequality and social justice and how it impacts on communities.

Level: Informed

Wednesday 3rd May

&

Wednesday 10th May 2023

9.30am – 12.30pm

(Must attend both days)

Leverndale

Beresford Suite

Leverndale Hospital

510 Crookston Road, Glasgow

G53 7TU

Click here to book a place

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

WHAT'S THE HARM? (1 HOUR) **AIMS** To increase participants' awareness and understanding of self harm when used as a coping strategy. **LEARNING OUTCOMES/OBJECTIVES** A brief overview of what influenced the development of the resource. Information on the context of the resource, its format, how it can be accessed and used. An opportunity for questions and some discussion to explore how they see the resource supporting their work in mental health improvement. **Level: Informed**	**Wednesday 10th May 2023** **2pm – 3.30pm** **Online via MS Teams** **Click here to book a place**

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

WHAT'S THE HARM? SKILLS AND AWARENESS (1 DAY)

AIMS

This 1 day workshop aims to help dispel the myths about self harm and equip participants to support people who may self harm.

LEARNING OUTCOMES/OBJECTIVES

A brief Introduce and develop your understanding of self harm.

Opportunity to further develop skills and knowledge from the 1 hour awareness session.

Gain access to resources to support those using self harm as a coping strategy.

Level: skilled

Tuesday 16th May 2023

9am – 4.30pm

Heart of Scotstoun Community Centre

64 Balmoral Street

Glasgow

G14 0BL

Click here to book a place

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

SUICIDE CONTAGION

AIMS

To increase participants' awareness of the multi-agency approach to suicide prevention across the Greater Glasgow and Clyde Board area.

LEARNING OUTCOMES/OBJECTIVES

Increased understanding of;

The current data around suicide, particularly around age and gender.

Some of the factors that can contribute to people completing, or attempting to complete suicide.

The impact that different forms of media can have on rates of completed and attempted suicide.

The risks associated with irresponsible reporting of suicide in the media.

Level: Informed

Wednesday 17th May 2023

10am – 12 noon

Online via MS Teams

Click here to book a place

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

EQUALLY SAFE YOUNG PEOPLE (ESYP)

AIMS

To increase awareness of the issues of abuse and exploitation in young people's relationships.

Participants will be supported to develop their understanding of these issues and be equipped with the skills and language to respond.

LEARNING OUTCOMES/OBJECTIVES

Increase knowledge and understanding of the effects of; gender stereotyping on young people, the signs and effects of abuse within young people's intimate relationships, the Guideline for Responding to Gender based Violence in Youth Work Settings and how to talk to young people about the issues.

Level: Informed

Thursday 25th May 2023

9.30am – 12.30pm

Online via MS Teams

Click here to book a place

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

SCOTTISH MENTAL HEALTH FIRST AID: YOUNG PEOPLE (SMHFA:YP)

AIMS

This is an evidence-based blended learning course for adults who support young people between the ages of 11-17.

There is an element of pre and post course self-learning that you must complete along with the 1 day face to face training element.

Participants will gain an increased knowledge and awareness of mental health issues, as well as improved confidence in; being able to detect problems early, helping to reduce stigma around mental health issues, helping young people to recognise problems, providing guidance and immediate assistance to a young person in crisis.

LEARNING OUTCOMES/OBJECTIVES

The course does not train you to become a counsellor or mental health professional. It is designed to teach you to better understand mental health and how it affects young people, as well as to learn mental health first aid skill such as; how to recognise the signs of mental health problems or distress**,** how to ask about mental distress**,** how to provide initial support, how to guide a person towards appropriate professional support. **Level: Skilled**

Tuesday 30th May 2023

9am – 4.30pm

Eastbank Conference and Training Centre

22 Academy Street

G32 9AA

Click here to book a place

Please note we are awaiting confirmation from Public Health Scotland that SMHFA Youth courses can be delivered in 2023. Your interest will be noted and further information shared regarding this course when available.

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

HEALTHY MINDS OVERVIEW

AIMS

This session is to provide information on the Healthy Minds Resource Pack.

LEARNING OUTCOMES/OBJECTIVES

A brief overview of what influenced the development of the resource.

Information on the context of the resource, its format, how it can be accessed and used.

An opportunity for questions and some discussion to explore how they see the resource supporting their work in mental health improvement.

Level: Informed

Tuesday 13th June 2023

10am – 11.30am

Online via MS Teams

Click here to book a place

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

WHAT'S THE HARM? (1 HOUR) **AIMS** To increase participants' awareness and understanding of self harm when used as a coping strategy. **LEARNING OUTCOMES/OBJECTIVES** A brief overview of what influenced the development of the resource. Information on the context of the resource, its format, how it can be accessed and used. An opportunity for questions and some discussion to explore how they see the resource supporting their work in mental health improvement. **Level: Informed**	**Tuesday 13th June 2023** **10am – 11.30am** **Online via MS Teams** **Click here to book a place**

COURSES PROVIDED BY SCOTTISH DRUGS FORUM (SDF)

The Scottish Drugs Forum offers a range of courses such as;

ALCOHOL AWARENESS

UNDERSTANDING STIGMA: PROMOTING INCLUSIVE ATTITUDES AND PRACTICE

ENHANCING CORE COMMUNICATION SKILLS

WHAT'S THE HARM? POLYSUBSTANCE USE AND OVERDOSE

And many more

Click here to book a place (directly with SDF)

GLASGOW CITY HSCP
HEALTH IMPROVEMENT TRAINING CALENDAR
JANUARY – JUNE 2023

FOR FURTHER INFO PLEASE CONTACT NORTHEASTYOUTH@GGC.SCOT.NHS.UK