



GLASGOW CITY HSCP HEALTH IMPROVEMENT TRAINING CALENDAR January- June 2024



GLASGOW CITY HEALTH IMPROVEMENT TRAINING CALENDAR JANUARY – JUNE 2024

Courses and online learning are facilitated by Glasgow City Health Improvement or provided by external organisations. It is **free of charge**, offered on a first come first served basis.

We aim to offer participants a full and proper learning experience, which can be used for personal development. Learning can also be shared with colleagues and peers.

Places are at a premium, with extensive demand. Unfortunately, there have been significant issues relating to non/low attendance. As a result, courses have been cancelled or facilitated with low numbers

Failure to notify us in advance of the course, may result in participants not being offered a place on future training courses. If you no longer require your place, please email us at least 24 hours before, so it can be offered to someone else - northeastyouth@ggc.scot.nhs.uk

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 virtue 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.

MENTAL HEALTH COURSES

JANUARY – JUNE 2024

- **Healthy Minds Overview (1 hour)**
- **What's the Harm? Skills and Awareness (full day)**
- **What's the Harm? (1 hour)**
- **Scottish Mental Health First Aid: Adult (SMHFA: Adult)**
- **SuicideTALK**
- **Suicide Contagion**

COURSE NAME, AIMS & OBJECTIVES	DATE & VENUE
<p style="text-align: center;"><u>HEALTHY MINDS OVERVIEW</u></p> <p style="text-align: center;">AIMS</p> <ul style="list-style-type: none"> This session provides information on the Healthy Minds Resource Pack. <p>LEARNING OUTCOMES/OBJECTIVES</p> <ul style="list-style-type: none"> A brief overview of what influenced the development 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. <p style="text-align: center;">Level: Informed</p>	<p style="text-align: center;"><u>Tuesday 23 January 2024</u></p> <p style="text-align: center;">1pm – 2pm</p> <p style="text-align: center;">Online via MS Teams</p> <p style="text-align: center;"><u>Click here to book a place</u></p> <hr/> <p style="text-align: center;"><u>Tuesday 12 March 2024</u></p> <p style="text-align: center;">10am – 11am</p> <p style="text-align: center;">Online via MS Teams</p> <p style="text-align: center;"><u>Click here to book a place</u></p> <hr/> <p style="text-align: center;"><u>Thursday 30 May 2024</u></p> <p style="text-align: center;">12.30pm - 1.30pm</p> <p style="text-align: center;">Online via MS Teams</p> <p style="text-align: center;"><u>Click here to book a place</u></p>

COURSE NAME, AIMS & OBJECTIVES	DATE & VENUE
<p><u>WHAT'S THE HARM? SKILLS AND AWARENESS (FULL DAY)</u></p> <p>AIMS</p> <ul style="list-style-type: none"> This 1-day workshop aims to help dispel the myths about self-harm and equip participants to support people who may self-harm. <p>LEARNING OUTCOMES/OBJECTIVES</p> <ul style="list-style-type: none"> 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. <p>Level: Skilled</p>	<p><u>Tuesday 30 January 2024</u></p> <p>9am - 4.30pm</p> <p>Eastbank Conference and Training Centre, 22 Academy Street, Shettleston G32 9AA</p> <p>Click here to book a place</p>
	<p><u>Monday 19 February 2024</u></p> <p>9am – 4.30pm</p> <p>Beresford Suite, Leverndale Hospital, 510 Crookston Road, Glasgow, G53 7TU</p> <p>Click here to book a place</p>
	<p><u>Wednesday 13 March 2024</u></p> <p>9am – 4.30pm</p> <p>Beresford Suite, Leverndale Hospital, 510 Crookston Road, Glasgow, G53 7TU</p> <p>Click here to book a place</p>
	<p><u>Tuesday 23 April 2024</u></p> <p>9am – 4.30pm</p> <p>“Old Ladywell School”, Ladywell, 12A Victoria Park Drive South, Glasgow G14 9NR</p> <p>Click here to book a place</p>
	<p><u>Wednesday 15 May 2024</u></p> <p>9am – 4.30pm</p>

	<p>Eastbank Training and Conference Centre, 22 Academy Street, Shettleston, G32 9AA</p> <p><u>Click here to book a place</u></p>
	<p><u>Tuesday 11 June 2024</u></p> <p>9am – 4.30pm</p> <p>Eastbank Training and Conference Centre, 22 Academy Street, Shettleston, G32 9AA</p> <p><u>Click here to book a place</u></p>

COURSE NAME, AIMS & OBJECTIVES	DATE & VENUE
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WHAT'S THE HARM? SKILLS AND AWARENESS (1 HOUR)

AIMs

- To increase participants' understanding of self-harm when used as a coping strategy

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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 20 February 2024

10am – 11am

Online via MS Teams

[Click here to book a place](#)

Thursday 21 March 2024

1pm – 2pm

Online via MS TeamS

[Click here to book a place](#)

Tuesday 23 April 2024

1.30pm – 2.30pm

Online via MS Teams

[Click here to book a place](#)

Wednesday 8 May 2024

10am – 11am

Online via MS Teams

[Click here to book a place](#)

COURSE NAME, AIMS & OBJECTIVES	DATE & VENUE
<p><u>SCOTLAND'S MENTAL HEALTH FIRST AID</u> <u>ADULT</u> <u>(SMHFA: ADULT)</u></p> <p>AIMS</p> <ul style="list-style-type: none"> • To preserve life • To provide help to prevent a mental health problem or crisis developing • 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 to 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 do and say in a crisis • The importance of good listening skills, practice listening and responding • Understanding recovery, the connection between mental health problems and alcohol and drugs, mental health problems and discrimination • Some basic information about common mental health problems and self-help information <p>Level: Skilled</p>	<p><u>2 Day Course (must attend both days)</u> <u>Tuesday 27 & Wednesday 28 February 2024</u></p> <p>9am – 4.30pm</p> <p>Room B, Eastbank Training and Conference Centre, 22 Academy Street, Shettleston, G32 9AA</p> <p><u>Click here to book a place</u></p> <hr/> <p><u>2 Day Course (must attend both days)</u> <u>Tuesday 7 & Tuesday 14 May 2024</u></p> <p>9am – 4.30pm</p> <p>Conference Room, Eastbank Training and Conference Centre, 22 Academy Street, Shettleston, G32 9AA</p> <p><u>Click here to book a place</u></p>

COURSE NAME, AIMS & OBJECTIVES	DATE & VENUE
<p style="text-align: center;"><u>SuicideTALK</u></p> <p style="text-align: center;">AIMS</p> <p>Dealing openly with the stigma around suicide, this session focuses upon the question “<i>should we talk about suicide?</i>”</p> <p>By looking at this question, in several different ways, session members can discover some of the beliefs and ideas about suicide in their communities – and in themselves.</p>	<p style="text-align: center;"><u>Thursday 25th April 2024</u></p> <p style="text-align: center;">10am – 12pm</p> <p style="text-align: center;">Clarice Pears Building, 90 Byres Road, Glasgow, G12 8TB</p> <p style="text-align: center;"><u>Click here to book a place</u></p>
<p style="text-align: center;">LEARNING OUTCOMES/OBJECTIVES</p> <p>SuicideTALK participants learn...</p> <ul style="list-style-type: none"> • How suicide is a serious community health problem that is often misunderstood. • How personal and community beliefs about suicide affect suicide stigma and safety. • How the steps taught in the LivingWorks’ SafeTALK programme can be used to help prevent suicide. • How to get involved in life protection, preservation, and promotion activities in the community. <p style="text-align: center;">Level: Informed</p>	<p style="text-align: center;"><u>Thursday 13 June 2024</u></p> <p style="text-align: center;">10am – 12pm</p> <p style="text-align: center;">Life Link Office, Suite 4, Melisa House, 3 Brand Place, Glasgow G51 1DR</p> <p style="text-align: center;"><u>Click here to book a place</u></p>

COURSE NAME, AIMS & OBJECTIVES	DATE & VENUE
<p style="text-align: center;"><u>SUICIDE CONTAGION</u></p> <p style="text-align: center;">AIMS</p> <ul style="list-style-type: none"> To increase participants' awareness of the multi-agency approach to suicide prevention across the Greater Glasgow and Clyde Board area <p style="text-align: center;">LEARNING OUTCOMES/OBJECTIVES</p> <p>Increased understanding of;</p> <ul style="list-style-type: none"> 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. <p style="text-align: center;">Level: Informed</p>	<p style="text-align: center;"><u>Wednesday 6 March 2024</u></p> <p style="text-align: center;">10am – 12noon</p> <p style="text-align: center;">Room 163, Clarice Pears Building, 90 Byres Road, Glasgow, G12 8TB</p> <p style="text-align: center;"><u>Click here to book a place</u></p> <hr/> <p style="text-align: center;"><u>Tuesday 4 June 2024</u></p> <p style="text-align: center;">1pm – 3pm</p> <p style="text-align: center;">Online via MS Teams</p> <p style="text-align: center;"><u>Click here to book a place</u></p>



EXTERNALLY PROVIDED COURSES

We all Have Mental Health: An Introduction for Youth Workers	Scottish Association for Mental Health (SAMH)	E-Module	<u>https://www.samh.org.uk/about-mental-health/elearning-for-youthworkers</u>
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VULNERABILITY COURSES

JANUARY – JUNE 2024

- Equally Safe Young People (ESYP)
- Inequality, Equity and Social Justice

COURSE NAME, AIMS & OBJECTIVES	DATE & VENUE
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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.
- How to talk to young people about the issues.

Level: Informed

Thursday 7th March 2024

9.30am - 12.30pm

**Eastbank Conference &
Training Centre**

**22 Academy Street,
Shettleston, G32 9AA**

[Click here to book a place](#)

Wednesday 5 June 2024

9.30am – 12.30pm

Online via MS Teams

[Click here to book a place](#)

COURSE NAME, AIMS & OBJECTIVES	DATE & VENUE
<p><u>INEQUALITY, EQUITY AND SOCIAL JUSTICE</u></p> <p>AIMS</p> <ul style="list-style-type: none"> • The course explores the idea of relative poverty and its link to social justice. <p>LEARNING OUTCOMES/OBJECTIVES</p> <ul style="list-style-type: none"> • 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 equality and social justice and how it impacts on communities. <p>Level: Informed</p>	<p><u>Must attend 2 half days</u></p> <p>Monday 26th February and Monday 4th March 2024</p> <p>9.30am - 12.30pm</p> <p>Levensdale Hospital, Beresford Suite, 510 Crookston Road, Glasgow, G53 7TU</p> <p><u>Click here to book a place</u></p>

POVERTY COURSES

JANUARY – JUNE 2024

- Poverty Awareness

COURSE NAME, AIMS & OBJECTIVES	DATE & VENUE
<p style="text-align: center;"><u>POVERTY AWARENESS</u></p> <p style="text-align: center;">AIMS</p> <p>During this course, you will:</p> <ul style="list-style-type: none"> • 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. <p style="text-align: center;">LEARNING OUTCOMES/OBJECTIVES</p> <ul style="list-style-type: none"> • Understand the causes of poverty. • Identify the impact that poverty has on children and young people’s wellbeing. <p style="text-align: center;">Level: Informed</p>	<p style="text-align: center;"><u>Tuesday 20 February 2024</u></p> <p style="text-align: center;">10am – 12noon</p> <p style="text-align: center;">Online via MS Teams</p> <p style="text-align: center;">Click here to book a place</p> <hr/> <p style="text-align: center;"><u>Thursday 18 April 2024</u></p> <p style="text-align: center;">1.30pm – 4pm</p> <p style="text-align: center;">Beresford Suite, Admin Building, Leverndale Hospital, 510 Crookston Road, Glasgow G53 7TU</p> <p style="text-align: center;">Click here to book a place</p>

EXTERNALLY PROVIDED COURSES

Child Poverty Health and Wellbeing	Public Health Scotland	E-Module	<u>CPHW: elearning module: Child Poverty Health and Wellbeing</u> <u>(publichealthscotland.scot)</u>
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MULTIPLE RISK COURSES JANUARY – JUNE 2024

- Gambling Related Harms
- Alcohol
- Drugs
- Tobacco
- Cannabis
- Vaping
- Behaviour Change

EXTERNALLY PROVIDED COURSES

Gambling Harms (Various Courses)	Fast Forward (Scottish Gambling Education Hub)	Training	<u>Events calendar - Scottish Gambling Education Hub</u> (fastforward.org.uk)	<u>www.fastforward.org.uk</u>
Alcohol, drugs (various)	Alcohol Focus Scotland (AFS)	Various	<u>Alcohol Training Alcohol Focus Scotland</u> (alcohol-focus-scotland.org.uk)	<u>www.alcohol-focus-scotland.org.uk</u>
Drugs (various)	Scottish Drugs Forum (SDF)	Training E-Modules	<u>Training - Scottish Drugs Forum</u> (sdftraining.org.uk) <u>E-Learning - Scottish Drugs Forum</u> (sdftraining.org.uk)	<u>SDF – Scottish Drugs Forum – A national resource of expertise on drug issues</u>
Understanding Tobacco	ASH Scotland	E- Modules Resource activity packs	<u>ASH Scotland eLearning</u> (ashscotlandmoodle.org.uk) You must register for an account	<u>www.ashscotland.org</u>
Behaviour Change	ASH Scotland	E- Modules Resource activity packs	<u>ASH Scotland eLearning</u> (ashscotlandmoodle.org.uk) You must register for an account	<u>www.ashscotland.org</u>
Raising the Issue of Smoking in a Money Advice Setting	ASH Scotland	E- Modules Resource activity packs	<u>ASH Scotland eLearning</u> (ashscotlandmoodle.org.uk) You must register for an account	<u>www.ashscotland.org</u>

IMPACT Project - Smoking and Mental Health eLearning	ASH Scotland	E- Modules Resource activity packs	ASH Scotland eLearning (ashscotlandmoodle.org.uk) You must register for an account	www.ashscotland.org
Vaping and Young People	ASH Scotland	E- Modules Resource activity packs	ASH Scotland eLearning (ashscotlandmoodle.org.uk) You must register for an account	www.ashscotland.org
Smoking and Young People	ASH Scotland	E- Modules Resource activity packs	ASH Scotland eLearning (ashscotlandmoodle.org.uk) You must register for an account	www.ashscotland.org
Tobacco and Cannabis	ASH Scotland	E- Modules Resource activity packs	ASH Scotland eLearning (ashscotlandmoodle.org.uk) You must register for an account	www.ashscotland.org
Second Hand Smoke – Smoke Free Homes	ASH Scotland	E- Modules Resource activity packs	ASH Scotland eLearning (ashscotlandmoodle.org.uk) You must register for an account	www.ashscotland.org
Smoking and Scotland’s Areas of High Deprivation	ASH Scotland	E- Modules Resource activity packs	ASH Scotland eLearning (ashscotlandmoodle.org.uk) You must register for an account	www.ashscotland.org
Young Carers, Smoking and Second Hand Smoke	ASH Scotland	E- Modules Resource activity packs	ASH Scotland eLearning (ashscotlandmoodle.org.uk) You must register for an account	www.ashscotland.org

**PHYSICAL ACTIVITY
AND NUTRITION
COURSES
JANUARY – JUNE 2024**

<u>EXTERNALLY PROVIDED COURSES</u>			
The Interactive Eatwell Guide	Food Standards Scotland	E-Module	<u>The Interactive Eatwell Guide Food Standards Scotland</u>
Working with Female Athletes	Sport Scotland	E-Module	<u>Working with Female Athletes (sportscotland.org.uk)</u>
Winter Health (Vitamin D)	Sport Scotland	E-Module	<u>Winter Health (sportscotland.org.uk)</u>
Introduction to Inclusive Practice	Scottish Disability Sport	E-Module	<u>Scottish Disability Sport Coaching and Education</u>
Encouraging and Enabling Physical Activity	Public Health Scotland	E-Module	<u>Course: Encouraging and enabling physical activity (publichealthscotland.scot)</u>
Keeping Well at Home	British Nutrition Foundation	E-Module	<u>https://www.nutrition.org.uk/training-and-events/current-training-and-events/2021/keeping-well-at-home/</u>
Active Play and Youth Work	Play Scotland	Podcast	<u>https://actify.org.uk/module/1915</u>
Active Play	Actify	MS Teams	<u>Register your interest</u>
Digital Delivery Training (register interest)	Actify	MS Teams	Register your interest here - <u>Actify</u>

Active Play	Actify	Module	https://www.actify.org.uk/module/2135
Active Play and Mental Health	Play Scotland	Podcast	https://actify.org.uk/module/1909
Active Play and Gender Equality	Play Scotland	Podcast	https://actify.org.uk/module/1910