

**GLASGOW CITY
HEALTH IMPROVEMENT
TRAINING CALENDAR
SEPTEMBER - DECEMBER
2022**

Education is what
remains after one has
forgotten what one has
learned in school
- Albert Einstein

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 (All staff)
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 of/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 health ill health. They will often have leadership roles in education, training and service coordination and development (Staff working within specialist mental health services)

HEALTHY MINDS RESOURCE

HEALTHY MINDS IS A FLEXIBLE RESOURCE PACK THAT CAN BE ACCESSED AND DELIVERED BY ANYONE WITH AN INTEREST IN MENTAL HEALTH. IT COMPRISES OF SIXTEEN MENTAL HEALTH THEMED TOPIC SESSIONS EACH LASTING APPROXIMATELY 1.5 HOURS, DESIGNED TO PROVIDE A BASIC AWARENESS AND UNDERSTANDING OF MENTAL HEALTH.

THE HEALTHY MINDS RESOURCE IS CURRENTLY BEING UPDATED AND WILL BE AVAILABLE SOON



AIMS

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

LEARNING OUTCOMES / OBJECTIVES

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

Information on the content of the resource which will be the focus of the session, its format, how it can be accessed and used.

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

Level: Informed

Healthy Minds Overview via MS Teams

**Thursday
22nd September 2022
4-5.30pm**

**TO BOOK A PLACE PLEASE CLICK:
[HERE](#)**

AIMS

During this course you will:

Explore the causes and impact of poverty from a national to a local community perspective.
Identify actions to poverty proof the work you are involved in and promote greater inclusion and participation.

LEARNING OUTCOMES / OBJECTIVES

At the end of this session you will be able to :

- Understand the causes of poverty
- Identify the impact that poverty has on children and young people's wellbeing
- Reflect on how your organisation's policy and practice can impact on the experience of families in poverty
- Have awareness of further learning resources and information to support your work.

Level: Informed

Poverty Awareness – Professional Development Training Via MS Teams Tuesday 27th September 2022 12.30 - 2.30pm

TO BOOK A PLACE PLEASE CLICK
[HERE](#)

AIMS

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

LEARNING OUTCOMES / OBJECTIVES

Introduce and develop your understanding of self harm.

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

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

Level: Informed

What's the Harm?: Skills and Awareness

**Wednesday
28th Sept 2022
9am-4.30pm**

Venue:

**Large Hall, Beresford Suite, Admin
Building, Leverndale Hospital, 510
Crookston Road, G53 7TU Glasgow**

**TO BOOK A PLACE PLEASE CLICK
[HERE](#)**

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.

Increased confidence in talking with young people about the issues.

Level- Skilled

Equally Safe Young People Training (ESYA) Via MS Teams

**Thursday
29th September 2022
9.30-12.30**

**TO BOOK A PLACE PLEASE CLICK
[HERE](#)**

AIMS

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

LEARNING OUTCOMES / OBJECTIVES

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

Information on the content of the resource which will be the focus of the session, its format, how it can be accessed and used.

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

Level: Informed

Healthy Minds Overview via MS Teams

**Tuesday
11th October 2022
10-11.30 am**

**TO BOOK A PLACE PLEASE CONTACT:
[HERE](#)**

AIMS

To increase participants awareness and understanding of self-harm when used as a coping strategy.

LEARNING OUTCOMES / OBJECTIVES

Introduce and develop your understanding of self harm.

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

Training to support future face to face self harm awareness and skills development.

Level: Informed

What's the Harm?: Skills and Awareness 1 hour session Via Teams

**Tuesday
18th October 2022
10-11 am**

**TO BOOK A PLACE PLEASE CLICK
[HERE](#)**

Aims

To increase understanding and highlight the importance of the current Healthy Eating Guidelines, using the 'Eatwell Guide'.

LEARNING OUTCOMES / OBJECTIVES

This interactive session aims to introduce you to key health issues related to nutrition, Scottish Dietary Goals as well as increase your knowledge and understanding of healthy eating, using the 'Eatwell Guide' and what's behind the food group segments.

Links to reputable sources of nutrition information and resources will be available.

Level - Informed

Healthy Eating: 'Eatwell Guide' and much more Via MS Teams

Wednesday
26th October 2022
2-3.30 pm

**TO BOOK A PLACE PLEASE CLICK
[HERE](#)**

AIMS

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

LEARNING OUTCOMES / OBJECTIVES

Introduce and develop your understanding of self harm.

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

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

Level: Informed

What's the Harm?: Skills and Awareness

Wednesday
26th October 2022
9am-4.30pm

Venue:
Fuse Youth Café
1567 Shettleston Road
Glasgow G32 9AS

**[TO BOOK A PLACE PLEASE CLICK
HERE](#)**

AIMS

During this course you will:

Explore the causes and impact of poverty from a national to a local community perspective.

Identify actions to poverty proof the work you are involved in and promote greater inclusion and participation.

LEARNING OUTCOMES / OBJECTIVES

At the end of this session you will be able to :

- Understand the causes of poverty
- Identify the impact that poverty has on children and young peoples wellbeing
- Reflect on how your organisation's policy and practice can impact on the experience of families in poverty
- Have awareness of further learning resources and information to support your work.

Level: Informed

Poverty Awareness – Professional Development Training Via MS Teams

**Tuesday
27th October 2022
3 -5 pm**

**TO BOOK A PLACE PLEASE CLICK
HERE**

AIMS

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

LEARNING OUTCOMES/OBJECTIVES

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

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

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

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

Level- Informed

Inequality, Equity and Social Justice

This comprises of 2 short courses
Participants MUST book on both courses for this training

Tuesday 1st November 2022

9.30-12.30

Book HERE

Tuesday 8th November 2022

9.30-12.30

Book HERE

AIMS

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

LEARNING OUTCOMES / OBJECTIVES

Increased understanding of:
the current data around suicide, particularly around age and gender. Some of the factors that can contribute to people completing, or attempting to complete suicide. The impact that different forms of media can have on rates of completed and attempted suicide. The risks associated with irresponsible reporting of suicide in the media

Level: Informed

Suicide Contagion Via MS Teams

**Wednesday 2nd November 2022
6pm - 8pm**

**[TO BOOK A PLACE PLEASE CLICK
HERE](#)**

AIMS

During this course you will:

Explore the causes and impact of poverty from a national to a local community perspective.

Identify actions to poverty proof the work you are involved in and promote greater inclusion and participation.

LEARNING OUTCOMES / OBJECTIVES

At the end of this session you will be able to :

- Understand the causes of poverty
- Identify the impact that poverty has on children and young peoples wellbeing
- Reflect on how your organisation's policy and practice can impact on the experience of families in poverty
- Have awareness of further learning resources and information to support your work.

Level: Informed

Poverty Awareness – Professional Development Training Via MS Teams

**Wednesday 16th November 2022
10-12noon**

**TO BOOK A PLACE PLEASE CLICK
[HERE](#)**

AIMS

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

LEARNING OUTCOMES / OBJECTIVES

Introduce and develop your understanding of self harm.

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

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

Level: Informed

What's the Harm?: Skills and Awareness

Thursday 17th November 2022
9 - 4.30pm

Venue:
Meeting Room 2
Old Ladywell
Ladywell
12A Victoria Park Drive South
Glasgow
G14 9RN

TO BOOK A PLACE PLEASE CLICK
[HERE](#)

AIMS

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

LEARNING OUTCOMES / OBJECTIVES

A brief overview of what influenced the development of the resource.
Information on the content of the resource which will be the focus of the session, its format, how it can be accessed and used.
An opportunity for questions and some participant discussion to explore how they see the resource supporting their work in mental health improvement.

Level: Informed

Healthy Minds Overview via MS Teams

**Tuesday
22nd November 2022
2pm - 3.30pm**

**TO BOOK A PLACE PLEASE CONTACT:
[HERE](#)**

AIMS

To increase participants awareness and understanding of self-harm when used as a coping strategy.

LEARNING OUTCOMES / OBJECTIVES

Introduce and develop your understanding of self harm.

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

Training to support future face to face self harm awareness and skills development.

Level: Informed

What's the Harm?: Skills and Awareness

1 hour session Via MS Teams

**Tuesday 22nd November
2 - 3pm**

**TO BOOK A PLACE PLEASE CLICK
HERE**

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.

Increased confidence in talking with young people about the issues.

Level - Skilled

Equally Safe Young People Training (ESYA) Via MS Teams

**Wednesday
23rd November 2022
9.30-12.30**

**[TO BOOK A PLACE PLEASE CLICK
HERE](#)**

Free online training is available from Scottish Drugs Forum for anyone working in communities who may need current knowledge around drugs and alcohol to support them in their work with children, young people, and adults.



Courses include;

**Mental Health and Substance Misuse
Drugs Awareness
Alcohol Awareness
HIV and Harm Reduction**

**CLICK [HERE](#) FOR MORE INFORMATION OR
TO BOOK A PLACE**