



Health Improvement Training Brochure

Effective from: April 2024



Reviewed April 24

Health Improvement Training Programme

Our training programme is for anyone who has an interest in improving health within their community, workplace or setting. This could include individuals, private sector employers and employees, volunteers, community groups or health and social care staff, for example.

The courses offered are **free to attend** and will help support you to protect and improve health and wellbeing.

The courses will provide you with knowledge and skills to help reduce inequalities and improve the health of the population. We offer a variety of training delivery methods – face-to-face, online or a blend of both.

To view the training brochure, in an online book version please [click here](#).



Effective from: April 2024

Health Improvement Training Programme

If you would like us to deliver any of our courses within your setting, with bespoke adaptations, we can consider requests on an individual basis.

Details of our scheduled courses can be found in this brochure and each section gives details on how to book a place. Bookings for NHS staff must be made via Learn Pro, non NHS Staff can book via email, where you should specify the following:

- your name
- your job title
- your organisation
- contact email and telephone number
- details of which course you would like to attend (course name and date to be included)



Effective from: April 2024

Contact us:

Health Improvement team,
Public Health Department,
Afton House,
Ailsa Hospital,
Dalmellington Road,
Ayr, KA6 6AB



HITraining@aapct.scot.nhs.uk



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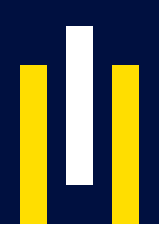








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Please click on your selected course of interest, this will take you to the descriptor page, where you will find the course details.

Health Improvement - General

- ▶ Creating a fairer, Healthier Ayrshire and Arran
- ▶ Health Behaviour Change
- ▶ Health Inequalities - Online
- ▶ Health Issues in the Community
- ▶ Health Literacy
- ▶ Improving Health: Developing Effective Practice
- ▶ Tackling Health Inequalities within Health and Social Care
- ▶ Training for Trainers
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- ▶ Child Poverty and Financial Inclusion Pathway Training
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- ▶ Ask, Support, Care Training (ASC)
- ▶ Selective Enquiry of Domestic Abuse

Please click on your selected course of interest, this will take you to the descriptor page, where you will find the course details.

Health Improvement - Mental Health

- ▶ Stress Awareness
- ▶ Mental Health and Substance Use
- ▶ Mental Health Improvement: A Practical Approach
- ▶ safeTALK: Suicide Awareness for Everyone
- ▶ Introduction to Suicide Prevention
- ▶ Skilled Level Suicide Prevention
- ▶ ASIST
- ▶ Fundamentals of Fetal Alcohol Spectrum Disorder (FASD)
- ▶ Fundamentals of FASD for Health and Social Care Practitioners
- ▶ [E-learning Modules include:](#)
 - [About Mental Health](#)
 - [Ask, Tell, Look After Your Mental Health](#)
 - [Mentally Healthy Workplaces](#)
 - [MindEd](#)
 - [Save a Life](#)
- ▶ [Further Information on Mental Health & Wellbeing](#)

Please click on your selected course of interest, this will take you to the descriptor page, where you will find the course details.

Health Improvement

▶ **Addiction Services** – Prevention and Service Support Team

The Addiction Services training courses are published on a quarterly basis and are uploaded onto the [Prevention and Service Support Team](#) page on the NHS Ayrshire and Arran website.

Simply scroll to the bottom of the page where the most recent schedule link will be posted.

Please click on your selected course of interest, this will take you to the descriptor page, where you will find the course details.

Food and Nutrition

- ▶ C.A.N (Cheap and Nutritious). Eating well on a budget
- ▶ Early Years Nutrition
- ▶ Family Support Weaning. An introduction to solid food
- ▶ Eating Well for Older People - East Ayrshire
- ▶ Cooking Group Facilitation Skills
- ▶ REHIS Food Safety/Hygiene
- ▶ Weaning for Health Visitors

Please click on your selected course of interest, this will take you to the descriptor page, where you will find the course details.

Sexual Health and Blood Borne Virus (SHBBV)

- ▶ Condom Card (c-card)
- ▶ Introduction to Transgender Awareness
- ▶ Sexuality, Learning Disability and Sexual Health
- ▶ All You Need to Know About Sex and Your Sexual Health
- ▶ Sex, the Law and Impact of Technology
- ▶ Traffic Light Toolkit
- ▶ BBV Level 2 (HIV, HepC & HepB)
- ▶ Introduction to LGBT awareness

To read about the content of the courses use the links above. Scheduled dates of the courses can be [found here](#).

Please click on your selected course of interest, this will take you to the descriptor page, where you will find the course details.

Tobacco

- ▶ Very Brief Advice (Quit Your Way)
- ▶ Reducing Children's Exposure to Second Hand Smoke (Toby the cat)
- ▶ IMPACT - (Smoking & Mental Health)
- ▶ Tobacco - Tobacco Free Cultures
- ▶ Raising the Issue (during & after pregnancy)
- ▶ Tobacco Awareness - (bespoke training)
- ▶ Pharmacy Training
- ▶ Raising the Issue of Smoking - (Level 1)
- ▶ Raising the Issue of Smoking - (Level 2)
- ▶ Cost of Living, Cost of Smoking
- ▶ Tobacco Prevention & Nicotine Awareness Training – Young People
- ▶ There is a new Quit Your Way module for Very Brief Advice available on Learnpro under MAST Role Specific

Please click on your selected course of interest, this will take you to the descriptor page, where you will find the course details.

Workplace

- ▶ Introduction to Mindfulness
- ▶ Stress Awareness for Workplaces
- ▶ Menopause in the Workplace
- ▶ Hand Hygiene
- ▶ Mentally Healthy Workplace Training for Managers
- ▶ Healthy Eating, Active Living
- ▶ Stress Awareness
- ▶ Supporting Staff Attendance Training (SMEs)
- ▶ Health and Safety Basics
- ▶ Fire Safety
- ▶ Lone Working
- ▶ Basic Risk Assessment
- ▶ Social Isolation and Loneliness

Please click on your selected course of interest, this will take you to the descriptor page, where you will find the course details.

Oral Health

- ▶ Basic Oral Health Awareness
- ▶ Caring for Smiles – Level 1 Training
- ▶ Caring for Smiles – Level 2 Training
- ▶ Caring for Smiles Credit Rated Qualification Foundation level at SCQF 5 (2 credit points)
- ▶ Caring for Smiles Credit Rated Qualification Intermediate level at SCQF 6 (2 credit points)
- ▶ Caring for Smiles for Hospital Staff
- ▶ Smile4life Oral Health Training
- ▶ Open Wide Oral Health Training
- ▶ Mouth Matters

Health Improvement (General)

Course Title

Creating a Fairer, Healthier Ayrshire and Arran

Course Aims

To define what we mean by health, explore the dimensions of health and increase knowledge of health inequalities.

Who should attend

Open to anyone who would like to increase knowledge in health improvement and health inequalities. [Introduction level.](#)

Learning outcomes

By the end of the course participants will:

- have knowledge of the definitions of health
- be familiar with the dimensions and determinants of health
- have increased understanding of health inequalities
- be able to identify how your role contributes to reducing the impact of health inequalities

For general enquiries or to make a booking from **Non-NHS** staff please



HITraining@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Health Improvement (General)

Course Title **Health Behaviour Change (HBC)
MAP of HBC e-learning**

Course Aims

- To introduce the ethos and principles of health behaviour change and brief intervention.
- To raise awareness about determinants of health and inequalities in health.
- To increase skills in Health Behaviour Change practice.

Who should attend

This course is for anyone who wants to learn more about health behaviour change and who has a role in improving health.

Learning outcomes

By the end of the course, participants will:

- understand influences on health and health behaviour and the impact these have on the effectiveness of interventions.
- understand health inequalities and the importance of facilitating access to a wide range of support agencies.
- develop knowledge and skills in the delivery of person-centered health behaviour change techniques.
- practice health behaviour change skills.

**Duration:
Independent Learning**

Online courses available

Health behaviour change – level 1

<https://learning.publichealthscotland.scot/course/view.php?id=330>

Health behaviour change – level 2

<https://learning.publichealthscotland.scot/course/view.php?id=411>

MAP

<https://learn.nes.nhs.scot/2144/map-of-health-behaviour-change-helping-people-to-make-and-maintain-behaviour-change>

Health Improvement (General)

Course Title

Health Inequalities (online module)

Course Aims

The new Public Health Scotland module looks at a definition of health inequalities and asks the participant to reflect on their own practice, identifying what they can do to reduce them.

Who should attend

This module is suitable for anyone who plans or delivers services to the public.


Learning outcomes

By the end of the course, participants will:

- be able to define health inequalities and their main causes
- recognise interventions which are effective in reducing health inequalities
- reflect on how your own role can contribute to reducing health inequalities
- identify the next steps to develop your health inequalities knowledge or practice further

**Duration:
Approximately
90 minutes**

To enrol: Visit NHS Health Scotland's Virtual Learning Environment
<https://learning.publichealthscotland.scot/course/index.php?categoryid=147>

Need Help  **Visit** <https://learning.publichealthscotland.scot/course/view.php?id=604>

Health Improvement (General)

Course Title

Health Issues in the Community

Course Aims

- Increased community capacity for health improvement.
- Participation in improving population health.
- Establishing and consolidating community development approaches to tackling health inequalities.

Who should attend

Communities, community groups or staff supporting community groups.

Learning outcomes


By the end of the course, participants will be:

- able to demonstrate an understanding of a social model of health and other key ideas about health and explain how these models/ideas relate to their own lives and communities
- able to demonstrate an understanding of the causes of health inequalities and the impact they have on different groups in society
- able to demonstrate a general understanding of community development approaches to tackling health inequalities and how these can be applied

Duration Accredited course: unit 1 (maximum 30 hours), unit 2 (maximum 30 hours). Shorter, non-accredited courses are available, and participants are not required to undertake both units.

For general enquiries or to make a booking from **Non-NHS** staff

 HITraining@aapct.scot.nhs.uk

Enquiries  01292 617280 or Internal Ext. 17280

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Health Improvement (General)

Course Title

Health Literacy

Course Aims

Online training / webinar

Who should attend

Suitable for anyone who wishes to learn more to support health literacy across NHS Scotland health and social care.

Learning outcomes

By the end of the course, participants will have:

- increased knowledge of what health literacy is
- increased awareness of tools and techniques to support & promote health literacy
- awareness of the resources and information available.

Online courses available
Duration: 20 - 45 minutes

Health literacy e-learning on TURAS

Visit [Health literacy | Turas | Learn \(nhs.scot\)](#) and login or register with the site. (approx. 30 mins)

You can also access the e-learning module:

[Communication matters: why health literacy is important | Turas | Learn \(nhs.scot\)](#) which is aimed at Pharmacy staff (approx. 20 mins).

The link between health literacy and health inequalities (approx. 45 minutes)

Visit [Virtual Learning Environment \(publichealthscotland.scot\)](#) and find the course using the search function.

Webinars

Health literacy **webinars** are offered on request from NHS Education for Scotland.

Contact  knowledge@nes.scot.nhs.uk for more information..

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Health Improvement (General)

Course Title **Improving Health: Developing Effective Practice**

Course Aims Blended course; face-to-face sessions, online (pre-course) e-learning and discussion. Increase confidence in improving health and tackling inequalities, using a framework which will guide and encourage the development of effective and reflective practice. Sets a standard for common values and principles for promoting health.

Who should attend **This course is for all occupational groups with a role or interest in improving health and tackling health inequalities. The course is likely to be of interest to nursing staff, public health practitioners, allied health professionals, pharmacists, voluntary sector workers, occupational health workers and so on.**

Learning outcomes

By the end of the course, participants will be able to:

- critically examine concepts and models of health, health improvement and health promotion and show their influence on current practice
- explain the mutual influences of social, policy, regulatory and legislative drivers on population health outcomes
- appraise the implications of health improvement principles for reducing health inequalities and improving overall population health
- critically examine your practice in relation to achieving continuous improvement in delivery of interventions aimed to improve health and reduce health inequalities.
- demonstrate personal use of a reflective process of experiential learning

Duration 3.5 days. Approximate learning time required:
e-learning - 15 hours / face-to-face - 24 hours / private study 20 hours.

Assessment Group work and group presentation. **Dates** TBC.

For general enquiries or to make a booking from **Non-NHS** staff please

 HITraining@aapct.scot.nhs.uk

Health Improvement (General)

Course Title **Tackling Health Inequalities within Health and Social care (online module)**

Course Aims

This e-module will explore what health inequalities are and what they mean for your role and practice in health and social care.

Note - You may find it useful to complete the shorter 'Health inequalities awareness' e-module first.

Who should attend

This module is suitable for staff from all sectors of the health and social care workforce who have or have potential to impact on health inequalities (this can include health, local authority, independent and voluntary sector and volunteers).

Learning outcomes

By the end of the module, participants will be able to:

- define health inequalities and its main causes within health and social care
- interpret the evidence on what works and does not work to reduce health inequalities
- evaluate the different ways health and social care staff can take action to reduce health inequalities
- reflect on how your own specific role can contribute to reduce health inequalities within health and social care

Duration Approximately 1.5 hours.

To enrol Visit NHS Health Scotland's virtual learning environment, <https://elearning.healthscotland.com> - click on the 'Courses' tab, then click on the following course to access the learning module:
Tackling health inequalities within health and social care.

Bookings  nhs.HealthScotland-LWDTeam@nhs.net

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Health Improvement (General)

Course Title

Training for trainers

Course Aims

The course aims to equip participants with basic training and facilitation skills. The course is for new staff, or existing trainers as a way to refresh their knowledge and skills.

Who should attend

Anyone looking to further their training skills within health improvement.

Learning outcomes

By the end of the module, participants will be able to:

- understand different learning styles and why these matter when designing and delivering training
- facilitate learning and create a learning environment
- appreciate your own learning style and how this fits within your own training style.
- plan a training session and manage time to enable effective learning
- understand the role of the trainer in facilitating learning and to use this knowledge to manage the learning environment to optimise participation, engagement and learning
- check that course content aligns with your learning needs and expectations.
- have knowledge of a range of training techniques and understand their role in facilitating learning of course participants
- be aware of different methods and means of communication and how these interact positively in facilitating learning
- plan for ongoing learning and development as a trainer

Duration - These sessions can be tailored to suit the audience.

For general enquiries or to make a booking from **Non-NHS** staff please

 HITraining@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Health Improvement (General)

Course Title

Better Health

Course Aims

- To deepen understanding of wider determinants of health with a brief look at health inequalities.
- To raise awareness of social isolation and loneliness.
- To consider some key health behaviour change information.
- To increase knowledge and skills in relation to health literacy.
- To discuss “resistance” and practice dealing with it.
- To discuss resources and sources of support.
- To raise awareness of the Better Health Hub and highlight the referral pathways.

Who should attend

This course is for anyone who wishes for an overview of aspects of health improvement.

Learning outcomes

By the end of the course, participants will be:

- aware of factors which influence health, health inequalities and health behaviour change
- aware of social isolation and loneliness and the impact on health
- aware of resources to support people including the Better Health Hub
- aware of health literacy
- able to develop knowledge and skills to support person-centered care

Duration These sessions can be tailored to suit the audience, lasting anywhere between 1 to 3 hours dependent on availability of time by the delegates in attendance.

Dates available on request (minimum of 8 people required).

For general enquiries or to make a booking from **Non-NHS** staff please



HITraining@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Health Improvement (General)

Course Title **Child Poverty and Financial Inclusion Pathway Training**

Course Aims

This training aims to raise awareness of child poverty and the impact it can have on children and young people. Participants will also gain an understanding of the financial inclusion pathways available in East, North and South Ayrshire.

Who should attend

This training is aimed at healthcare professionals and any partners who will come into contact with families or anyone else who may benefit from a greater knowledge of the financial supports which they could be eligible for.

Learning outcomes

By the end of this training participants will be able to:

- describe what child poverty is and what causes it
- outline how child poverty is defined in Scotland
- explain how poverty impacts children and young people's health and wellbeing
- reflect on your role in reducing the impact of child poverty and understand how to utilise the Financial Inclusion Pathways

Duration

Between 1.5 and 2.5 hours.

For general enquiries or to make a booking from **Non-NHS** staff please

 HITraining@aapct.scot.nhs.uk

Health Improvement (Gender Based Violence)

Course Title **Routine Enquiry - 1 Day Training**

To continue to support routine enquiry of abuse within identified priority NHS settings (including maternity, mental health, substance misuse, sexual health, ED and primary care), training dates continued to be offered for staff within these priority settings. This includes training for new staff and refresher sessions for staff who have previously attended routine enquiry training.

Please note:

- **Routine Enquiry of domestic abuse applies to all women** accessing Maternity, ED, Primary Care and Sexual Health Services.
- **Routine enquiry of abuse applies to both men and women** accessing Addictions, Mental Health and Learning Disabilities Services.
- Staff should attend refresher training every 3 years.

Course Aims

The main aim of Routine Enquiry is to provide early, appropriate intervention and care by identifying and assessing service users who have or are experiencing domestic abuse. A disclosure of abuse also means that the therapeutic intervention offered by the service can consider the specific needs of the individual.

Who should attend

For staff within maternity, the Emergency Department, Primary Care and Sexual Health settings.

Learning outcomes

- By the end of this course, participants will be able to:
- explain the context for routine enquiry of domestic abuse
 - explain the health impact of gender based violence
 - explain why, when and how to ask about abuse
 - respond safely and sensitively to disclosure
 - know how to access support and guidance

For general enquiries or to make a booking from **Non-NHS** staff please

 HITraining@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Health Improvement (Gender Based Violence)

Course Title **Routine Enquiry - 1.5 Days Training**

To continue to support routine enquiry of abuse within identified priority NHS settings (including maternity, mental health, substance misuse, sexual health, ED and primary care), training dates continued to be offered for staff within these priority settings. This includes training for new staff and refresher sessions for staff who have previously attended routine enquiry training.

Please note:

- **Routine Enquiry of domestic abuse applies to all women** accessing Maternity, ED, Primary Care and Sexual Health Services.
- **Routine enquiry of abuse applies to both men and women** accessing Addictions, Mental Health and Learning Disabilities Services.
- Staff should attend refresher training every 3 years.

Course Aims

The main aim of Routine Enquiry is to provide early, appropriate intervention and care by identifying and assessing service users who have or are experiencing domestic abuse. A disclosure of abuse also means that the therapeutic intervention offered by the service can consider the specific needs of the individual.

Who should attend

For staff within **Addictions, Mental Health and Learning Disabilities settings**.

Learning outcomes

- By the end of this course, participants will be able to:
- explain the context for routine enquiry of domestic abuse
 - explain the health impact of gender based violence
 - explain why, when and how to ask about abuse.
 - respond safely and sensitively to disclosure
 - know how to access support and guidance

For general enquiries or to make a booking from **Non-NHS** staff please



HITraining@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Health Improvement (Gender Based Violence)

Course Title

Routine Enquiry Refresher Training (Half day)

Course Aims

The main aim of Routine Enquiry is to provide early, appropriate intervention and care by identifying and assessing service users who have or are experiencing domestic abuse. A disclosure of abuse also means that the therapeutic intervention offered by the service can consider the specific needs of the individual.

Who should attend

For staff within **Addictions, Mental Health and Learning Disability Settings** who have attended the 1.5 day Routine Enquiry course.

For staff within **Emergency Department, Maternity, Primary Care and Sexual Health** who have attended the 1 day Routine Enquiry course.

Learning outcomes

By the end of this training, participants will be able to:

- explain the context for routine enquiry of domestic abuse
- explain the health impact of gender based violence.
- explain why, when and how to ask about abuse
- respond safely and sensitively to disclosure
- know how to access support and guidance

Duration

4 hours.

For general enquiries or to make a booking from **Non-NHS** staff please



HITraining@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Health Improvement (Gender Based Violence)

Course Title

Ask, Support, Care Training (ASC)

Course Aims

The aim of the ASC programme is to engage a wide variety of professionals to support the prevention of Domestic Abuse in Scotland.

Who should attend

ASC (Ask Support Care) provides training on domestic abuse to those working in fields where they may encounter those who have been affected, allowing them to reach out and offer support and help. The evidence shows if a trusted professional raises the issue it may encourage those experiencing abuse to take action. The main reason people don't offer help is that they don't know where to start. We can help with that.

Learning outcomes

By the end of this training you will be able to:

- define the term domestic abuse
- discuss the extent of domestic abuse in Scotland
- identify the reasons why domestic abuse is an issue for your profession
- identify the signs of abuse
- describe the AVDR process as it pertains to your profession

Duration

1.5 - 2 hours approximately.

For general enquiries or to make a booking from **Non-NHS** staff please



HITraining@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Health Improvement (Gender Based Violence)

Course Title

Selective Enquiry of Domestic Abuse

Course Aims

The main aim for Selective Enquiry of Domestic Abuse training is to support early, appropriate intervention and care by responding to service users who have or are experiencing domestic abuse.

Who should attend

Staff working in healthcare support worker roles within Maternity, the Emergency Department, Primary Care, Sexual Health, Addictions, Mental Health and Learning Disabilities settings.

Learning outcomes

By the end of this training participants will be able to:

- define the terms domestic abuse and coercive control
- explain the health impacts of gender-based violence (GBV) and be able to identify the signs of abuse
- explain why, when and how to ask about abuse using the Ask, Validate, Document, Refer (AVDR) process
- respond safely and sensitively to disclosure
- know how to access support and guidance

Duration

3 hours.

For general enquiries or to make a booking from **Non-NHS** staff please



HITraining@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Health Improvement - Mental Health

Course Title

Stress Awareness

Who should attend

This course is for any NHS staff who would like to know more about stress and how to manage stress.

Learning outcomes

By the end of this training participants will:

- have an overview of stress
- have a definition of stress
- be able to identify sources and symptoms of stress
- be able to develop strategies for managing your own stress
- have an understanding of the role of the organisation
- learn simple techniques to combat stress
- gain further information about stress

Duration

Half day, delivered face to face or MS Teams.

Contact Occupational Health to enquire about dates.



aa.Occupational.Health@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Health Improvement - Mental Health

Course Title

Mental Health and Substance Use

Who should attend

This course is for individuals with a basic understanding of substance misuse who are looking to develop an understanding in relation to mental health.

Learning outcomes

By the end of this training participants will:

- have an overview of mental health presentations including mood disorder, anxiety, personality disorder and psychosis
- be familiar with the potential link between mental health presentations and substance misuse
- have knowledge of risk behaviour in association with mental health and substance misuse
- be aware of dual diagnosis - the co-existence of mental health issues and addiction
- be able to adapt theoretical knowledge to work with service users

Duration

Awareness Session - 2.5 hours
(delivered online via MS Teams) or
Full Session - 1 day (delivered Face to Face).

To book :

Call the Prevention and Services Support Team on **01294 476000**
(option3) or  psst@aapct.scot.nhs.uk

Health Improvement - Mental Health

Course Title

Mental Health Improvement: A Practical Approach

Who should attend

This workshop is aimed at anyone who is interested in mental health improvement and will provide participants with the knowledge, skills and tools required to promote mental health improvement within the environment they influence.

Learning outcomes

By the end of this training participants will:

- have an increased understanding of mental health improvement and the role it plays in promoting wellbeing, preventing mental health concerns and supporting recovery
- be able to identify protective and risk factors, and recognise the importance of a mentally healthy environment
- have information on approaches, self-help tools and additional resources that are effective in promoting mental health improvement

Duration

2.5 hours delivered Face to Face or MS Teams.

Dates

Dates available on request.

For general enquiries or to make a booking from **Non-NHS** staff please

 HITraining@aapct.scot.nhs.uk

or for workplaces contact the Workplace Team

 AA-UHB.HWL@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Health Improvement - Mental Health

Course Title

safeTALK

Course Aims

LivingWorks suicide alertness for everyone provides the essential basic knowledge and skills required by everyone and equips people to be more alert to someone thinking of suicide and better able to connect them with further help.

The course is designed to help participants:

- Recognise that a person might be having thoughts of suicide.
- Engage that person in direct and open talk about suicide.
- Move quickly to connect them with someone trained in suicide intervention.

Who should attend

Anyone age 16+ that lives or works in Ayrshire and Arran, in any workplace, workforce or community who has the opportunity and ability to positively impact on their own and other's mental health and wellbeing and contribute to supporting people experiencing mental ill health and preventing suicide.

Dates

Click [here](#) to view available dates on the suicide prevention training brochure.

Duration

3 - 3.5 hours.

Enquiries / Bookings  chooselife@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Health Improvement - Mental Health

Course Title

Introduction to Suicide Prevention

Course Aims

An introduction to suicide prevention using the NHS Education Scotland (NES) Ask Tell Save a Life (ATSAL) animations.

This workshop explores the issue of suicide and self-harm in adults, children and young people with a snapshot of the current suicide statistics in Scotland. It helps learners understand the signs that people of all ages may be thinking about suicide and/or self-harm, and how and when to provide immediate help and support.

Please note this session is only an introduction to suicide prevention, and does not go into lengthy detail around carrying out a suicide intervention.

Who should attend

Anyone age 16+ that lives or works in Ayrshire and Arran, in any workplace, workforce or community who has the opportunity and ability to positively impact on their own and other's mental health and wellbeing and contribute to supporting people experiencing mental ill health and preventing suicide.

Duration

3 hours.

Dates

Click [here](#) to view available dates on the suicide prevention training brochure.

Enquiries / Bookings  chooselife@aapct.scot.nhs.uk

Health Improvement - Mental Health

Course Title

Skilled Level Suicide Prevention

Course Aims

Based on the skilled level NHS Education Scotland (NES) information this includes the factors that might cause people to think about suicide, working with people to assess their risk of suicide, conversations that enable people to talk about their thoughts of suicide, when to seek emergency support and intervention for people at risk of suicide, practical and emotional approaches to supporting people at risk of suicide. Includes additional information about children and young people who may be at risk of suicide.

Who should attend

Anyone age 16+ that lives or works in Ayrshire and Arran. This training provides the knowledge and skills required by 'non-specialist' frontline staff working in health, social care, the wider public and other services, who are likely to have direct and/or substantial contact with people who may be at risk of mental ill health, self-harm or suicide.

Dates

Click [here](#) to view available dates on the suicide prevention training brochure.

Enquiries / Bookings



chooselife@aapct.scot.nhs.uk

Health Improvement - Mental Health

Course Title

ASIST

Course Aims

LivingWorks **Applied Suicide Intervention Skills Training**. To preserve life where a person may be a danger to themselves. Listen and talk to a person with suicidal intention without judgement. Provide comfort to a person with suicidal intention.

ASIST is a two-day in-person workshop. You'll learn how to recognise when someone may be thinking about suicide, and how to provide a skilled intervention and develop a safety plan with the person to connect them to further support.

Who should attend

Anyone 16+ that lives or works in Ayrshire and Arran that would like to learn suicide intervention skills.

Duration

2 days - Face to Face.

Dates

Click [here](#) to view available dates on the suicide prevention training brochure.

Enquiries / Bookings  chooselife@aapct.scot.nhs.uk

Health Improvement - Mental Health

Course Title

Fundamentals of Fetal Alcohol Spectrum Disorder (FASD)

Who should attend

This course is for Health and Social Care Practitioners who would like to increase their knowledge in Fetal Alcohol Spectrum Disorder. The training is delivered by members of the Scottish Government funded Fetal Alcohol Advisory Support and Training (FAAST) Team.

Learning outcomes

This course provides awareness of; Scotland's relationship with alcohol, alcohol units and alcohol guidelines, factors contributing to alcohol use during pregnancy, alcohol affects the developing fetus, FASD and how the condition affects people, prevalence of FASD, sources of further information and signposting opportunities.

Duration

1.5 hours online via MS Teams.

Dates

On request.

To book visit : <https://FAASTTeam.eventbrite.com> for upcoming dates.

For more information visit <https://www.faast.ed.ac.uk/> or contact  faast@ed.ac.uk

Health Improvement - Mental Health

Course Title

Fundamentals of FASD for Health and Social Care Practitioners

Course Aims

Visit the [Foetal Alcohol Advisory Support and Training Service website](#) for more information.

Who should attend

This course is aimed at professionals working within Health and Social Care in Scotland.

The Fetal Alcohol Advisory Support and Training Team (FAASTT) is funded by Scottish Government with a national remit to provide and facilitate training, consultation and research in order to enhance the capacity, knowledge and confidence of Scotland's health and social care workforce.

Learning outcomes

MAP of health behaviour change : helping people to make and maintain behaviour change | [Turas](#) | [Learn \(nhs.scot\)](#)

Duration

1 - 2 days.

Dates

Enquire for dates on the website.

[Enquiries / Bookings](#)  faast@ed.ac.uk

You can access further details and register by following the Team's Eventbrite page

[FAAST Team Events | Eventbrite](#)

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Health Improvement - Mental Health

E-learning Modules

Below are a selection of e-learning modules that are all free of charge. Some may require you to set up an account to enable you to login and undertake the learning.

About Mental Health

‘We all have mental health’ is an introduction for teachers to mental health; equips individuals with the skills and knowledge to recognise and respond to a pupil who is experiencing a mental health problem; and lead a conversation about positive mental health.

www.samh.org.uk/about-mental-health/elearning-for-teachers

Ask, Tell, Look After Your Mental Health - Understanding mental health and keeping mentally healthy

An educational animation that inform individuals working with adults about mental health, how to maintain this, and the factors that can lead to mental distress or mental ill-health.

<https://learn.nes.nhs.scot/63431>

Mentally Healthy Workplaces

‘Mentally Healthy Workplaces’ training is for anyone who wants to learn more about mental health in the workplace. Create an account via the link below which will allow you to search for the online training plus other e-learning modules. <https://elearning.healthscotland.com/login/index.php>

MindEd

‘MindEd’ is a free educational resource on children and young people's mental health for all adults.

www.minded.org.uk/

Save a Life

‘Save a life’ training will give an overview of the area of suicide and how to support people who are at risk.

www.zerosuicidealliance.com/

Further Information

Mental Health & Wellbeing

Healthy Working Lives

The Healthy Working Lives digital platform provides guidance for work places including a range of resources to help promote positive mental wellbeing.

www.healthyworkinglives.scot/Pages/default.aspx

NHS Ayrshire & Arran

The NHS Ayrshire & Arran Better Health website provides a range of information on how to look after our mental health and wellbeing. There are also links to self help tools and resources to help cope with common problems including low mood, anxiety and stress.

www.nhsaaa.net/services/services-a-z/better-health/mental-health-wellbeing/

NHS Inform

NHS inform is Scotland's national health information service helping the people in Scotland to make informed decisions about their own health and the health of the people they care for. There is information on a range of mental health and wellbeing topics.

www.nhsinform.scot

World Health Organisation (WHO)

The WHO website provides various fact sheets and further information on mental health, including the impact of mental health on specific population groups.

www.who.int/health-topics/mental-health

Food and Nutrition

Course Title

C.A.N (Cheap And Nutritious) Eating well on a budget

Course Aims

To provide participants with up to date knowledge and skills around healthy eating no matter what the available budget.

- Knowledge and practical skills.
- Training.
- Resources.
- Policy to practice.

Who should attend

This course is aimed at community groups, organisations and individuals who wish to know more about eating healthily on a budget in order to enable others to eat well for good health.

Learning outcomes

This relaxed and interactive training session will equip you with knowledge and skills to promote eating well with others. The session includes a mixture of group work and discussions, based on the Eatwell Guide, games and resources to help with support the food poverty agenda.

By the end of this course, participants will:

- be able to understand how to use the Eatwell Guide and C.A.N Toolkit in practice with others
- be more confident using the Eatwell Guide with others
- be able to use the recipes and activities within the toolkit with others

Duration

This session will take place over 3.5 hours.

Dates

On request or view newsletter - [Dietetics Newsletter with course dates](#)

Enquiries / Bookings



NutritionTrainingDietetics@aapct.scot.nhs.uk

Food and Nutrition

Course Title

Early Years Nutrition

Course Aims

The course aims to build on participants current knowledge of dietary issues, nutritional guidelines and resources with a focus on behaviour change. It will introduce participants to the key diet and health messages in order for them to apply effectively to their practice to positively contribute to children's health.

Who should attend

Staff who support families and/or work with children aged 1-5 years.

Learning outcomes

By the end of this course, participants will:

- understand the current nutritional guidelines and recommendations for pre-fives
- apply this understanding within scope of practice
- confidently use a range of nutrition improving resources within practice area
- promote positive parent and child interaction through play
- discuss the wider determinants of child healthy weight and growth
- practice a number of health behaviour change techniques
- have a greater awareness of supporting services and resources

Dates On request or view newsletter - [Dietetics Newsletter with course dates](#)

Duration 5.5 hours.

Enquiries / Bookings  NutritionTrainingDietetics@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Food and Nutrition

Course Title

Family Support Weaning - An Introduction to Solid Food

Course Aims

These sessions aim to provide an update on current national recommendations and provide staff with the opportunity to discuss weaning in more detail and gain knowledge and skills to advise about the introduction of solid foods and suitable drinks for babies under one year.

Who should attend

Staff/volunteers who support families/carers of babies up to one year.

Learning outcomes

This relaxed and interactive training session will equip you with knowledge and skills to promote starting solids with babies around 6 months. The session includes a practical cooking element.

By the end of this course, participants will:

- explain the rationale behind the current weaning recommendations
- be confident in using Fun First Foods for guidance on starting solids
- gain confidence and wider skills in discussing practical application of current recommendations with clients
- support parents with advice on practical cooking of homemade foods for babies.
- know where to access further information and advice when needed

Dates On request or view newsletter - [Dietetics Newsletter with course dates](#)

Duration This session will take place over hours.

Enquiries / Bookings  NutritionTrainingDietetics@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Food and Nutrition

Course Title

Eating Well for Older People

Course Aims

Enables participants to update their knowledge on nutrition issues specific to older people. It is suitable for those working in clinical and in formal environments.

Who should attend

East Ayrshire - Staff/volunteers working with older people in groups or one-to-one.

Learning outcomes

By the end of this course, participants will know:

- the importance of a healthy diet in older people
- key nutrients required and common nutritional deficiencies within older people
- the factors which may affect an older person's intake
- insights into malnutrition and top tips on food first principles

Duration

3 hours.

Dates On request or view newsletter - [Dietetics Newsletter with course dates](#)

Enquiries / Bookings  NutritionTrainingDietetics@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Food and Nutrition

Course Title **Cooking Group Facilitation Skills**

Course Aims

Equips participants with the relevant knowledge, skills and confidence to facilitate cooking groups with service users, incorporating the key Eatwell messages to promote good health.

Who should attend

Staff or volunteers who run small practical cooking groups or cook with service users on a one to one basis.

NOTE – you should attend one of the theory based sessions prior to this.

This relaxed and interactive training session will equip you with knowledge and skills to promote eating well with others. The session includes a mixture of group work and discussions, based on the Eatwell Guide, games and practical cooking skills.

Learning outcomes

By the end of this course, participants will:

- demonstrate an awareness of what makes an effective facilitator
- have increased confidence to incorporate appropriate Eatwell messages within a cooking group
- make simple changes to menus or recipes to meet service user health needs
- identify practical considerations to run cooking groups including health and safety issues
- have an increased knowledge on adapt a recipe on a budget

Dates On request or view newsletter - [Dietetics Newsletter with course dates](#)

Enquiries / Bookings  NutritionTrainingDietetics@aapct.scot.nhs.uk

Food and Nutrition

Course Title

REHIS Food Safety/Hygiene

Course Aims

To provide an introduction to all food hygiene and safety regulations.

Please note there is a cost to this course of £30 per delegate.

Who should attend

Staff or volunteers who are supporting individuals, families or groups around cooking and eating well.

This is a full day accredited course and includes a multiple choice exam. The course will provide participants with the knowledge and understanding of the benefits of having high standards of hygiene within food premises in line with food safety legislation.

Learning outcomes

By the end of this course, participants will:

Receive a REHIS accredited Elementary Food Hygiene qualification.

Dates

On request. 9.00am - 4.30pm at our training room: North West Kilmarnock Area Centre, Western Road, Kilmarnock KA3 1NQ

Enquiries / Bookings



NutritionTrainingDietetics@aapct.scot.nhs.uk

View newsletter for set dates - [Dietetics Newsletter with course dates](#)

Food and Nutrition

Course Title

Weaning for Health Visitors

Course Aims

Along with the Learn pro module this course aims to provide an update on current national recommendations and provide staff with the opportunity to discuss weaning in more detail and gain knowledge and skills to advise about the introduction of solid foods and suitable drinks for babies under one year.

Who should attend

Existing and new health visiting staff ONLY.

This relaxed and interactive training session will equip you with knowledge and skills to promote starting solids. The session includes a mixture of group work and discussions, games and a practical element.

Learning outcomes

By the end of this course, participants will be able to:

- explain the rationale behind the current weaning recommendations
- give practical up to date consistent advice on weaning to parents and carers
- be confident in using Fun First Foods for weaning advice and feeding babies up to one year of age
- gain confidence and wider skills in discussing practical application of current recommendations with clients
- support parents with advice on practical cooking of homemade foods for babies.
- know where to access further information and advice when needed

Dates On request. 9.30am-4pm at our training room at: North West Kilmarnock Area Centre, Western Road, Kilmarnock KA3 1NQ

Enquiries / Bookings  NutritionTrainingDietetics@aapct.scot.nhs.uk

View newsletter - [Dietetics Newsletter with course dates](#)

Sexual Health and Blood Borne Virus (SHBBV)

Course Title

Condom Card (C-Card)

What is C-card scheme?

C-Card is a service in Ayrshire and Arran offering access to free condoms with minimum embarrassment or fuss. Condoms and dams offer protection against some sexually transmitted infections - for example, chlamydia, gonorrhoea and HIV.

Who should attend

This course aims to give participants the knowledge and skills to be a C Card sign up or collection point facilitator.

Learning outcomes

By the end of this course, participants will:

- have the knowledge and skills to be a C Card sign up facilitator or collection point facilitator
- be able to provide a service which is open, friendly, non-judgemental and confidential

*"Group work, info given, in fact all, good balance of learning styles"
"Trainers were very good at making us feel at ease"*



Previous delegate

Testimonial

Duration

2.5 hours

Time can vary depending on request

Dates

On request.

Sexual Health Team



01292 885804 Internal ext.15804

Enquiries / Bookings



aa-uhb.shbbv@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Sexual Health and Blood Borne Virus (SHBBV)

Course Title

Introduction to Transgender Awareness

Aims

This session will focus on how sex, gender identity and sexual orientation differ and provide the participants with an opportunity to explore their own use of appropriate and respectful language. It will help attendee's more effectively with trans gender people and better understand many of the challenges they can face.

Who should attend

This course is suitable for all staff who interact with service users, their families and carers.

Duration

3.5 hours.

Dates

On demand - 9.30am -1pm - Training Centre – Room 1, Ayrshire Central Hospital, Irvine.

Sexual Health Team



01292 885804 Internal ext.15804

Enquiries / Bookings



aa-uhb.shbbv@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Sexual Health and Blood Borne Virus (SHBBV)

Course Title

Sexuality, Learning Disability and sexual health

Aims

This course aims to equip trainers with the current thinking on learning disability, sexual health, sexuality and the implications for the lives of individuals with a learning disability.

Content includes demonstration awareness of the main barriers and issues in relation to abuse and encourages self-advocacy and empower for sexual health through a person-centered approach to practice and planning care.

Who should attend

This course is suitable for anyone who has a role in working with, or supporting, individuals or groups with a learning disability, have an interest in sexual health and wellbeing and who are looking to promote sexual health within their client group.

“Having the opportunity to carry out a teaching session and get feedback was helpful. There was a good range of participants from different organisations”



Previous delegate

Testimonial

Duration

9.00am - 5.00pm

Dates

On demand.

Sexual Health Team



01292 885804 Internal ext.15804

Enquiries / Bookings



aa-uhb.shbbv@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Sexual Health and Blood Borne Virus (SHBBV)

Course Title

All you need to know about sex and your sexual health

Aims

This course explores information about relationships, sexual health and wellbeing and considers the wider influences on sexual health. Content increases a person's knowledge and understanding on STI's safer sexual practices and local support services.

Who should attend

This course is suitable for anyone wishing to increase their knowledge around sexual health.

Duration

3.5 hours.

Dates

On Demand - 9.30am - 12.30pm
MacDonald Education Centre, Common Room 2,
University Hospital, Ayr.

Sexual Health Team



01292 885804 Internal ext.15804

Enquiries / Bookings



aa-uhb.shbbv@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Sexual Health and Blood Borne Virus (SHBBV)

Course Title

Sex, the Law and Impact of Technology

Aims

This course aims to explore the law in relation to sexual health and relationships while improving attendees understanding on how digital technology can negatively impact on a person's health and wellbeing.

Who should attend

This course is suitable for anyone wishing to increase their knowledge around sexual health.

Duration

Approximately 3.5 hours.

Dates

On Demand - 9.15am - 1.00pm
MacDonald Education Centre, Common room 2,
University Hospital, Ayr.

Sexual Health Team



01292 885804 Internal ext.15804

Enquiries / Bookings



aa-uhb.shbbv@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Sexual Health and Blood Borne Virus (SHBBV)

Course Title

Traffic Light Toolkit

Aims

This course aims to equip trainers with knowledge and skills to train others in the use of the Traffic Light Toolkit. The course aims to increase knowledge on the law and sexual behavior, identify behaviors of concern and practice skills in different scenarios.

Who should attend

This course is suitable for anyone working with vulnerable young people or people with learning disabilities up to the age of 25 years.

Duration

Approximately 3.5 hours.

Dates

On Demand.

“Informative, relaxed and fun session with ready-to-use materials”



Previous delegate
Testimonial

Sexual Health Team



01292 885804 Internal ext.15804

Enquiries / Bookings



aa-uhb.shbbv@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Sexual Health and Blood Borne Virus (SHBBV)

Course Title

TBBV level 2 (HIV, HepB & HepC)

Aims

This course aims to increase your knowledge and understanding of HIV, Hepatitis C and Hepatitis B, by exploring routes of transmission and promoting the benefits of testing, treatment and care.

Who should attend

This course is suitable for all staff in all sectors and is mandatory for those undertaking training for Dry Blood Spot Testing for blood-borne viruses.

Duration

Approximately 3.5 hours.

Dates

Available on request
(Minimum of six people required).

Sexual Health Team



01292 885804 Internal ext.15804

Enquiries / Bookings



aa-uhb.shbbv@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Sexual Health and Blood Borne Virus (SHBBV)

Course Title

**Introduction to Lesbian, Gay
Bisexual and Transgender (LGBT)**

Aims

This course aims to increase awareness of LGBTQ issues and explore examples of good practice. It will provide an opportunity to explore attendees own attitudes and values as well as building their interpersonal skills and confidence to better support people with diverse gender identities and sexual orientations.

Who should attend

This course is suitable for any health professionals who have little or no knowledge of LGBT.

Duration

Approximately 3.5 hours.

Dates

On Demand - 9.30am - 1.00pm
Ayrshire Centre Hospital, Training Centre, room 1.

Sexual Health Team



01292 885804 Internal ext.15804

Enquiries / Bookings



aa-uhb.shbbv@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Tobacco

Course Title

**Very Brief Advice
(Quit Your Way)**

Aims

Training people on how to use Very Brief Advice (VBA) with clients who smoke and also gain knowledge about how to refer people to their local Quit Your Way (QYW) service to help them stop.

Who should attend

Anyone who works with clients who may smoke and would benefit from stopping.

Learning Outcomes

- learn about smoking – local & national data
- learn what a cigarette contains
- learn how smoking can affect the body
- learn how smoking can become addictive
- learn to deliver **Very Brief Advice** in less than 30 seconds
- learn about your local QYW service in Ayrshire
- learn about e-cigarettes/vapes

Duration

30 minutes to 1 hour depending on the request

Dates

On request.

Quit Your Way  0800-783-9132

Enquiries / Bookings  QYWAyrshire@aapct.scot.nhs.uk

Tobacco

Course Title

Reducing Children's Exposure to Second Hand Smoke (Toby the Cat)

Aims

To show those working or living with young children, how to go smoke-free in the home and vehicles carrying children.

Who should attend

For those who work and/or live with young children (parents, carers, nursery staff, childminders).

Learning Outcomes

By the end of the course participants will know:

- what Second Hand Smoke (SHS) is
- how SHS exposure can affect children's health
- the effects on air quality after smoking in homes and cars
- "Take smoking right outside" messaging.
- hints and tips on going smoke free in the home and vehicle

Duration

1 hour Face-to-Face or via MS Teams.

Dates

On request.

Quit Your Way



0800-783-9132

Enquiries / Bookings



QYWAYrshire@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Tobacco

Course Title

**IMPACT:
(Smoking and Mental Health)**

Aims

To explore the link between smoking and mental health and how smoking can affect certain drugs used with certain mental health conditions.

Who should attend

Anyone who works with clients who smoke and have mental health concerns..

Learning Outcomes

- learn how to give key information on the links between smoking and mental health
- learn how smoking impacts on mental health medications
- understand the role you can play as a worker or volunteer
- learn about AID (ASK:INFORM:DISCUSS) framework for positive approaches with clients and know how to use it
- learn how to give advice on helping people who want to stop smoking, including information on free support services and on electronic cigarettes (vapes)

Duration

1 hour e-learning followed by 2 hours Face-to-Face or via MS Teams training.

Dates

On request.

Quit Your Way



0800-783-9132

Enquiries / Bookings



QYWAYrshire@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Tobacco

Course Title

Tobacco Free Cultures

Aims

To build a culture in children's care homes, where young people are encouraged to live in a tobacco-free life.

Who should attend

Anyone involved with care experienced children.

Learning Outcomes

By the end of the course participants will know:

- the reasons why young people may experiment or smoke tobacco
- the health risks of smoking including addiction and the risks of second-hand smoke
- about local support services available for adults, staff and young people and how to signpost
- about local policies and procedures regarding tobacco use by both adults and young people
- up-to-date with information and approaches about e-cigarettes (vaping); and smoking prevention activities
- confidence and skills in discussing tobacco, e-cigarettes and related issues with the young people they care for

Duration

4 hours Face-to-Face or 2.5 hours via MS Teams (due to less activities)

Dates

On request.

Quit Your Way



0800-783-9132

Enquiries / Bookings



QYWAYrshire@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Tobacco

Course Title

Raising the Issue (During & After Pregnancy)

Aims

To reduce the number of women who smoke during pregnancy and therefore improve the health of their baby, pre and post birth.

Who should attend

Midwives, trainee midwives. Any staff who support pregnant women and new mothers.

Learning Outcomes

By the end of the course, participants will have knowledge of:

- prevalence of maternal smoking
- the cost of smoking, and how poverty and health inequalities are interlinked
- tobacco and health risks to a mother and baby from maternal smoking and exposure to second-hand smoke
- carbon monoxide monitoring to raise the issue of smoking and discuss the referral pathway to Quit Your Way (QYW)
- current guidance on Nicotine Replacement Therapy (NRT) and e-cigarettes/vapes
- types of QYW support available

Duration

1.5 hours Face-to-Face or via MS Teams.

Dates

On request.

Quit Your Way



0800-783-9132

Enquiries / Bookings



QYWAYrshire@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Tobacco

Course Title

**Tobacco Awareness
(bespoke training)**

Aims

This training can be tailored for specific clientele/topics linked to smoking, tobacco and vaping so please just contact us and enquire. It aims to give an overview of the Quit Your Way service and explain how to refer someone to the service.

Who should attend

All NHS staff and partner agencies.

Learning Outcomes

- By the end of the course, participants will know:
- what the Quit Your Way service is
 - how it can support people to stop smoking or stop vaping
 - how to refer someone in to this service

Duration

30 minutes - one hou.

Dates

On request.

Quit your Way Team



0800-783-9132

Enquiries / Bookings



QYWAyrshire@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Tobacco

Course Title

Pharmacy Training

Aims

To provide support to any new or existing pharmacy staff to support clients who currently smoke to quit.

Who should attend

Any new pharmacy staff or any existing staff who would benefit from refresher training.

Learning Outcomes

By the end of the course, participants will know how:

- to use a CO monitor.
- to support a client using behavioural support.
- to open and use NRT formulary products.
- to decide which products to use with clients.
- to support clients with coping strategies.

Duration

30 minutes - one hour.

Dates

On request.

Quit your Way Team



0800-783-9132

Enquiries / Bookings



QYWAyrshire@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Tobacco

Course Title

Raising the Issue of Smoking (Level 1)

Aims

To provide an overview of the Quit Your Way service and how to refer someone to them. This course is Level 1 of 2.

Who should attend

NHS staff and partner agencies.

Learning Outcomes

By the end of the course, participants will know:

- how smoking can affect your health and wider aspects of life
- what the Quit Your Way service is
- how it can support people to stop smoking or stop vaping
- how to refer someone in to this service

Duration

One hour.

Dates

On request.

Quit your Way Team



0800-783-9132

Enquiries / Bookings



QYWAyrshire@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Tobacco

Course Title

Raising the Issue of Smoking (Level 2)

Aims

Advanced training for those who are going to be supporting clients trying to quit smoking on a one-to-one basis.

Who should attend

NHS staff and partner agencies.

Learning Outcomes

By the end of the course, participants will know how:

- to sign up a client and complete the QYW paperwork
- to use a CO monitor, explain to a client why it is used and teach them what their reading means
- to support a client using behavioural support e.g. how to use a confidence ruler
- nicotine affects the brain and understand why it is difficult to stop using it
- to open and use all NRT products
- to decide which products to use with clients
- to support clients with coping strategies
- they can help with vaping/e-cigarette cessation
- to advise your own clients, after a period of shadowing and supervised practice

Duration

2 days Face to Face followed by shadowing of QYW officers before seeing one-to-one clients (while supervised) until deemed confident to go solo.

Dates

On request.

Quit your Way Team



0800-783-9132

Enquiries / Bookings



QYWAyrshire@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Tobacco

Course Title

**Cost of Living,
Cost of Smoking**

Aims

Linking smoking with the cost of living, explaining how to raise the issue of smoking with people and how to refer them to local stop smoking services.

Who should attend

Anyone who works with clients who may smoke and would benefit financially from stopping.

Learning Outcomes

By the end of the course, participants will know

- Give participants increased knowledge about the financial benefits of quitting smoking for the people you support
- Raise confidence to raise the issue of smoking with people you support
- Increase awareness of where and how to signpost people to get stop smoking support

Duration

1.5 hours.

Dates

On request.

Quit your Way Team



0800-783-9132

Enquiries / Bookings



QYWAyrshire@aapct.scot.nhs.uk

Tobacco

Course Title

Tobacco Prevention & Nicotine Awareness Training – Young People

Aims

Exploring why young people start smoking and/or use vapes, and the range of factors which can influence this. What is in tobacco & other tobacco & nicotine related products including illicit tobacco, shisha & E-cigarettes. Understand the health risks associated with smoking and E-cigarette use. Learn about dual tobacco & cannabis use. Understand the Tobacco & Primary Medical Services (Scotland) Act 2012

Who should attend

Youth workers working with young people in the community or Staff Groups working within schools and colleges e.g. teachers/campus police officers/support staff.

Learning Outcomes

- Be able to confidently deliver a range of tobacco prevention & nicotine awareness sessions with children & young people
- Be able to use visual resources to support sessions
- Be able to support the Curriculum of Excellence Health & Well-Being Substance Misuse outcomes for children & young people
- Find out how Quit Your Way, NHS A&A Tobacco Prevention & Cessation Service can help support tobacco/nicotine work & how to refer into the service

Dates

On request.

Duration

Half day.

Quit your Way Team



0800-783-9132

Enquiries / Bookings



QYWAYrshire@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Tobacco

Course Title

**Very Brief Advice (Quit Your Way)
LearnPro Module**

Aims

Training people on how to use Very Brief Advice (VBA) with clients who smoke and also gain knowledge about how to refer people to their local Quit Your Way (QYW) service to help them stop.

Who should attend

Anyone who works with clients who may smoke and would benefit from stopping.

Learning Outcomes

By the end of the course, participants will know:

- about smoking – local & national information.
- what a cigarette contains
- how smoking can affect the body
- how smoking can become addictive
- how to deliver **Very Brief Advice** in less than 30 seconds
- about your local QYW service in Ayrshire
- about e-cigarettes/vapes

Duration

Approximately 40 minutes.

LearnPro

Access via [LearnPro](#) or [LearnPro Community](#).
Any issues contact the QYW team on 0800-783-9132

Quit your Way Team



0800-783-9132

Enquiries / Bookings



QYWAyrshire@aapct.scot.nhs.uk

Workplace

Course Title

Introduction to Mindfulness for Workplaces

Who should attend

This course is aimed at employees and employers interested in learning about and raising awareness of mindfulness. Open to any business or organisation within Ayrshire and Arran, delivered within the workplace, up to 16 participants per course face to face.

Learning outcomes

By the end of the course, participants will:

- have an understanding of mindfulness
- be aware of potential benefits
- understand how you can develop the skill of mindfulness
- have an awareness of common misconceptions
- have an awareness of local and online resources
- have had the opportunity to try mindfulness techniques

Duration

1 hour, delivered Face to Face or MS Teams.

Dates

On request.

To book: contact the Workplace Team



AA-UHB.HWL@aapct.scot.nhs.uk

Workplace

Course Title

Stress Awareness for Workplaces

Who should attend

This course is for employees interested in learning about and raising awareness of stress in the workplace. Open to any business or organisation within Ayrshire and Arran, delivered within the workplace to up to 16 participants per course.

Learning outcomes

By the end of the course, participants will:

- have an understanding of the meaning of stress
- recognise when you are stressed
- understand what can cause stress
- identify how you respond to stress
- develop coping mechanisms
- develop your own personal action plan

Duration

One hour, delivered Face to Face or MS Teams.

To book: contact the Workplace Team



AA-UHB.HWL@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Workplace

Course Title

Menopause in the Workplace

Summary

The purpose of this session is to create awareness of the menopause and the symptom's women can experience, the related issues and how it can affect employees in the workplace.

Who should attend

All staff

Overview

By the end of the course, participants will know:

- the definition of menopause, including common symptoms
- about self-help activities and workplace support & accommodations
- how to conduct a basic risk assessment and mitigating factors to be considered
- recommended menopause policy content
- how local businesses are supporting their employees throughout menopause

Duration

2 hours.

Dates

No scheduled dates - On Demand.

Workplace Team



01292 617284

Enquiries / Bookings



AA-UHB.HWL@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Workplace

Course Title

Hand Hygiene

Summary

The workplace team continues to offer in-house hand hygiene for small and medium-sized enterprises (SME). These sessions raise awareness of where and how germs are most commonly transferred throughout the workplace and practice effective hand-washing techniques. It is also an opportunity to find out if your hand washing technique is effective using our light box kit.

Who should attend

All staff

Overview

The session will cover:

- hand hygiene campaign
- why hand hygiene is important
- methods of hand hygiene and hand washing
- skin care
- opportunity to practice good hand washing technique using ultraviolet light

Duration

2 - 3 hours.

Dates

No scheduled dates - On Demand.

Workplace Team



01292 617284

Enquiries / Bookings



AA-UHB.HWL@aapct.scot.nhs.uk

Workplace

Course Title

Mentally Healthy Workplace Training for Managers

Who should attend

Line managers have a crucial role in supporting the health and wellbeing of employees. From communication, to clarity of job role, line managers can influence the success of a team. This training includes good practice in promoting positive mental health and wellbeing, as well as offering practical examples of how to support employees experiencing mental health problems. Supporting online resources are provided.

Learning outcomes

By the end of the course, participants will

- have a broad understanding of mental health
- identify key factors that contribute to a mentally healthy workplace
- improved confidence in dealing with this issue.
- Be aware of employers legislative responsibilities in relation to health and wellbeing

Duration

1 day, delivered Face to Face.

Dates

On request.

To book: contact the Workplace Team



AA-UHB.HWL@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Workplace

Course Title

Healthy Eating, Active Living

Learning outcomes

By the end of the course, participants will know:

- what's involved in a balanced diet
- how much activity we need to keep us fit and healthy
- how to create a personal action plan to help people eat well and be active

Who should attend

All staff

Duration

One hour.

Dates

No scheduled dates - On request.

Workplace Team



01292 617284

Enquiries / Bookings



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NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Workplace

Course Title

Stress Awareness

Summary

This course is designed for employees from any workplace to explore the factors that can cause stress both at home and at work. The session explores both pressure and stress and then asks delegates to consider their own stressors and potential coping mechanisms using personal action planning to help keep them well.

Who should attend

All staff

Overview

This session covers the following learning outcomes:

- understanding the meaning of stress
- recognising when you are stressed
- understanding what can cause stress
- identifying how you can respond to stress
- developing coping mechanisms
- developing your own personal action plan

Duration

Approximately one hour.

Dates

No scheduled dates - available on request.

Workplace Team



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Enquiries / Bookings



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NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Workplace

Course Title

Supporting Staff Attendance Training for SMEs

Summary

This online learning resource looks at specifically managing absence from work.

Who should attend

It is targeted at anyone with people management responsibilities within organisations operating in Scotland.

Overview

This course covers:

- Benefits of actively managing attendance.
- Supporting staff attendance policies.
- The fit note.
- Supporting staff with long-term health conditions.

Learning Outcomes

By the end of the course, participants will know:

- the importance of supporting staff attendance: also referred to as absence management
- develop and implement a supporting staff attendance policy
- the purpose and content of the fit note
- agree and implement a return-to-work plan
- how to access further information resources

Duration

45 minutes.

Enrol via link

<https://learning.publichealthscotland.scot>

[Supporting staff attendance learn more here.](#)

Workplace Team



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Enquiries / Bookings



AA-UHB.HWL@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Workplace

Course Title

Health and Safety Basics

Summary

Three hour session covering basic health and safety in the workplace

Who should attend

All staff

Overview

Covers the basics of health and safety offering the participants knowledge and information on how to meet current health and safety legislation. It covers areas such as legal duties on safety policy, employers liability insurance, first aid, training, workplace health, safety and welfare etc.

Duration

3 hours.

Dates

On demand- external trainer.

Workplace Team



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Enquiries / Bookings



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NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Workplace

Course Title

Fire Safety

Summary

Raise awareness of fire safety in the workplace including knowledge of equipment and procedures.

Who should attend

All staff

Overview

Awareness of fire hazards, an understanding of how fires start and spread. Actions to take to prevent fires and what to do if a fire breaks out. How to distinguish between the different types of fire extinguishers and the fires they can be used against.

Duration

2 hours.

Dates

On demand – external trainer.

Workplace Team



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Enquiries / Bookings



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NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Workplace

Course Title

Lone Working

Summary

Three hour session to raise awareness of risks of lone working.

Who should attend

Line managers who have a responsibility for lone working staff.

Overview

This session looks at the risks that could be faced by lone workers. It looks at assessing the risks for lone workers, including violence and aggression, getting assistance in an emergency and discussing policies and procedures for keeping in contact with lone workers.

Duration

2 hours.

Dates

On demand – external trainer.

Workplace Team



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Enquiries / Bookings



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Workplace

Course Title

Basic Risk Assessment

Summary

Three hour session to raise awareness of the Basic Risk Assessment.

Who should attend

All staff.

Overview

Covers the requirements for businesses to carry out risk assessments. Including legal duties, what is meant by terms such as reasonably practicable and suitable and sufficient. It offers participants an opportunity to look at some of the practicalities of carrying out risk assessments.

Duration

Three hours.

Dates

On demand – external trainer.

Workplace Team



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Enquiries / Bookings



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NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Workplace

Course Title

Social Isolation and Loneliness

Aims

To increase awareness of social isolation and loneliness, within the workplace.

Who should attend

All staff.

Learning outcomes

By The End of this Course you will be able to:

- define Social Isolation and Loneliness
- describe why we feel Lonely and its impact on health
- identify Triggers and Barriers
- discuss Social Isolation and Loneliness in the Workplace
- identify how the Workplace can help to address Social Isolation and Loneliness

Dates

No scheduled dates – available on request.

Workplace Team



01292 617284

Enquiries / Bookings



AA-UHB.HWL@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Oral Health

Course Title

Basic Oral Health Awareness

Summary

To raise awareness, increase knowledge and confidence of oral health and issues related to oral health.

Who should attend

This level caters for all staff and partner agencies who require a basic knowledge of Oral Health and the issues surrounding oral health.

Learning outcomes

Delegates will be able to:

- recognise the factors that contribute to poor oral health.
- understand the practical steps to improve oral health.
- know when and how to access appropriate dental services.

Duration

Will be advised on request - can be tailored to suit organisation/group on request

Dates

Dates available on request.

Oral Health Improvement Team

Enquiries / Bookings



oralhealthimprovementteam@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Oral Health

Course Title

Caring for Smiles Level 1 Training

Summary

Basic oral health care for Dependent Older People.

Who should attend

Care home staff, Homecare provider staff, Nursing Assistants, any staff who provide care for dependent older people.

Learning outcomes

Explain why good oral health is important for older people in care.

- recognise the factors that contribute to poor oral health in older people
- demonstrate good practice in day-to-day oral care for residents who require assistance
- summarise the importance of the different oral care forms (for example assessment, care plans and documentation of daily oral care)
- know when and how to report any oral health concerns (referring to local protocols)

Duration

1 hr 30 mins or can be tailored to suit client group.

Dates

No scheduled dates – available on request.

Oral Health Improvement Team

Enquiries / Bookings



oralhealthimprovementteam@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Oral Health

Course Title

Caring for Smiles Level 2 Training

Summary

Providing oral care for Dependent Older People demonstrating signs of Care Related Stress and Distress.

Who should attend

Care home staff, Homecare provider staff, Nursing Assistants, any staff who provide care for dependent older people.

Learning outcomes

Describe the techniques and strategies that may help those residents with dementia, with specific reference to those resisting oral care.

Duration

1 hr 30 mins or can be tailored to suit client group.

Dates

No scheduled dates – available on request.

Oral Health Improvement Team

Enquiries / Bookings

 oralhealthimprovementteam@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Oral Health

Course Title

Caring for Smiles Credit Rated Qualification Foundation level at SCQF 5 (2 credit points)

Summary

To promote the importance of providing good oral care for those dependent older people in care homes.

Who should attend

This foundation level would be appropriate for all staff caring for the oral health of dependent older people in care homes.

Learning outcomes

By the end of the course, participants will be able to:

- explain why Good Oral Health is important for older people in care
- recognise the factors that contribute to Poor Oral Health
- demonstrate good practice in day to day oral care for residents who require assistance
- know when and how to report any oral health concerns (referring to local protocols)

Duration

Approximately 20 hours.

Dates

No scheduled dates – available on request.

Oral Health Improvement Team

Enquiries / Bookings



oralhealthimprovementteam@aapct.scot.nhs.uk

Oral Health

Course Title

Caring for Smiles Credit Rated Qualification Intermediate level at SCQF 6 (2 credit points)

Summary

To gain the skills and confidence to carry out oral care for residents with dementia, and those at palliative and end-of-life stages.

Who should attend

This intermediate level would be appropriate for all staff caring for the oral health of dependent older people.

Learning outcomes

- summarise the importance of the different oral care forms
- carry out oral health risk assessment
- describe the techniques and strategies that may help those residents with dementia, with specific reference to those resisting oral care
- recognise the need for specialist oral care

Duration

20 hours.

Dates

No scheduled dates – available on request.

Oral Health Improvement Team

Enquiries / Bookings



oralhealthimprovementteam@aapct.scot.nhs.uk

Oral Health

Course Title

Oral Health Training Caring for Smiles for Hospital Staff

Summary

To promote the importance of providing good oral care for people who are in hospital.

Who should attend

Nursing staff & nursing assistants who provide care for dependent older people.

Learning outcomes

By the end of the course participants will be able to:

- explain why good oral health is important for older people in hospital
- recognize the factors that contribute to poor oral health in older people
- demonstrate good practice in day to day oral care for patients who require assistance
- summarise the importance of the different oral care forms (for example risk assessment, care plans and documentation of daily oral care)
- Know when and how to report any oral health concern (referring to local protocols)

Duration

2 hours or can be tailored to suit client group.

Dates

No scheduled dates – available on request.

Oral Health Improvement Team

Enquiries / Bookings



oralhealthimprovementteam@aapct.scot.nhs.uk

NHS Staff please visit [LearnPro](#) and search for the course you are interested in.

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Oral Health

Course Title

Smile4life Oral Health Training

Summary

To promote the importance of providing good oral care for people experiencing homelessness.

Who should attend

Health and social care professionals working directly with people experiencing homelessness.

Learning outcomes

By the end of the course, participants will know:

- the oral health issues and barriers to accessing care, as experienced by homeless people
- the main oral health care messages and be competent in providing tailored oral health information to clients
- the risk factors that contribute to the oral health status of homeless people
- how and where homeless people can access dental care
- how to give competent basic health advice on diet, smoking, alcohol consumption and methadone use
- the structure and application of the Smile4life intervention
- how to assess client readiness to change, using the assessment tool
- the basic motivational interviewing techniques when interacting with clients

Duration

2 Hours or can be tailored to suit client group.

Dates

No scheduled dates – available on request.

Oral Health Improvement Team

Enquiries / Bookings

 oralhealthimprovementteam@aapct.scot.nhs.uk

Oral Health

Course Title

Open Wide Oral Health Training

Summary

To provide care staff with adequate knowledge and understanding to enable them to support clients (adults with additional needs) in achieving good oral health.

Who should attend

All staff caring for the oral health of adults with additional needs.

Learning outcomes

By the end of the course, participants will be able to:

- recognise the factors that contribute to poor oral health
- demonstrate an understanding of why good oral health is important for adults with additional needs
- understand the practical steps to improve oral health
- know when and how to report any oral health concerns
- understand the importance of the different oral care forms (for example risk assessment, care plans and documentation of daily oral care)
- carry out an oral health risk assessment
- understand what techniques and strategies may help those with additional needs who resist oral care
- confidentially carry out day to day oral care for clients who require assistance

Duration

2 hours or can be tailored to suit client group.

Dates

No scheduled dates – available on request.

Oral Health Improvement Team

Enquiries / Bookings



oralhealthimprovementteam@aapct.scot.nhs.uk

Oral Health

Course Title

Mouth Matters

Summary

To promote the importance of providing good oral care for the Scottish Offender population.

Who should attend

Prison staff, support workers and health professionals.

Learning outcomes

By the end of the course, participants will:

- understand why improving oral health is important for the Scottish Offender population
- understand the content of government policy to oral health in Scottish prisons
- understand what good oral health is, and why it is important
- be able to describe the core key steps to maintaining oral health
- recognise the common risk factors that contribute to poor oral health
- be able to give basic health advice on the common risk factors for oral health
- understand the most common oral health problems in the offender population and give oral health advice
- understand the barriers and enablers to oral health for offenders inside and outside the prison setting.
- be able to refer offenders to dental services inside and outside of prison and provide information on through-care support.
- be able to carry out an oral health brief intervention tailored to the needs of the individual offender.

Duration

2 hours or can be tailored to suit client group.

Dates

No scheduled dates – available on request.

Oral Health Improvement Team

Enquiries / Bookings



oralhealthimprovementteam@aapct.scot.nhs.uk

Contact Details

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Health Improvement Training Brochure

Effective from: April 2024



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