

April 2024

Date/Time	Duration	Participants	Brief Summary of Content	Contact/Booking	Public Health Priority
<p>10th April 2024</p> <p>9.30am-11.30am</p>	<p>2 hrs Online</p>	<p>Open to anyone in Lanarkshire who wants to gain awareness around mental health and suicide prevention.</p>	<p>Ask, Tell, Save a Life Mental Health, Compassionate Conversations and Suicide Prevention</p> <p>Session aim:</p> <p>To inform everyone about mental health and the prevention of suicide so that they may be able to promote good mental health, respond to distress and help people seek help</p>	<p>For more information and to book:</p> <p>publicmentalhealth@lanarkshire.scot.nhs.uk</p>	<p>3</p>
<p>16th April 2024</p> <p>9:15am – 1:15pm</p> <p>Follow-up session on 28th May 2024</p> <p>9:15am – 11:15am</p>	<p>4 hours Online Workshop</p> <p>2 hours Online Follow up workshop</p>	<p>NHS Lanarkshire Staff – 12 per session</p>	<p>Alcohol Brief Intervention</p> <p>Session Aim:</p> <p>To equip participants with the knowledge and skills to more confidently deliver an Alcohol Brief Intervention (ABI).</p> <p>By the end of the session, participants will be able to:</p> <ul style="list-style-type: none"> • Outline the prevalence of alcohol use in Scotland. • Describe the health impact of alcohol use. • Describe the guidelines for what is low risk alcohol consumption. 	<p>For more information and to book:</p> <p>NHSLHealth.improvementTraining@lanarkshire.scot.nhs.uk</p> <p>We have evaluated our ABI training and as a result have changed how we deliver the course. We now include supportive follow up to enable learners to put ABI into practice.</p> <p>Both sessions must be attended before a certificate will be issued.</p>	<p>4</p>

Date/Time	Duration	Participants	Brief Summary of Content	Contact/Booking	Public Health Priority
			<ul style="list-style-type: none"> • Calculate units of alcohol. • Describe how to use the FAST tool when carrying out an ABI. • More confidently conduct an ABI. 		
<p>17th April 2024</p> <p>12:45pm – 4:15pm</p> <p>Follow-up session on 29th May 2024</p> <p>12.45pm to 2.45pm</p>	<p>4 hours Online workshop</p> <p>Follow up workshop 2 hours online</p>	<p>NHS Lanarkshire Staff – 12 per session</p>	<p>Alcohol Brief Intervention</p> <p>Session Aim:</p> <p>To equip participants with the knowledge and skills to more confidently deliver an Alcohol Brief Intervention (ABI).</p> <p>By the end of the session, participants will be able to:</p> <ul style="list-style-type: none"> • Outline the prevalence of alcohol use in Scotland. • Describe the health impact of alcohol use. • Describe the guidelines for what is low risk alcohol consumption. • Calculate units of alcohol. • Describe how to use the FAST tool when carrying out an ABI. • More confidently conduct an ABI. 	<p>For more information and to book:</p> <p>NHSLHealth.ImprovementTraining@lanarkshire.scot.nhs.uk</p> <p>We have evaluated our ABI training and as a result have changed how we deliver the course. We now include supportive follow up to enable learners to put ABI into practice.</p> <p>Both sessions must be attended before a certificate will be issued.</p>	<p>4</p>

Date/Time	Duration	Participants	Brief Summary of Content	Contact/Booking	Public Health Priority
<p>23rd of April 2024</p> <p>10am to 11am</p>	<p>60 mins</p> <p>Online</p>	<p>Those working or volunteering in Lanarkshire</p>	<p>Alcohol Awareness Session</p> <p>Learning Outcomes:</p> <ul style="list-style-type: none"> • Describe the Social Determinants of Health • Outline the prevalence of alcohol use in Scotland • Describe the health impact of alcohol use • State what is a low-risk amount of alcohol consumption • Understand units of alcohol • Know where to get support and further training 	<p>To book a place please use the link below:</p> <p>MS Forms</p>	<p>1 4</p>

May 2024

Date/Time	Duration	Participants	Brief Summary of Content	Contact/Booking	Public Health Priority
<p>8th May 2024</p> <p>09.30am – 11.30am</p>	<p>2 hours</p> <p>Face to Face</p> <p>Venue: Training Room 1, Law House, Airdrie Road, Carluke</p>	<p>Multi Agency</p>	<p>IMPACT Mental Health and Tobacco</p> <p>Participants will explore:</p> <ul style="list-style-type: none"> • effects of smoking on mental health medication • facilitated discussion about smoking and mental health • e-cigarettes (vaping) • Understand what happens when you refer someone to Quit Your Way Service in Lanarkshire. • Signposting information on local services to help people stop smoking. 	<p>To book a place please use link below:</p> <p>https://forms.office.com/e/imgZYuXBUB</p>	<p>4</p>
<p>Wednesday 8th May 2024</p> <p>10.00am – 11.30am</p>	<p>90 minutes</p> <p>Online</p>	<p>Multi agency</p>	<p>Sexual Health and Relationships Education (SHRE)</p> <p>Participants will:</p> <ul style="list-style-type: none"> • Be updated on issues that concern CH/YP. • Consider Child Sexual Exploitation and normative child development. • Learn about key messages on consent and healthy relationships 	<p>For more information and to book:</p> <p>NHSLHealth.ImprovementTraining@lanarkshire.scot.nhs.uk</p>	<p>5</p>

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			<ul style="list-style-type: none"> Consider RSHP in the context of Scottish Education. Understand sexual health in a Scottish context. Be informed about local resources. 		
9th & 16th May 2024 9.15am to 16.30pm	Face to Face course 2 days	Those working with families in Lanarkshire	Solihull Training The Solihull Approach offers a 2 Day Foundation training for groups of professionals working with families in the UK and internationally. The Solihull Approach introduces a model for understanding the impact of relationships on health and wellbeing	For more information and to book: NHSLHealth.ImprovementTraining@lanarkshire.scot.nhs.uk Course fully booked	2 3 4
9th May 2024 9:15am – 1:15pm Follow-up 20th June 2024 9:15am – 11:15am	Online 4 hour workshop Online 2 hour follow up workshop	NHS Lanarkshire Staff – 12 per session	Alcohol Brief Intervention Session Session Aim: To equip participants with the knowledge and skills to more confidently deliver an Alcohol Brief Intervention (ABI). By the end of the session, participants will be able to: <ul style="list-style-type: none"> Outline the prevalence of alcohol use in Scotland. 	For more information and to book: NHSLHealth.ImprovementTraining@lanarkshire.scot.nhs.uk We have evaluated our ABI training and as a result have changed how we deliver the course. We now include supportive follow up to enable learners to put ABI into practice. Both sessions must be attended before a certificate will be issued.	4

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			<ul style="list-style-type: none"> Describe the health impact of alcohol use. Describe the guidelines for what is low risk alcohol consumption. Calculate units of alcohol. Describe how to use the FAST tool when carrying out an ABI. More confidently conduct an ABI. 		
15th May 2024, 9.30am-11.30am	2 hrs Online	Open to anyone Lanarkshire in who wants to gain awareness around mental health and suicide prevention.	Ask,Tell: Save a Life Mental Health, Compassionate Conversations and Suicide Prevention Learning aim: To inform everyone about mental health and the prevention of suicide so that they may be able to promote good mental health, respond to distress and help people seek help.	For more information and to book: publicmentalhealth@lanarkshire.scot.nhs.uk	3
16th May 2024 11am- 12pm	60 mins Online	Those working or volunteering in Lanarkshire	Physical Activity Awareness Session Learning Outcomes: <ul style="list-style-type: none"> Be aware of physical activity recommendations and how active we are. Be aware of the social determinants of health and how it impacts on physical activity behaviours. 	To book a place please use the link below: MS Forms	1 3 6

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			<ul style="list-style-type: none"> • Have knowledge on the range of benefits from being physically active. • Have ideas on what we can do to encourage others to do to increase physical activity. 		
<p>28th May 2024</p> <p>9.30am-4.30pm</p> <p>Follow up TBC</p>	<p>Face to face training</p> <p>One day</p> <p>1 hour follow up on MS Teams approx 1 month later</p>	<p>NHS Lanarkshire Maternity, health visiting, family nurse and health improvement staff or any staff that has direct contact with pregnant and postnatal mothers and families.</p>	<p>Approaching Sensitive Conversations Training (Infant Feeding).</p> <p>Session Aims:</p> <ul style="list-style-type: none"> • Improve staff confidence in approaching sensitive conversations; particularly around infant feeding and breastfeeding. • Increase staff knowledge and communication skills to enable open and meaningful conversations with women, relatives and staff about infant feeding. 	<p>Places can be booked on Learnpro.</p> <p>For more information contact wgh.maternity@lanarkshire.scot.nhs.uk</p>	<p>2</p>

June 2024

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Wed 5th June 2024 10.00am – 11.00am	60 minutes Online	Multi agency	Relationships, Sexual Health and Parenthood (RSHP) Participants will: <ul style="list-style-type: none"> • Consider the building blocks of RSHP • Learn about the evidence base • Understand the context of RSHP in Scottish Education • Learn about the national resource at www.rshp.scot 	For more information and to book: NHSLHealth.ImprovementTraining@lanarkshire.scot.nhs.uk	5
5th and 12th June 2024 09.15 am - 16.30pm	Face to Face 2 Days	Those working with families in Lanarkshire	Solihull Training The Solihull Approach offers a 2 Day Foundation training for groups of professionals working with families in the UK and internationally. The Solihull Approach introduces a model for understanding the impact of relationships on health and wellbeing	For more information and to book: NHSLHealth.ImprovementTraining@lanarkshire.scot.nhs.uk Course fully booked	2 3 4

Date/ Time	Duration	Participants	Brief Summary of Content	Contact/Booking	Public Health Priority
Tuesday 11th June 2024 10.00am – 11.00am	60 minutes Online	Introductory awareness raising session for non-clinical staff in Lanarkshire , focusing on transmission, prevention and treatment of blood borne viruses.	Blood Borne Viruses (BBVs) Participants will: <ul style="list-style-type: none"> • Identify the most common BBVs. • Learn about methods of prevention and common routes of transmission. • Understand what BBVs can't do. • Consider the impact of stigma, particularly in relation to HIV. • Know where to access up to date information on sexual health. 	For more information and to book: NHSLHealth.ImprovementTraining@lanarkshire.scot.nhs.uk	5
12th June 2024 1.30pm to 3.30pm	2 hours Online	Multi Agency	Basic Tobacco Awareness Participants will: <ul style="list-style-type: none"> • Receive local Statistical information on tobacco use across Lanarkshire • Explore the Addiction Triangle in relation to Nicotine • Explore why people smoke. • Explore what's in a Cigarette? • E-Cigarettes (Vaping). • Gain info on QYW/ understand what happens when you refer 	For more information and to book: tobaccofreecharter@lanarkshire.scot.nhs.uk	4

Date/ Time	Duration	Participants	Brief Summary of Content	Contact/Booking	Public Health Priority
			an individual to the Quit Your Way Service.		
12th June 2024, 9.30am- 11.30am	2 hours Online	Open to anyone in Lanarkshire who wants to gain awareness around mental health and suicide prevention.	Ask, Tell: Save a Life Mental Health, Compassionate Conversations and Suicide Prevention Learning aim: To inform everyone about mental health and the prevention of suicide so that they may be able to promote good mental health, respond to distress and help people seek help	For more information and to book: publicmentalhealth@lanarkshire.scot.nhs.uk	3
Wednesday 19th June 2024 10.00am – 11.30am	90 mins Online	Multi agency	LGBT+ Identities Participants will: <ul style="list-style-type: none"> • Have increased knowledge of relevant terminology • Understand the importance of inclusive language • Increase knowledge and understanding of issues experienced by LGBT+ people in Scotland • Have an opportunity to reflect on current practice 	For more information and to book: NHSLHealth.ImprovementTraining@lanarkshire.scot.nhs.uk	5

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			<ul style="list-style-type: none"> • Consider Scottish policy and legislation • Understand better what is meant by inclusive practice 		
Thursday 6th of June 2024 2pm- 3:30pm	90 minutes Online	Those working or volunteering in Lanarkshire.	Menopause Session Learning Outcomes: <ul style="list-style-type: none"> • Understanding what the Menopause is • Understanding how the Social Determinants of Health impact on menopause • Be able to identify the common symptoms of menopause • Increased knowledge of the treatment options available for menopause • How to talk to your GP about menopause • Further sources of information and support 	To book a place please use the link below: MS Forms	1 3