

NHS Forth Valley

Health Promotion Service

Training Brochure

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Introduction

Welcome to our learning, development and training brochure.

This year sees the return of some face-to-face learning, development and training. However, some courses will continue through online delivery and via e-learning.

The brochure provides information on a range of programmes across key national and local priorities so that we can better support your work to improve the health and wellbeing of individuals and communities within Forth Valley. A number of e-learning opportunities from partners NES Education Scotland and Public Health are also promoted within the brochure.

Focus on prevention, tackling inequalities and improving health outcomes remain key strategic priorities and the training and development opportunities offered through the programmes directly support these themes.

We will continue to work closely with partners, trainers and participants to ensure our learning, development and training opportunities remain accessible and are delivered to the highest standards.

For further information or questions regarding specific programmes, please email fv.hptraining@nhs.scot

Health Promotion Service
NHS Forth Valley

The Health Improvement Resource Service (HIRS) provides people who work in Forth Valley with access to information on health improvement issues in a range of formats..

Registration

To register with HIRS, please access the following link and follow the on-screen instructions. [HPAC NHS Forth Valley](#)

Borrowable resources

We have a lending service for borrowable resources (i.e. books, displays, models etc)

Leaflets Posters and Condom orders

You can continue to order leaflets, posters and condoms. Some are available to download and print from HPAC. Completed orders will be delivered by internal mail to NHS clients only. Normally leaflet and condom orders are processed within 7-10 working days.

For the HIRS website please use the following link [NHS Forth Valley – Resources](#)

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

Email – fv.hirs-group-mailbox@nhs.scot

website: nhsforthvalley.com/healthservices/health-promotion/

ordering site: hpac.nhsforthvalley.com

telephone: 01786 433867

Health Inequalities E-learning

Public Health Scotland offer a wide range of learning opportunities for anyone who has an interest in understanding health inequalities in Scotland and the steps you can take to help reduce them. You will focus on understanding the link between discrimination, inequality, and health Inequalities, providing you with a strong foundation knowledge of the subject matter.

Visit [Public Health Scotland's virtual learning environment](#)

[Tackling health inequalities within health & social care](#)

[The link between health literacy and health inequalities](#)

[Making connections between health, housing and homelessness](#)

[Challenging Poverty and Stigma](#)

[Child Poverty, Health and Wellbeing](#)

Health Behaviour Change

MAP of Health Behaviour Change – Introduction Sessions

Our training is aimed at:

Any staff and volunteers working across Forth Valley (e.g. NHS, voluntary or statutory) who have opportunities to promote all aspects of health and wellbeing as part of their role.

Our training aims to:

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

The MAP of Health Behaviour Change training programme was developed by NHS Education for Scotland (NES).

Learning outcomes:

Participants will:

- Be aware of how to use the MAP model to structure conversations with patients/clients about changing their behaviour.
- Be able to use the Behaviour Change Techniques (BCT's) included in the MAP approach.
- Be able to use the MAP model to support the integration of these skills into their own practice

Dates/Times/Locations:

Virtual Introduction to MAP of Health Behaviour Change Sessions

Virtual sessions are delivered via Microsoft Teams.

Specific sessions can be arranged and tailored to meet the specific needs of organisations and services

NHS Forth Valley Staff - please see NHS Forth Valley staff intranet for specific dates

[To apply](#)

E-Learning Modules

E-Learning – The MAP of Health Behaviour Change:

Access the module via TURAS using the ‘Learn’ application
Search for ‘MAP of Health Behaviour Change’

You will be able to make a TURAS account at: <https://learn.nes.nhs.scot/>
Duration: Approx. 45 minutes

MAP of Health Behaviour Change

NHS Education for Scotland https://learn.nes.nhs.scot
Search: MAP of Health Behaviour Change



Physical Activity

E learning Module

The aim of Public Health Scotland's Encouraging and enabling physical activity learning opportunity is to support anyone who has a role in encouraging physical activity, and those working directly in physical activity to encourage and enable people to be more active. This includes those working in health and social care, leisure and the third sectors. This module will take approximately 1 hour to complete.

<https://learning.publichealthscotland.scot/course/view.php?id=581>

Smile for life

Our training is aimed at:

Health and social care staff and support workers to enable them to provide oral health messages to meet the specific needs of the people they work with. The training is primarily aimed at organisations, in particular those supporting individuals experiencing; homelessness (Roofless and Houseless), mental health issues, deprivation, substance misuse and inequality.

Our training aims to:

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

Learning outcomes:

Participants will:

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

Dates/Times/Locations:

Course duration: ½ day session - In-house training available or courses can be delivered to meet individual needs. Under current COVID-19 restrictions, training sessions are available to staff over Microsoft TEAMS.

Contact fv.smile4life.nhs.scot to arrange staff training sessions on a date suitable to you.

[To apply](#)

Mental Health and Wellbeing

Mental Health Improvement and Suicide Prevention - Ask Tell Informed Level Workshops

Our training is aimed at:

Any individual working or volunteering across Forth Valley who would like to be more informed about mental health and wellbeing to be able to respond to someone who is experiencing mental distress, mental ill-health and who might be at risk of self harm or suicide. The workshops are ideally suited to people who have no previous training in mental health and suicide prevention, but also good to refresh knowledge if people have undertaken previous awareness and training.

Our training aims to:

Provide the essential knowledge and skills required by *all (at the informed level)* to contribute to mental health improvement and the prevention of self-harm and suicide.

Learning outcomes:

The knowledge and skills framework practice domains are:

- Promote good mental health and wellbeing
- Tackle mental health inequalities, stigma and discrimination
- Support people in distress or crisis
- Promote resilience and recovery
- Prevent self-harm or suicide
- Improve the quality and length of life for people living with mental ill health

Workshop Content

1. Explores what mental health is and that we all have mental health. Factors that can affect mental health are shown, including how we can promote good mental health and respond compassionately to people who may be experiencing mental ill-health or distress.
2. Gives practical advice about how and when to have compassionate conversations with people who may be experiencing mental distress or feeling suicidal. It also provides information on how to get immediate help and support.
3. Explores the issue of suicide, including statistics and facts about suicide in Scotland. It helps learners understand the signs that people may be thinking about suicide, and how and when to provide immediate help and support.

Dates/Times/Locations:

Course duration – 3 consecutive weekly sessions lasting 1 hour, delivered on MS Teams

Series 4 – Monday 31st October 7th & 14th November 2022

Series 5 – Thursday 24th November & 1st & 8th December 2022

To book online: www.bookwhen.com/fvstress

Step on Stress

Our training is aimed at:

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

Our training aims to:

Teach people how to be their own therapist, to manage stress through evidence based 3 week programme.

Learning outcomes:

Participants will :

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

Dates/Times/Locations:

Course duration – 3 consecutive weekly sessions lasting just over 1hour, delivered Online via MS Teams or community based.

Partner organisations can request an in-house course for service users who don't have access to computer or internet. For more information contact fv.hpstress@nhs.scot

To book online: www.bookwhen.com/fvstress

Scotland's Mental Health First Aid

Our training is aimed at:

Any staff and volunteers who live or work in Forth Valley who wants to help someone with mental health problems whether in a professional or personal capacity

Our training aims to:

Provide the knowledge and skills required to give help to someone experiencing a mental health problem before appropriate or professional help is obtained.

The aims of mental health first aid are:

- To preserve life
- To provide initial help to prevent the problem or crisis becoming more serious
- To provide comfort to a person experiencing distress
- To promote recovery of good mental health
- To promote understanding of mental health issues

Learning outcomes:

- 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 appropriate or professional help is available
- What to do in a crisis
- The importance of good listening skills, practice listening and responding
- Understand recovery from mental health problems
- To learn about common mental health problems

Dates/Times/Locations:

Course duration is 12 hours and is usually delivered over 2 days 09.30 – 16.30

To note your interest in future courses please click and complete this link:

<https://link.webropol.com/ep/fv-smhfa-expression-of-interest>

Mental Health and Wellbeing E-learning

Mental Health Improvement and prevention NHS Education for Scotland
<https://learn.nes.nhs.scot> Search: Mental Health Improvement of Self Harm and Suicide
<https://learn.nes.nhs.scot/17099/mental-health-improvement-and-prevention-of-self-harm-and-suicide>

This provides access to an e-module which covers the same content as the facilitated Ask Tell Informed level workshops noted in the Health Promotion Service Brochure. Please consider the e-module if you can't join or get booked into an advertised facilitated session.

Transforming Psychological Trauma NHS Education for Scotland
<https://learn.nes.nhs.scot> Search: National Trauma Training Programme
<https://learn.nes.nhs.scot/37896/national-trauma-training-programme>

We all have Mental Health SAMH
<https://www.samh.org.uk>
<https://www.samh.org.uk/about-mental-health/elearning-for-teachers>

Although aimed at school teachers across Scotland it is useful for all staff. Click the link to register, if you are not school staff select 'other' and state your role and submit the form. A new page appears to access the module. Click to access the module and remember to save the URL to your favourites or bookmark it to save your access link.

Working with young people and families NHS Education for Scotland
<https://learn.nes.nhs.scot> Search: Psychosocial mental health and wellbeing
<https://learn.nes.nhs.scot/29910/psychosocial-mental-health-and-wellbeing-support/taking-care-of-other-people/working-with-young-people-and-families>

Depression and Low Mood in Young People University of Reading
<https://www.futurelearn.com> Search: depression in young people
<https://www.futurelearn.com/courses/depression-young-people>

Understanding Suicide and Suicide Prevention University of Glasgow
<https://www.futurelearn.com> Search: Suicide Prevention Strategies in a Global Context
<https://www.futurelearn.com/courses/suicide-prevention>

Substance

Overdose Awareness and Intervention Training

Our training is aimed at:

Anyone who lives or works in the Forth Valley. The training is dependent on the minimum number of participants. There is a possibility that you may be asked to attend another training date.

Our training aims to:

Equip everyone with the knowledge, skills and confidence of what to do in an overdose situation.

Learning outcomes:

- To be aware of the nature & extent of drug overdose in Scotland/FV
- To recognise your role in preventing drug related deaths
- To identify the most common drugs involved in an overdose
- To identify the main causes of an overdose
- To recognise the signs and symptoms of an overdose
- To highlight effective interventions – busting myths
- To understand the role of Naloxone and Basic Life Saving Skills

Dates/Times/Locations:

Course duration: 3 hours

Dates:	Monday	21 st	November 2022	9:30-12.30	Microsoft Teams
	Thursday	15 th	December 2022	9:30-12.30	Microsoft Teams

[To apply](#)

Alcohol Brief Intervention (ABI)

Our training is aimed at:

Anyone who works in the Forth Valley. The new NHS FV Alcohol Brief Intervention module is available at [TURAS Learn](#).

Our training aims to:

Equip workforce with the knowledge, skills and confidence to initiate a conversation about alcohol and to deliver alcohol brief interventions.

Learning outcomes:

- Understanding what a brief intervention is
- Exploring the evidence base and policy background for alcohol brief interventions
- Examining the attitudes to alcohol and how those attitudes impact on practice
- Exploring the obstacles to the implementation of brief interventions and how these barriers and concerns can be resolved
- Recognising good practice and the key skills involved in effectively delivering a brief intervention
- Understanding units measurement, low risk drinking guidelines and the various terms commonly used to describe people's relationship with alcohol
- Being comfortable with the language that can be used when raising the issue of alcohol
- Utilising screening tools to accurately assess the health risks associated with a person's drinking and giving appropriate feedback
- Being able to observe and critique the delivery of a brief intervention by oneself and others
- Review and evaluation of one's readiness to deliver a brief intervention, including any further support that is needed

Dates/Times/Locations:

NHS FV Alcohol Brief Intervention module is available at [TURAS Learn](#).

Targeted sessions for groups of staff/ volunteers can be arranged – please get in touch. Sessions will be delivered using the Microsoft Teams platform.

[To apply](#)

Naloxone Training for Trainers

Our training is aimed at:

Anyone who works in the Forth Valley area and would like to deliver Naloxone training to others.

Our training aims to:

Equip workforce and volunteers with the knowledge, skills and confidence to initiate a conversation about Naloxone and to deliver Naloxone training to others.

Learning outcomes:

- To be aware of the nature & extent of drug overdose in Scotland/FV
- To recognise your role in preventing drug related deaths
- To identify the most common drugs involved in an overdose
- To identify the main causes of an overdose
- To recognise the signs and symptoms of an overdose
- To highlight effective interventions – busting myths
- To understand the role of Naloxone and Basic Life Saving Skills
- To increase confidence in initiating a conversation about Naloxone and persistence in normalising of Naloxone
- To recognise the importance of promoting the message that 'Take home Naloxone saves lives'
- Being able to observe and critique the delivery of Naloxone training by oneself and others
- To build confidence and skills in being able to deliver Naloxone training to others

Dates/Times/Locations:

Friday 25th November 2022 09.30-16.30- face-to-face delivery (Location TBC)

[To apply](#)

Scottish Drugs Forum – Workforce Development Programme

Please email: mariem@sdf.org.uk if you have any general queries about these events.

[Online Everyone Has a Story: Children Affected by Parental Substance Use -Training - Scottish Drugs Forum \(sdftraining.org.uk\)](https://sdftraining.org.uk) 3rd & 4th August 2022

[Online Everyone Has a Story: Children Affected by Parental Substance Use -Training - Scottish Drugs Forum \(sdftraining.org.uk\)](https://sdftraining.org.uk) 6th & 7th December 2022

[Online Staying Alive: Preventing Drug Related Deaths -Training - Scottish Drugs Forum \(sdftraining.org.uk\)](https://sdftraining.org.uk) 1st September 2022

[Online Staying Alive: Preventing Drug Related Deaths -Training - Scottish Drugs Forum \(sdftraining.org.uk\)](https://sdftraining.org.uk) 11th January 2023

[Online Understanding Stigma: Promoting inclusive attitudes and practice -Training - Scottish Drugs Forum \(sdftraining.org.uk\)](https://sdftraining.org.uk) 1st June 2022

[Online Understanding Stigma: Promoting inclusive attitudes and practice -Training - Scottish Drugs Forum \(sdftraining.org.uk\)](https://sdftraining.org.uk) 2nd February 2023

[Online Understanding Stigma: Promoting inclusive attitudes and practice -Training - Scottish Drugs Forum \(sdftraining.org.uk\)](https://sdftraining.org.uk) 4th October 2022

[Online Understanding Stigma: Promoting inclusive attitudes and practice -Training - Scottish Drugs Forum \(sdftraining.org.uk\)](https://sdftraining.org.uk) 19th April 2022

[Online Trauma and Substance Use -Training - Scottish Drugs Forum \(sdftraining.org.uk\)](https://sdftraining.org.uk) 5th July 2022

[Online Trauma and Substance Use -Training - Scottish Drugs Forum \(sdftraining.org.uk\)](https://sdftraining.org.uk) 8th March 2023

[Online Trauma and Substance Use -Training - Scottish Drugs Forum \(sdftraining.org.uk\)](https://sdftraining.org.uk) 10th November 2022

Smoking and Mental Health: Understanding the IMPACT



Let's talk about smoking

Our training is aimed at:

NHS, local authority and 3rd Sector staff and volunteers who support people with mental health problems.

Our training aims to:

Equip workers who support people with lived experience of mental ill-health with the knowledge, skills and confidence to initiate a conversation about smoking, and to discuss options for supporting those who are ready to quit.

IMPACT Training package includes:

- 2 x e-learning modules to be completed prior to virtual training session (1 hour)
- 1 hour virtual training session on Microsoft Teams

Virtual training session includes:

- The effect of smoking on mental health medications
- Discussions about smoking and mental health
- Information on e-cigarettes
- Information of local services to help people stop smoking

Virtual Training Dates 2022-23:

Thursday 10 th	November 2022	13.00-14.00
Tuesday 14 th	March 2023	14.00-15.00

Sessions will be delivered using the Microsoft Teams platform.

Specific sessions for groups of staff/ volunteers can be arranged – please get in touch - [To apply](#)

Raising the Issue of Smoking

Our training is aimed at:

Anyone working in the H&SCP or third sector organisations who may come in to contact with someone who smokes.

NHS Forth Valley is a health promoting health service and every health care contact is a health improvement opportunity. This training is relevant for anyone who might come into contact with individuals who smoke during their course of work, including all NHS Forth Valley staff and health and social care staff.

Our training aims to:

Raise awareness of the importance of addressing smoking behaviour with anyone we come in to contact with so it is seen as everyone's responsibility to 'Raise the Issue'.

Provide knowledge and confidence on how to discuss someone's smoking behaviour, the benefits of quitting and refer someone for support to stop smoking.

Learning outcomes:

- Have knowledge of the health risks of smoking
- Discover the benefits of stopping smoking
- Know how to raise the issue of smoking
- Understand the impact of nicotine withdrawal
- List some therapies available to help smokers in Forth Valley
- Be able to arrange support for a smoker who wishes to quit
- Know where to access further tobacco training if required.

Available on Turas Learn via the - NHS Forth Valley : role specific learning - Public health & protection zone

Module name: NHS FV Raising the Issue of Smoking

Substance E-learning

Scottish Drugs Forum <https://www.sdftraining.org.uk/online-learning>

Scottish Drugs Forum also offer other training opportunities please click here for further information <https://www.sdftraining.org.uk/training>

Tobacco E-Learning

ASH Scotland offer a range of elearning, other training opportunities and downloadable resources. Elearning opportunities include:

- Understanding Tobacco
- Tobacco and Cannabis
- Smoking and Mental Health
- Smoking and Young People
- Smoking and Money Advice
- Children, Carers and Second Hand Smoke

Visit their website for further information:

<https://www.ashscotland.org.uk/training-and-services>

Public Health Scotland Learning Hub Very Brief Advice on Smoking

<https://learning.publichealthscotland.scot/enrol/index.php?id=558>

National Centre for Smoking Cessation Training (NCSCT)

A range of online training modules to support contact with people who smoke

<https://www.ncsct.co.uk/>

Tobacco and Cannabis Awareness Session

Our training is aimed towards:

Any staff and volunteers working across Forth Valley (NHS, voluntary or statutory) who have opportunities to have discussions around tobacco and cannabis use with the people they work with, in order to promote positive health and well-being, as part of their role.

Our training aims to:

- Provide knowledge and confidence around tobacco and cannabis
- Provide an awareness of the reasons people smoke/use cannabis
- Increase confidence in discussing tobacco and cannabis
- Encourage referrals to the Stop Smoking Service (Quit Your Way).

Learning outcomes:

- Increased knowledge around tobacco and cannabis use and their effects
- An awareness of different tobacco products, e-cigarettes and cannabis forms
- Knowledge about the effects of tobacco, cannabis and synthetic cannabis on the body & brain
- Being able to identify and reflect on barriers for stopping smoking
- Awareness of harm reduction strategies
- Increased confidence in raising conversations around *stopping smoking* and how to refer for further support where necessary.

Dates/Times/Locations:

Virtual sessions are run via MS Teams

Dates:

Wednesday 25th January 2023 09:00am -12:00noon

[To apply](#)

Healthy Workplace - Useful Information & E-Learning

Mentally Healthy Workplace Training – e-learning
[MHW eLearning Course \(publichealthscotland.scot\)](https://publichealthscotland.scot)

Supporting a mentally healthy workplace : a guide for managers
[Supporting a mentally healthy workplace : a guide for managers | Turas | Learn \(nhs.scot\)](https://nhs.uk)

Knowledge and skills required by 'non-specialist' front line staff working in health, social care, wider public and other services. These workers are likely to have direct and/or substantial contact with people who may be at risk of mental ill health, self-harm or suicide, meaning that they have an important contribution to make in mental health improvement and self-harm and suicide prevention.
[Skilled level resources | Turas | Learn \(nhs.scot\)](https://nhs.uk)

Supporting Staff Attendance – e-learning
[SSA - Course Page \(publichealthscotland.scot\)](https://publichealthscotland.scot)

Stress in the workplace – e-learning
[Stress in the workplace \(publichealthscotland.scot\)](https://publichealthscotland.scot)

COVID 19 information
[Coronavirus \(COVID-19\) and business \(healthyworkinglives.scot\)](https://healthyworkinglives.scot)

Return to work toolkit
[COVID-19 – Return to work toolkit – Healthy Working Lives](https://healthyworkinglives.scot)

C19 engaging with staff
[Why I should engage with staff in consultation - Healthy Working Lives](https://healthyworkinglives.scot)

C19 workplace risk assessments
[Identifying hazards and evaluating risks- Healthy Working Lives](https://healthyworkinglives.scot)

Home working information
[Common risks for home workers - Healthy Working Lives](https://healthyworkinglives.scot)

Health at Work
[PHS Learning: All courses \(publichealthscotland.scot\)](https://publichealthscotland.scot)

Sexual Health & Blood Borne Virus Training

Dry Blood Spot Testing for Blood Borne Viruses

Our training is aimed at:

This training is aimed at addiction support workers.

Our training aims to:

This training aims to increase capacity for BBV testing in drug and alcohol services.

Learning outcomes:

- To increase staff awareness of the risks of transmission of BBVs
- To highlight target groups for testing
- To explore discussing testing with clients
- Instruction and practical experience of using the kits.

Dates/Times/Locations:

The training and can be delivered in small groups or tailored to accommodate one or 2 people and takes 30 – 45 minutes.

To book training or for further information please contact wendy.mitchell@nhs.scot or Tel: 01786 434079

Introduction To Blood Borne Viruses (BBVs)

Our training is aimed at:

Anyone working in Forth Valley, including those working in health/social care, IEP services and the Recovery Community

Our training aims to:

Provide an introduction to blood borne viruses (BBVs) and a refresher and update post covid.

Learning outcomes:

By the end of the session, participants will have :

- Increased understanding of how BBVS are transmitted, and how transmission can be prevented
- Received an update regarding Injecting Equipment Provision (IEP) and condoms
- Looked at potential barriers to BBV testing and treatment and have explored how these might be overcome
- Received an update regarding BBV treatments that are currently available

Dates/Times/Locations:

Tuesday 22nd November 9.30-12.30 at Raploch Campus, Stirling

Tuesday 10th January 2023 9.30-12.30 at Raploch Campus, Stirling

Tuesday 7th March 2023 9.30-12.30 at Raploch Campus , Stirling

[To apply](#)

Gender Based Violence and Learning Disability

Our training is aimed at:

This session is aimed at professionals working with young people and adults with a learning disability.

Our training aims to:

Increase awareness of the evidence that having a learning disability increases vulnerability to gender based violence, and to explore strategies and action for prevention and support.

Learning outcomes:

- Understanding GBV and learning disability
- Exploring what practitioners can do to prevent GBV, from school to adulthood
- Having more confidence in asking about abuse, responding to and supporting disclosure
- Identifying where to access help and support locally

Dates/Times/Locations:

Wednesday December 7th 2022 2.00pm - 4.00pm (Microsoft Teams)

[To apply](#)

Training on the Preventing & Managing Harmful Sexual Behaviour Guidance for schools (Bespoke).

Our training is aimed at:

This training is aimed at teachers working in early years through to senior level, including staff supporting children and young people with additional support needs.

Our training aims to:

Increase awareness of the Managing Harmful Sexual Behaviour Guidance and explore how it can support good practice in your school.

Learning outcomes:

- To increase familiarity of the Guidance to prevent and support harmful sexual behaviour
- Have a better understanding of sexual behaviour and young people
- Identify your role in supporting young people who display HSB
- To feel confident that you can do something
- To know where else to get help and information, including local help and the Expert Group Report from the Scottish Government

Dates/Times/Locations:

These bespoke training sessions can be tailored to needs of each school and can be delivered to whole staff groups.

For further information about the training please contact joanne.barrie@nhs.scot

Information, Guidelines and Resources can be found here [Harmful Sexual Behaviour \(centralsexualhealth.org\)](http://centralsexualhealth.org)

Helpline and Information available from Stop It Now Scotland [Stop It Now! Scotland - Stop It Now](http://stopitnow.scot.nhs.uk)

Relationships, Sexual Health & Parenthood - Parental Engagement

Our training is aimed at:

Teachers and school management

Our training aims to:

This session aims to offer support for schools providing parents information sessions for Relationships, Sexual Health & Parenthood.

Learning outcomes:

- Explore the use of the RSHP.scot support materials for parents
- Increase confidence in answering challenging questions
- Sharing of good practice

Dates/Times/Locations:

Thursday 2nd February 2023 3.30pm – 4.30pm (Microsoft Teams)

[To apply](#)

Relationships, Sexual Health and Parenthood Education (RSHP) 'Bitesize' sessions

Our training is aimed at:

Staff working in early years through to senior level, including ASN provision.

Our training aims to:

These short 'Bitesize' sessions aim to support the delivery of the national RSHP resource within schools www.rshp.scot. These sessions will focus on a particular topic area and are suitable for staff working in early years through to senior level, including ASN provision.

Learning outcomes:

- Understanding why this topic is important
- Exploring resources for learning at school and home
- Identifying other resources to support learning

Dates/Times/Locations:

Session 1: Body Parts and Puberty – Wednesday 14th December 2022,
3.30m - 4.30pm (Microsoft Teams)

Session 2 : Touch & Masturbation- Monday 13th March 2023 3.30pm - 4.30pm
(Microsoft Teams)

Session 3: Consent & Boundaries – Monday 15th May 2023 3.30pm - 4.30pm
(Microsoft Teams)

[To apply](#)

Relationships, Sexual Health and Parenthood Education (RSHP) – working with learners who have a learning disability/additional support needs.

Our training is aimed at:

This session is aimed at teachers and school staff working in early years through to senior level.

Our training aims to:

Raise awareness of children and young people's rights and needs to RSHP education.

Learning outcomes:

- Understanding what research tells us about sexual health and learning disability
- Exploring barriers to teaching RSHP and ways reduce these
- Identifying resources to use in school

Dates/Times/Locations:

Wednesday 16th November 2022 3.30pm – 5.00pm (Microsoft Teams)

[To apply](#)

eLearning

The TURAS platform hosts a suite of applications designed to support the health and social care workforce in Scotland. The Learn application hosts many training programmes and learning resources to support good practice and career development.

To make full use of the resources available on Learn you will need to have a TURAS account. All Agenda for Change staff in Scotland will have accounts created for them as part of their recruitment with the NHS.

Staff from other organisations can register for a free TURAS account via the [TURAS Learn Homepage](#)

This [short video](#) shows you how to register.

Blood Borne Viruses

- Blood borne viruses: some important basic facts - [Search Results | Turas | Learn \(nhs.scot\)](#)
- HIV PrEP wider workforce 2020 slides: HIV PrEP wider workforce 2020 slides | Turas | Learn (nhs.scot)
HIV continues to be a major public health challenge for Scotland. PrEP is an effective HIV prevention intervention which uses anti-retroviral drugs to protect individuals most at risk from acquiring HIV through sexual transmission.
- HIV information and awareness for staff - [Search Results | Turas | Learn \(nhs.scot\)](#)
This page provides access to range of training and presentations covering staff briefings, testing and diagnosis of HIV, epidemiology etc.

Associated Topic Areas

- **Trauma Informed Practice - [Search Results | Turas | Learn \(nhs.scot\)](#)**
This page provides access to a range of modules and training exploring trauma informed practice from a general awareness to more role specific information and guidance.
- **Child Protection - [Search Results | Turas | Learn \(nhs.scot\)](#)**
This page provides access to a range of child protection modules and training including information about childhood sexual abuse and childhood trauma.

- **What is gender reassignment discrimination? | Turas | Learn (nhs.scot)**
This video from the Equality and Human Rights Commission (EHRC) gives an introduction to equality law around gender reassignment discrimination, under the Equality Act 2010.
- **Gender-Based Violence | Turas | Learn (nhs.scot)**
This page hosts learning resources on gender-based violence (GBV). It is suitable for a range of healthcare professionals, and includes eLearning modules Domestic Abuse and Coercive Control.
- **What is sexual orientation discrimination? | Turas | Learn (nhs.scot)**
This video from the Equality and Human Rights Commission (EHRC) gives an introduction to equality law around sexual orientation discrimination, under the Equality Act 2010.
- **Sexual orientation - Sexual orientation | Turas | Learn (nhs.scot)**
On this page you will find resources relating to sexual orientation, one of the protected characteristics under the Equality Act 2010

Scottish Drugs Forum

- **Sex, Drugs & BBVs**

Aim

This training aims to increase workers' understanding and knowledge of key issues related HIV, Hepatitis B and Hepatitis C with a particular emphasis on risks associated with drug use and sexual health.

- **HIV and Harm Reduction**

Aim

This training aims to increase workers' understanding and knowledge of key issues related HIV, with a particular emphasis on risks associated with drug use and sexual health.

e-learning

- **HIV: Preventable and Treatable**

Do you know about the current HIV outbreak in Scotland? Would you like to expand your understanding of HIV and how it is transmitted?

This e-learning course will increase your knowledge of HIV prevention and treatment. You will also learn about the current HIV outbreak in Scotland among people who inject drugs.

- **Hepatitis B in Scotland**

Did you know that Hepatitis B affects 9,000 people in Scotland? Do you know what Hepatitis B is? Do you know how it is passed from person to person?

This course is full of information about what acute and chronic Hep B is, who is at risk of infection, and importantly, who should be getting tested.

- **Contraception information for people who use drugs**

If you use drugs and/or support people who use drugs and want to know what different methods of contraception are available, then this e-learning course has been designed for you.

In this course, our trusted experts have presented different methods of contraception in an easy-to-understand way so that you can identify which methods are long-acting and reversible.

- **Hepatitis C and New Treatments**

Do you know what Hepatitis C is? Do you know about the new Hep C treatments?

This course is packed full of information about what Hep C is, the importance of testing, risk factors, different methods of testing, the importance of treatment and the benefits of new treatments.

Resources

Publications

- [HIV: What Workers Need To Know](#)
- [Injecting Equipment Provision in Scotland - Good Practice Guidance](#)
- [Sexual Health and Blood Borne Viruses - Learning Needs Report](#)
- [Understanding the Sexual Health and Blood Borne Virus Risk Behaviours of Defined 'At Risk' Groups to Inform a Service Training Programme](#)
- [HIV in Glasgow - Responding to an Outbreak - SDF Bulletin for World AIDS Day 2018](#)

LGBT+ Training

Scottish Trans Alliance

Scottish Trans Alliance works to improve gender identity and gender reassignment equality, rights and inclusion in Scotland.

They provide short presentations, interactive one hour workshops, and half day or full day structured training events. They can create innovative bespoke training packages on request. Please complete the training enquiry form below and the training officer will respond to you by email.

[Training - Scottish Trans Alliance](#)

LGBT Youth Scotland

LGBT General Awareness training is included in the LGBT Charter programme. Schools who undertake the Charter at Gold level can also access Supporting Trans Young People training.

The LGBT Charter is a programme that supports schools to become more LGBT inclusive and focuses on several areas of work across the school community. The programme requires schools to meet a series of standards and LGBT Youth provides support, advice and training.

[LGBT Youth Scotland | LGBT Youth Scotland](#)

The Equality Network

The Equality Network has a great deal of experience in providing training of the highest quality on a wide variety of lesbian, gay, bisexual and transgender (LGBT) equality issues to both the public, voluntary and private sectors. They have particular expertise in intersectional training.

[Training and Support — Equality Network \(equality-network.org\)](#)

Lgbteducation.scot

The one stop platform for teachers to access quality approved materials, resources, and professional learning linked to Scotland's Curriculum to support the implementation of LGBT Inclusive Education.

The two stage national professional learning [Delivering LGBT Inclusive Education](#) has been provided by The Scottish Government, and should be completed by Primary and Secondary school teachers in Scotland.

[LGBT Inclusive Education | National Platform \(lgbteducation.scot\)](#)

TIE

TIE are currently delivering the two stage *Delivering LGBT Inclusive Education* professional learning on behalf of The Scottish Government, as part of the national rollout of LGBT Inclusive Education in schools. Information about each stage of this course is available below. This is a free professional learning course for teachers in Scotland.

[CPD for Teachers — Time for Inclusive Education \(TIE\)](#)

Stonewall Scotland

Training courses and opportunities- Online learning

Stonewall Scotland deliver training, produce resources and develop membership programmes to empower teachers and education professionals to tackle homophobia, biphobia and transphobia in schools and colleges.

[Training courses and opportunities | Scotland \(stonewallscotland.org.uk\)](https://www.stonewallscotland.org.uk)