

learning opportunities
to reduce **health inequalities**



Develop your **skills**, **enhance**
your practice and **improve**
the **health** of **others**.

Do you have a development need, knowledge gap or want to learn a new skill that would help you to address health issues as part of your role?

Our learning opportunities are designed to meet your needs.

Whether you'd like to find the right approach to mitigating health inequalities in areas such as alcohol and drugs, healthy weight or suicide prevention – or if you want to understand more about preventing health inequalities – learning with NHS Health Scotland will give you the confidence to take the right action within your own area of work.

Our trainers are all highly experienced and carefully quality-assured. Our resources are developed with experts from across Scotland's learning, healthcare and third sectors. Many of our learning resources can be used flexibly to fit around you.

Best of all, most of our training is **free**.

Please take a look at what's on offer and contact us if you'd like to sign up or find out more. For each course we'll recommend who it's suitable for, provide information on learning outcomes and give guidance on how much time you'll need to complete it.

In addition to the courses supplied by the Workforce Development team, we also recommend some external courses run by the Scottish Community Development Centre. The details of these courses, including the associated costs, can be found at the end of this brochure.

If you're not sure what to choose, contact us for some friendly advice: **nhs.HealthScotland-LWDTeam@nhs.net**

We support staff and volunteers from a wide range of sectors (the NHS, wider public sectors, private sectors and third sectors) with their knowledge and skills development. You may be a student looking to learn more on a specific subject or be looking to develop your skills to enter employment.

Whatever your background, we are looking forward to learning with you soon!

NHS Health Scotland's Learning and Improvement Team

We are a national Health Board working with public, private and third sectors to reduce health inequalities and improve health.

welcome to our learning brochure



Need more support?

We also offer a free bespoke consultancy service to focus on reducing health inequalities, tailored to meet the needs of public, private and third sector organisations and local authorities. If you'd like support, please get in touch:

nhs.HealthScotland-LWDTeam@nhs.net

→ get started now

think
BENEFITS

**continuing
professional
development**

**more
confidence
in your job**





**evidence
informed**

free training

**latest info in
your field**

‘The learning experience was extremely positive. The whole ethos and approach of the trainers was invaluable... it inspired confidence in myself as a participant and helped me think about how I would translate what I had learned at a local level through my own training. When putting things into practice, we received some very positive feedback on relevance, impact and learning for others in relation to attitudes and inspiring others to make a difference.’

Nichola Sewell, NHS Borders (Health Behaviour Change 1 workshop attendee)

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everyone is welcome to learn with us online!

NHS Health Scotland's virtual learning environment (VLE) is free and easy to access for everyone. It has lots of eLearning modules, event information and forums.

If you can access the internet, you can access our VLE... Simply register for an account and start exploring the opportunities available.

- Lots of our eLearning modules and forums are open for everyone to join – it just takes a click to enrol and get started.
- Other VLE resources are connected to the face-to-face courses we offer and will only be available when you've enrolled on the full course. If you're interested in any of these, just click on your chosen subject to find out more.
- Trainers will find all the materials they need to run and manage their courses on our VLE.
- Managers and coordinators of services will find areas to collaborate with each other, as well as links to policy documents and briefing papers.
- If you come to our events then you'll discover that we often share presentations, information, DVD clips and post-event analysis via the VLE – helping to keep your email inbox free of large files.

**There's so much to explore and learn online – why not come and visit us at:
elearning.healthscotland.com**



Make a difference to people's health.

Health inequalities are the unfair differences in health between groups within society. These learning opportunities will raise your awareness of health inequalities and give you the confidence to take actions to tackle inequalities.



Health inequalities: Awareness

**Tackling health inequalities
in health and social care**

Child poverty, health and wellbeing

**Improving health: Developing
effective practice**

**Introduction to improving
health**

**Improving health: Developing
effective practice – Training
for trainers**

Putting people at the centre

**Healthy young lives: Training
for trainers**

Note: the times shown for each
course are a guide.

health inequalities

Health inequalities: Awareness

eLearning

30

minutes

This module is an excellent introduction to learning about health inequalities.

Is this course for me?

This course is relevant to all staff working in public services out with health and social care.

To register for this course please access:

elearning.healthscotland.com

What will I learn?

This module explores what is meant by health inequalities, what causes them and what can be done to prevent them.

Tackling health inequalities in health and social care

eLearning

1.5

hours

'Really enjoyed this module – it will benefit my role within the NHS and has opened my view of wider society and policy changes.'

Is this course for me?

This course is relevant to all staff working in health and social care settings.

To register for this course please access:

elearning.healthscotland.com

What will I learn?

This course defines the main causes of health inequalities and explores how health and social care roles can contribute to reducing health inequalities.

Child poverty, health and wellbeing

eLearning

2.5 hours

The length of this course can vary between 2 and 2.5 hours.

Is this course for me?

This course is relevant to all staff who come into contact with children in their day-to-day job.

To register for this course please access:

elearning.healthscotland.com

What will I learn?

This module explores what is meant by child poverty, the causes, how it is measured and what can be done to tackle it.

Improving health: Developing effective practice

blended learning

150 hours

Group workshops	20 hours	Directed study	30 hours
eLearning	15 hours	Private study	85 hours



This course is accredited by Robert Gordon University with 15 points available at SCQF Level 9 for learners who successfully pass the optional assessment.

Is this course for me?

Anyone with a role or interest in improving health or taking action to reduce health inequalities would benefit from this course. This course is for all occupational groups within the public, voluntary and third sectors who have a responsibility for health improvement as part of their role.

For course details please email:

nhs.HealthScotland-LWDTeam@nhs.net

What will I learn?

- an overview of current models of health
- an analysis of health improvement and health inequalities
- the wider, socio-political influences on population health outcomes
- what works to reduce health inequalities
- to deliver effective, continuously improved services to individuals and communities
- to make use of personal reflection to apply learning in the workplace

Introduction to improving health

face-to-face workshop

3.5 hours

This introductory course will explore ways to improve health and tackle health inequalities.

Is this course for me?

Anyone with an interest in health improvement or health inequalities would benefit from this introductory course. This course is for all occupational groups within the public, voluntary and third sector. It provides an excellent introduction to the 'improving health: developing effective practice' (IH:DEP) blended course.

For course details please email:

nhs.HealthScotland-LWDTeam@nhs.net

What will I learn?

- the definition of health
- an introduction to the determinants of health
- the range of health improvement approaches
- an introduction to health inequalities
- the next steps to increase your knowledge of health improvement and health inequalities

Improving health: Developing effective practice – Training for trainers

face-to-face workshop

3 days

'Excellent for CPD.'

'Opportunity to explore a common language.'

Is this course for me?

If you've successfully completed the IH:DEP course and you have experience in health improvement, promotion or inequalities, then becoming an IH:DEP trainer could be your next step.

For workshop details please email:

nhs.HealthScotland-LWDTeam@nhs.net

What will I learn?

- refresh the knowledge gained as a participant on IH:DEP
- the skills needed to deliver the course as a trainer
- the skills to support participants through the formal academic assignment

Putting people at the centre

eLearning

1

hour

A foundation course on the importance of equality, human rights and social justice in achieving fairness within health and social care.

Is this course for me?

Anyone working within health and social care would benefit from this course. Everyone working in health and social care has a role in helping equality, human rights and social justice shape the way we do our work.

To register for this course please access:

elearning.healthscotland.com

What will I learn?

- the importance of equality, human rights and social justice in providing health and social care
- the main types of discrimination
- the main causes of inequalities and what can be done to promote equality by you and your organisation

Healthy young lives: Training for trainers

face-to-face
workshop

6

hours

A training for trainers course to support professionals to improve health and reduce health inequalities for young people.

Is this course for me?

The training for trainers course will be of interest to youth work, social care, and community learning and development staff who wish to deliver the 'healthy young lives' course to others.

For course details please contact us:

info@youthlinkscotland.org

What will I learn?

- a clear understanding of the course content, structure and delivery method
- the key themes set within the course
- to develop your own understanding of health improvement with vulnerable young people
- the skills required to deliver the course



Help people make positive changes.

These learning resources will give you the tools to tackle specific health issues, helping people make healthier choices.



Health behaviour change: Level 1

Health behaviour change: Level 2

Raising the issue of alcohol

Raising the issue of child healthy weight

Raising the issue of maternal and infant nutrition

Raising the issue of physical activity

Raising the issue of smoking

**Health behaviour change: Level 1 –
Session plans for trainers**

**Health behaviour change: Level 2 –
Session plans for trainers**

Note: the times shown for each course are a guide.

healthy behaviours

Health behaviour change: Level 1

eLearning

2

hours

updated for 2016

Edinburgh Napier University's Bachelor of Nursing (Adult) programme: 'We have found this very helpful in preparing students for their second year theory'.

Is this course for me?

If you have a role in promoting health behaviour change (for example, about smoking, alcohol, physical activity, healthy weight or healthy diet) or an interest in improving the health of patients or clients.

To register for this course please access:

elearning.healthscotland.com

What will I learn?

- describe what health behaviour change is and why it is important
- examine the relationship between health behaviours, health outcomes and health inequalities
- clarify your role in supporting health behaviour change
- raise lifestyle issues appropriately and sensitively

Health behaviour change: Level 2

eLearning

3

hours

Edinburgh Napier University encourages its students to access this learning.

'I am now able to focus on the attributes needed to empower an individual to make health behaviour changes.'

Is this course for me?

This more in-depth training in behaviour change is designed for anyone with a role in supporting patients or clients in making lifestyle changes (concerning smoking, alcohol, physical activity, healthy weight or healthy diet) to improve their health, going beyond the level of knowledge and skill required to raise the issue initially.

To register for this course please access:

elearning.healthscotland.com

What will I learn?

- gain in-depth knowledge of health behaviour change techniques
- examine the relationship between public health, health behaviour change and health inequalities
- how to discuss lifestyle issues more fully, supporting individuals through the process of change

Raising the issue of alcohol

eLearning

2

hours

'The module was interesting and engaging with an opportunity to put the theory into practice with the scenarios.'

Is this course for me?

If you have a role in identifying or raising the issue of alcohol with patients or clients through your work then you'll benefit from this course.

To register for this course please access:

elearning.healthscotland.com

What will I learn?

- develop knowledge of the impact alcohol has on individuals, families and communities
- explore the role that frontline staff can play in tackling these issues with patients or clients in an appropriate way

Raising the issue of child healthy weight

eLearning

3

hours

'I found this very useful and thought it was pitched at a good level for many different professionals who come into contact with children and families.'

Is this course for me?

If you have a role in identifying or raising the issue of child healthy weight with patients or clients through your work then you'll benefit from this course.

To register for this course please access:

elearning.healthscotland.com

What will I learn?

- develop knowledge of the increasingly common problem of children and young people being overweight or obese
- explore the role that frontline staff can play in tackling these issues appropriately with patients/clients and their families

Raising the issue of maternal and infant nutrition

eLearning

3

hours

‘The NHS Health Scotland e-learning modules are an excellent resource to assist in continuing professional development.’

Is this course for me?

If you have a role in identifying or raising the issue of maternal and infant nutrition with patients or clients through your work then you'll benefit from this course.

To register for this course please access:

elearning.healthscotland.com

What will I learn?

- develop knowledge of the latest guidance on this topic (*Improving Maternal and Infant Nutrition: A Framework for Action* and the *Refreshed Framework for Maternity Care Services*)
- explore the role that frontline staff can play in raising the issue with patients or clients and their families in an appropriate way

Raising the issue of physical activity

eLearning

2

hours

‘I have picked up on excellent evidence and facts that I can pass on to my patients in the hope of promoting physical activity.’

Is this course for me?

If you have a role in identifying or raising the issue of physical activity with patients or clients through your work then you'll benefit from this course.

To register for this course please access:

elearning.healthscotland.com

What will I learn?

- increase knowledge of the health-enhancing benefits of physical activity
- explore the issues of understanding, motivation and confidence that patients or clients may experience with this topic
- explore the role that frontline staff can play in raising the issue with patients or clients and their families in an appropriate way

Raising the issue of smoking

eLearning

2

hours

'This module has been very helpful and informative.'

Is this course for me?

This training is relevant to any workforce that comes into contact with patients or clients who smoke.

To register for this course please access:

elearning.healthscotland.com

What will I learn?

- increase knowledge of the issues around smoking and health
- explore the levels of understanding, motivation and confidence that patients or clients may experience
- understand the role that specialist cessation services can play in helping smokers to quit
- learn the basics of conducting a brief intervention with a smoker

Health behaviour change: Level 1 – Session plans for trainers

training materials

1

day

This course can be tailored to meet your organisation's needs.

Visit elearning.healthscotland.com to find out more.

Is this course for me?

If you're an experienced trainer within the area of health improvement, these training materials will give you the tools to deliver face-to-face sessions to individuals who will raise the issue of health behaviour changes and refer patients or clients to specialist services.

For further information please email:

nhs.HealthScotland-LWDTTeam@nhs.net

What will I learn?

- everything you need to tailor sessions on health behaviour change to suit the needs of specific audiences and settings
- how to refresh and build on the knowledge already gained by participants in eLearning (all materials are fully referenced and evidence-informed)
- how to make best use of resources including PowerPoint slides, session templates, activities and handouts

Health behaviour change: Level 2 – Session plans for trainers

training materials

1

day

This course can be tailored to meet your organisation's needs.

Visit elearning.healthscotland.com to find out more.

Is this course for me?

If you're an experienced trainer within the area of health improvement, these training materials will give you the tools to deliver face-to-face sessions to individuals who perform brief advice and brief interventions in a motivational interviewing style.

For further information please email:

nhs.HealthScotland-LWDTTeam@nhs.net

What will I learn?

- everything you need to tailor sessions on health behaviour change to suit the needs of specific audiences and settings
- how to refresh and build on the knowledge gained by participants in eLearning
- how to make best use of resources including PowerPoint slides, session templates, activities and handouts

A healthy workforce is a productive one.

Create a safer, healthier
and more motivated workforce.
All kinds of businesses can
benefit from our practical
(and free!) information
and advice.



Driving risks at work

Mentally healthy workplace training

**Mentally healthy workplace:
In-house support network**

Drugs and alcohol in the workplace

**Violence and aggression in the
workplace**

Health risks at work

Note: the times shown for each
course are a guide.

health in the workplace

Driving risks at work

eLearning

2

hours

For further information please contact:

**advice@nhs.net or call
Adviseline on 0800 019 2211**

Is this course for me?

Any employee or manager who is required to drive as part of their role will benefit from this training.

What will I learn?

- awareness of the risks of driving for work, based on a toolkit developed by the Scottish Occupational Road Safety Alliance (ScORSA)
- up-to-date health and safety information and guidance for drivers

Mentally healthy workplace training

eLearning

1

hour

(or blended learning
for managers)

For further information please contact:

**advice@nhs.net or call
Adviseline on 0800 019 2211**

Is this course for me?

This course is designed to provide employees and managers with an understanding of the impact that mental health and wellbeing has in the workplace. It also forms blended learning for managers. This course can help your business to achieve the Healthy Working Lives Award.

What will I learn?

- increased knowledge of the issues around mental health in the workplace
- up-to-date guidance on ways to support staff experiencing a mental health problem, in line with legal requirements

Mentally healthy workplace: In-house support network

network and support forum

For further information please contact:

adviceline@nhs.net or call
Adviceline on 0800 019 2211

Is this network for me?

This network and support forum is for businesses and organisations delivering the mentally healthy workplace training to their workforce. Access to this learning area is restricted to people who have completed the training for trainers process.

What will I get from the network?

- a central point of storage for training materials and resources to support you to deliver the training to your workforce
- a forum to share experiences and learning with others delivering the training

Drugs and alcohol in the workplace

eLearning

(or blended learning for managers)



For further information please contact:

adviceline@nhs.net or call
Adviceline on 0800 019 2211

Is this course for me?

This course will be of interest to any employee or manager who wants to better understand the impact that alcohol and drugs can have on a business. It may be especially beneficial to anyone with a role in the health of people in their workplace.

What will I learn?

- increased knowledge of the impact of alcohol and drugs on a workplace, whether to the individual or to the business (such as productivity, absenteeism or injury)
- the wider effects that alcohol and drugs can have on individuals, their families and society
- the benefits to a business in taking action to reduce alcohol and drug-related harm in their workforce

Violence and aggression in the workplace

eLearning

2

hours

For further information please contact:

**advice@nhs.net or call
Adviceline on 0800 019 2211**

Is this course for me?

Any employee or manager with responsibility for the health and safety of people in their workplace will benefit from this training. It's particularly relevant to employers, line managers and anyone working with customers or clients.

What will I learn?

- increased knowledge and awareness of the issues around violence and aggression in the workplace
- up-to-date guidance on an employer's responsibilities on this issue, in line with legal requirements
- practical information on how hazards can be safely controlled in the workplace

Health risks at work

eLearning

1-2

hours

**New for 2016 – advice@nhs.net
or call Adviceline on 0800 019 2211**

Is this course for me?

Anyone with an interest in how exposure to common hazards can affect employee health will benefit from this training.

What will I learn?

- increased knowledge and awareness of the management of health risks in the workplace
- up-to-date guidance on an employer's responsibilities on this issue, in line with legal requirements
- practical information on how to identify and manage workplace risks to health

Talking about suicide can save lives.

Our range of suicide prevention courses raise awareness and teach practical skills that will help you to support a person with thoughts of suicide.



safeTALK

safeTALK: Training for trainers

**STORM: Skills-based Training
on Risk Management**

**ASIST: Applied Suicide
Intervention Skills Training**

ASIST: Training for trainers

suicideTALK

**More questions than answers:
Supporting people bereaved
by suicide**

Note: the times shown for each
course are a guide.

suicide prevention

safeTALK

face-to-face

3

hours

'The training was very informative and eye opening as to how many people are affected by suicide and need our help.'

Is this course for me?

This short course has been designed for anyone who wants to learn how to give practical help to a person thinking of suicide.

For course details please access:

chooselife.net/Training/index.aspx

What will I learn?

- how to recognise when somebody may have thoughts of suicide
- practise asking open and direct questions to a person who may be thinking of suicide
- get information on local resources and sources of support

safeTALK: Training for trainers

blended learning

2

days

Face-to-face and self-directed

1–2 days

Is this course for me?

Anyone who has completed safeTALK and is interested in developing skills in training others in suicide awareness can become a safeTALK trainer. Contact us to find out if you meet the criteria, which includes the ability to identify and source opportunities to deliver training.

For course details please access:

www.chooselife.net/Training/index.aspx

What will I learn?

- refresh your knowledge of the information and skills in safeTALK training
- develop the skills needed to deliver safeTALK as a trainer

STORM: Skills-based Training on Risk Management

face-to-face

2

days

Two training packages are available: for staff working with adults or staff working with children and young adults.

Are these courses for me?

These modular courses have been designed for frontline workers in health, social and criminal justice services to learn how to give practical help to a person thinking of suicide.

For course details please access:

chooselife.net/Training/index.aspx

What will I learn?

- develop the skills needed to assess and manage a person at risk of suicide
- practise problem-solving techniques and how to prepare crisis prevention plans

ASIST: Applied Suicide Intervention Skills Training

face-to-face

2

days

'I would advise anyone to give it a go because I learned a lot about how to help someone who is suicidal.'

Is this course for me?

This course has been designed for anyone who wants to learn in more depth how to give practical help to a person thinking of suicide.

For course details please access:

chooselife.net/Training/index.aspx

What will I learn?

- develop your skills in being ready, willing and able to recognise when somebody may have thoughts of suicide
- practise ways to intervene effectively and remove the immediate risk of suicide
- get information on local resources and sources of support

ASIST: Training for trainers

face-to-face

5

days

‘Excellent set of skills, extremely valuable.’

Is this course for me?

If you have experience of supporting people with thoughts of suicide, have completed the two-day ASIST course and are an experienced facilitator then becoming an ASIST trainer could be your next step. This course is residential. Contact us to find out more.

For course details please access:

chooselife.net/Training/index.aspx

What will I learn?

- refresh your knowledge and skills gained in the ASIST course
- develop the skills needed to deliver the course as a trainer
- gain confidence managing a group as they practise ways to support someone with thoughts of suicide

suicideTALK

face-to-face

3

hours

‘Informative, clear and concise.’

‘Useful, interesting, thought engaging.’

Is this course for me?

Anyone within a group or community who would like to become more suicide aware would benefit from this course.

For course details please access:

chooselife.net/Training/index.aspx

What will I learn?

- explore the fundamental issues around attitudes to suicide in society
- clarify your own beliefs about suicide

More questions than answers: supporting people bereaved by suicide

blended learning

6.5 hours

eLearning
Face-to-face

3.5 hours
1.5–3 hours, depending on your role and chosen workshop

A course developed by Cruse Bereavement Care Scotland in collaboration with NHS Health Scotland.

Is this course for me?

This course is aimed at anyone who may come into contact and have a role in supporting people bereaved by suicide. This includes professionals and members of specialist teams who are involved with the family in the first 24 hours following the death (first responders), after the immediate impact (secondary responders) and those involved formally or informally in the longer-term support of families (community support).

To register for this course please access:

crusescotland.org.uk/2-uncategorised/39-mqta.html

What will I learn?

eLearning module:

- an awareness of the effects of loss and grief
- a basic understanding of the experience of people who have been bereaved by suicide
- to explore your own thoughts, beliefs and feelings about suicide, including people who take their own lives and people who are bereaved by a suicide death
- an understanding of the impact of suicide and the particular issues and difficulties facing people bereaved by suicide

Aims of the workshops:

- to further increase your understanding of the impact of suicide and the particular issues and difficulties facing people bereaved by suicide
- to learn and practise relevant skills (e.g. communicating or breaking bad news)
- to feel more confident and competent about supporting people bereaved by suicide
- to identify areas to acquire further knowledge and/or skills



Anyone can experience a mental health crisis.

The SMHFA face-to-face learning sessions have been designed to teach anyone the steps and skills to offer support to an adult or young person experiencing feelings of distress.



Scotland's mental health first aid

**Scotland's mental health first aid –
Training for trainers**

**Scotland's mental health first aid:
Young people**

**Scotland's mental health first aid:
Young people – Training for trainers**

Note: the times shown for each course are a guide.

Scotland's mental health first aid

(SMHFA)

Scotland's mental health first aid

face-to-face

12

hours

'This training course was excellent, relevant and exciting.'

Is this course for me?

This course has been designed for anyone who works with and supports adults who may be at risk of mental health problems. This includes police officers, nurses, community workers, employment agency staff and family members.

For course details please access:

smhfa.com

What will I learn?

- how to recognise the signs of mental health problems or distress
- practise asking about mental distress in the most appropriate way
- gain confidence in guiding a person in crisis towards further sources of immediate help
- get information on additional support and advice for you

Scotland's mental health first aid – Training for trainers

face-to-face

5

days

For course details please access:

smhfa.com

Is this course for me?

If you've completed SMHFA within the past 12 months and you're an experienced trainer/facilitator then becoming a SMHFA trainer could be your next step. Contact us to find out if you meet the training criteria, which includes the ability to identify and source opportunities to deliver training.

What will I learn?

- refresh your knowledge of the information and skills in SMHFA training
- develop the skills needed to deliver the course as a trainer (over 3 development days and 2 skills practice days)
- gain confidence in acting as a facilitator for a group as they practise ways to intervene effectively to support a person in crisis

Scotland's mental health first aid: Young people

blended learning

14

hours

Face-to-face 7 hours
Directed study 7 hours

'Very informative and enjoyable. I feel ready to put it into practice!'

Is this course for me?

This course has been designed for anyone who works with and supports young people aged 11–17 who may be at risk of mental health problems. This includes teachers, youth workers, sports/dance/drama coaches, social workers, parents and others assisting young people across a variety of settings.

For course details please access:

youngpeople.smhfa.com

What will I learn?

- how to recognise the signs of mental health problems or distress
- practise asking about mental distress in the most appropriate way
- gain confidence in guiding a young person in crisis towards further sources of immediate help
- get information on additional support and advice for you

Scotland's mental health first aid: Young people – Training for trainers

blended learning

3

days

'Very informative and interesting course – should be compulsory for all adults working with young people.'

For course details please access:

youngpeople.smhfa.com

Is this course for me?

If you've completed Scotland's mental health first aid (SMHFA:YP) within the past 12 months and you're an experienced in training/facilitating adults who work with young people then becoming a SMHFA:YP trainer could be your next step.

What will I learn?

- refresh your knowledge of the information and skills in SMHFA:YP training
- develop the skills needed to deliver the course as a trainer
- gain confidence in acting as a facilitator for a group as they practise ways to intervene effectively to support a person in crisis

**new skills,
new me!**

Why did you choose Scotland's mental health first aid: young people?

Understanding young people's mental health and providing the best support possible is crucial to my role as a community worker. I am passionate about working with young people to increase their understanding of their own mental health and I felt that the course provides a great platform of knowledge to aid this.

How did you find the learning experience?

I thoroughly enjoyed the training for trainers. It was excellent – without doubt one of the best and most effective courses I have attended in my career. It was filled with information relevant to the subject matter and associated key issues. While learning through excellent delivery, we also had the opportunity to develop our own skills individually in a supportive and safe environment.

What have you been able to put into practice so far?

I've had the pleasure of putting it into action by delivering the SMHFA:YP course and through engagement with young people. The training has had a direct impact on how I engage with a young person about their mental health. I feel better equipped and able to respond more effectively and have knowledge of the wide resources available to young people for support.

How have you shared your learning?

I have shared my learning with my colleagues through delivering the training. Also, at our team meetings, I have had the opportunity to discuss the key elements of SMHFA:YP training. We are now exploring how we can roll it out to all core staff and key partner agencies.

What's next for you and your workplace?

Within East Renfrewshire we have delivered the training to all full-time Community Learning Development staff and some core part-time sessional staff. The future goal is to roll out the training to all key partner agencies working with young people from education, social work, employment and housing.

Suzie Reid, East Renfrewshire Council



Is it time to try something new?

If you're a new or experienced trainer and you're looking for opportunities to develop or improve your training skills then this might be just what you need.



Creating imaginative learning: Training for trainers

Note: the times shown for each course are a guide.

Creating imaginative learning

Creating imaginative learning: Training for trainers

face-to-face



'If you are a trainer, this is the best way you could spend three days!'

Is this course for me?

This course would benefit any new or experienced trainer who is looking for ways to improve their training practice in imaginative ways. It is open to trainers with a role in improving health or reducing health inequalities.

For course details please email:

nhs.HealthScotland-LWDTeam@nhs.net

What will I learn?

- explore current theories of learning and practice in a rich, multi-sensory learning environment
- understand the importance of your own state of mind during training, and that of the groups you work with, and how to influence it
- discover the wide range of tools available to create even more imaginative learning in your work
- practise designing (or re-designing) a learning intervention using creative techniques
- develop tools and activities to apply your learning to the work you do with confidence

Trainer development opportunities

Recent trainer development opportunities have included workshops for trainers in health inequalities, blended learning and making training fairer. These themes will be at the core of trainer development this coming year. Watch this space!

For further queries please email:
nhs.HealthScotland-LWDTeam@nhs.net



**new skills,
new me!**

Why did you choose creating imaginative learning?

I chose the course because I have been training for a good number of years but always like to refresh my practice and look for new ways of thinking and I heard good things about the creating imaginative learning course.

I always think it is good to meet with other trainers to share experience and knowledge and this seemed the ideal setting to do this especially as it was a three-day course.

How did you find the learning experience?

The experience was invigorating, challenging and fun.

What have you been able to put into practice so far?

I have already put things into practice and have shared a mini-session with my team.

What's next for you and your workplace?

The next step is improving the set up process for the training we deliver.

Trish Dunlop, North Ayrshire Council

External courses

Scottish Community Development Centre (SCDC)



Scottish Community Development Centre (SCDC) is recognised as the national lead body for community development in Scotland. They deliver programmes and development support to communities and people working with communities from a local level through to national policy-makers.

SCDC offers flexible training courses that can be provided as introductory sessions, in-depth training and practice support, training for trainers and/or ongoing mentoring support.

What does it cost?

SCDC charges a daily rate of £600, which allows up to 15 participants for each day. The costs include access to their tools, resources and frameworks and other relevant training materials. The courses indicate the types of training they can provide and suggested lengths/formats, but they can tailor these to best meet your needs rather than expecting you to fit into a set programme. For further information please contact David Allan (Deputy Director) on 0141 248 1924 or at david@scdc.org.uk; or Mick Doyle (Head of Programmes) on 0141 248 1924 or at mick@scdc.org.uk

Health Issues in the Community (HIIC): Tutor training course

2 days

Register for training via the application form:

www.chex.org.uk/health-issues-community-hiic/hiic-tutor-training

Is this course for me?

Applicants should have a reasonable knowledge of community development and/or delivering training in a community setting. The two-day HIIC tutor training course is a credit-rated course and aims to equip participants to deliver HIIC training to a wide variety of people in a broad range of settings.

What will I learn?

HIIC is a training programme aimed at increasing community capacity, increasing community participation, and establishing and consolidating community development approaches to tackling inequalities in health.

More information is available at:

www.chex.org.uk/health-issues-community-hiic/hiic-tutor-training

What makes a healthy community? An introduction to community-led health improvement

2 days

To sign up contact:
susan@scdc.org.uk

Is this course for me?

This course is for practitioners in a health and social care setting with a role to promote community-led approaches to health improvement and addressing health inequalities.

What will I learn?

This is a learning resource designed to support training and practice development in community-led health. This training draws on the key competences set out in the resource to support communities and practitioners to explore how a community-led approach can support healthy communities.

Co-production and asset-based approaches

1 day

To sign up contact:
susan@scdc.org.uk

Is this course for me?

For practitioners in health and care settings seeking to adopt co-production approaches within their role.

What will I learn?

The training will provide an introduction to co-production and broader asset-based approaches, including the underlying principles and exploration of methods for asset-based work.

Understanding our community: Community-led action research

2 days

Is this course for me?

For practitioners in health and social care settings with an interest in supporting communities to undertake their own research.

What will I learn?

Learn about the core values and processes of a community-led action research approach, including use of a practical resource – Action Research by, in and for Communities (ARC) – and hands on experience of trying out the approach.

Community engagement made easy

1 day

This course can be delivered as a half day or full day.

To sign up contact:
susan@scdc.org.uk

Is this course for me?

For anyone in health and social care seeking to engage communities and service users in decision-making processes and the design and delivery of services.

What will I learn?

The training explores the principles, standards, processes and methods that underpin good practice in community engagement, and includes an introduction to VOiCE (Visioning Outcomes in Community Engagement) to analyse, plan, implement and evaluate community engagement.

The Workforce Development team offers training courses that can help you develop your skills, enhance your practice and improve the health of others.

This resource may also be made available on request in the following formats:



 **0131 314 5300**

 **nhs.healthscotland-alternativeformats@nhs.net**

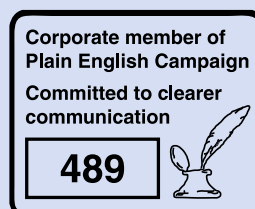
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