



Health Promotion Service

Phase I

Virtual & e-learning

Training Programme

September 2020 - March 2021

*Helping us all to build
a healthier, fairer Fife*

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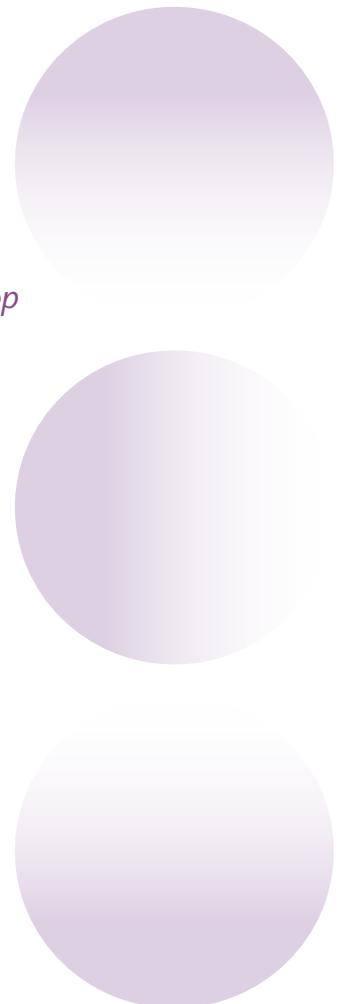
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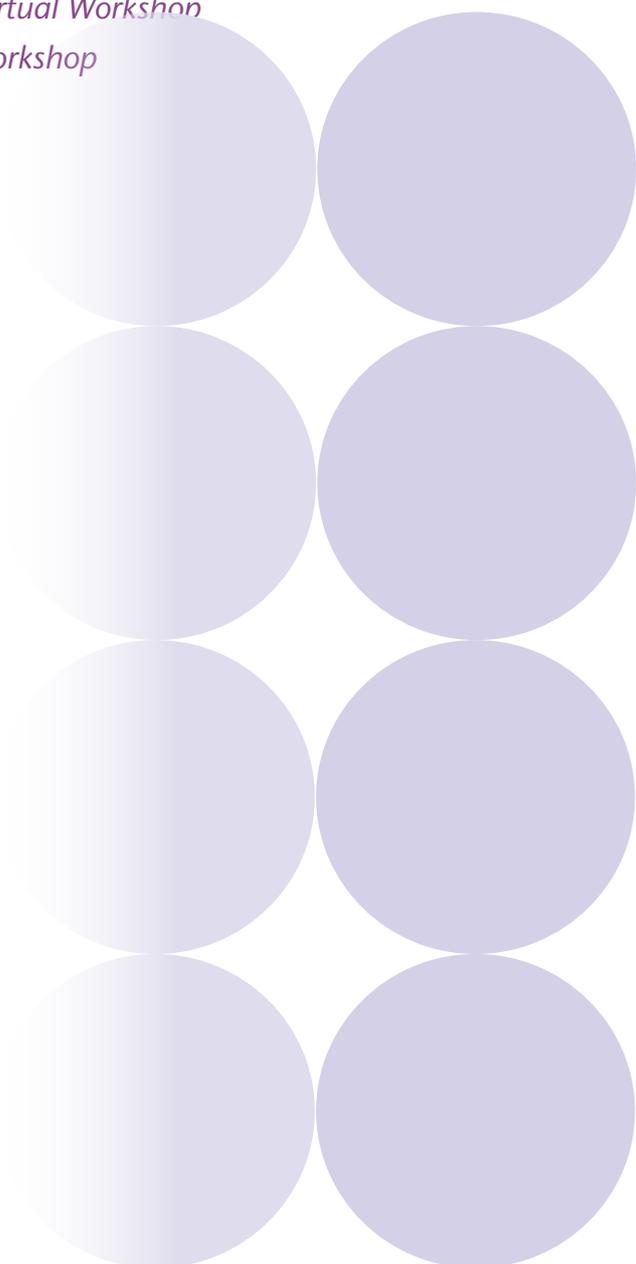
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Foreword

Welcome to the 2020/21 edition of the Health Promotion Training Programme.

Our commitment to workforce development remains a priority and is essential in order to meet the current COVID 19 challenges and Fife's recovery. This year's training programme provides a range of e-learning and virtual facilitated workshops across key national and local priorities.

Health Promotion Fife produce this programme as part of Fife's Health & Social Care Partnership in order to provide people working in Fife with the skills and knowledge to improve health and wellbeing, focus on preventing ill-health and to contribute to reducing inequalities in health.

Focusing on prevention and tackling inequalities remains a key strategic priority for Fife's Community Planning Partners and requires partnership working across organisations. The training and development opportunities offered through the programme directly support many of the ambitions and priority themes set out in Fife's Local Outcome Improvement Plan 2017-2027 Plan4Fife and Fife's recovery.

The training programme includes courses which will help local workers to address these challenging issues. There is a wide range of **Welfare Reform and Anti Poverty Training Courses** to support the recommendations set out in Fairer Fife Commission – Fairness Matters and current economic and employment challenges.

We are pleased to be able to offer a suite of **Mental Health Training Courses** which directly support delivering the priorities in Fife's Mental Health Strategy 2019 – 2023 "Let's Really Raise the Bar".

Working to reduce health inequalities continues to be a key challenge especially with the additional pressures which Covid 19 has placed on those people and families who are most vulnerable in Fife. We have a range of courses to up skill the workforce aimed at **Reducing Health Inequalities**.

We continue to work closely with many of our voluntary and public sector partners to develop and deliver training courses and see it as a great opportunity to share local expertise, knowledge and information. We would like to thank all partners for their continued support of this programme.

We will continue to work closely with partners, trainers and participants to ensure e-learning and virtual workshops are accessible and delivered to high standards and make for rich learning and development opportunities.

Ruth Bennett
Health Promotion Manager
Fife Health & Social Care Partnership

Introduction

The Health Promotion Training Team have been working hard to provide a Programme of training for the Fife Workforce during COVID-19. As you will appreciate this has not been an easy task, particularly as over three quarters of the courses within our previous Training Programmes are delivered face to face.

At the time of launching this Training Programme there were still no plans to resume face to face training under the Scottish Government's guidance on social distancing. As a Training Team we have been following (and continue to follow) this guidance and are adhering to key documents such as 'Scotland's Route Map through and out of the Crisis', 'Scottish Government's COVID-19 Framework for Decision Making' and 'Re-mobilise, Recover, Re-design: Framework for NHS Scotland'. We have also been liaising with key colleagues locally and nationally to share ideas and learning.

Phase 1 – virtual and online Training

The Training Team have been looking at how we deliver sessions through a virtual platform and working with many of our trainers to bring this to fruition. As a result we have a number of innovative virtual workshops practitioners can sign up to as well as a number of online eLearning modules. All of these courses make up the Phase 1 Programme.

Phase 2 – virtual, online and face to face Training

Not all face to face courses can be adapted to be delivered virtually and have been suspended indefinitely. Examples of this are Mental Health Improvement and Suicide Prevention courses such as safeTALK, ASIST and SMHFA.

When it is safe to do so we will move to Phase 2 which will include face to face training. We continue to monitor the situation and if/when this training can be introduced, we will look to see how we do this in line with the Scottish Governments advice on Social Distancing and ensuring the safety of all those involved.

As a Training Team, we are pleased to be able to offer this new and exciting Phase 1 programme of training and hope that practitioners across all sectors find that many of the courses increase their knowledge, skills and confidence as they navigate their way through these challenging and uncertain times.

Health Promotion Training Team

Laura Petrie

Senior Health Promotion Officer - Training
Fife Health & Social Care Partnership

Karen Stirling

Health Promotion Training Coordinator
Fife Health & Social Care Partnership

Michelle Campbell

Health Promotion Training Coordinator
Fife Health & Social Care Partnership

Fife Health Promotion Service

Working to reduce health inequalities and improve the wellbeing of people in Fife

The Health Promotion Service is part of Fife's Health and Social Care Partnership. We lead on approaches and services which maintain and improve health and wellbeing and reduce health inequalities. This covers the life course: early years and children, adults and older adults. We know that people need more than knowledge and skills to make positive choices concerning their health. The factors that contribute to health and ill-health are complex. The conditions in which we are born, grow, live, work and age all play a part, as does the availability and distribution of money, power and resources, both globally and locally.

The Health Promotion Service works in partnership with other organisations and services throughout Fife to work towards improving population health and wellbeing and reducing health inequalities by providing:

- education and workforce development
- specialist advice
- programme and project development and capacity building
- knowledge management, information and resources
- organisational and partnership development.

Health Promotion Training

The Health Promotion Training Team provides and co-ordinates training to enable people working in Fife to contribute towards reducing health inequalities and improving the wellbeing of individuals, families and communities.

The Health Promotion Training Team produce an annual programme which features a wide range of free training and is an opportunity to invest in our workforce through up-skilling and providing a space to share, reflect on and develop best practice. To do this we work closely with many of our voluntary and public sector partners to develop and deliver training courses and see it as a great opportunity to share local expertise, knowledge and information.

Participants

Training courses are open to all public and voluntary sector workers in Fife as well as staff members from workplaces affiliated to the Healthy Working Lives project. Participants are encouraged to draw on and share their own practical experience and consider how they would apply learning from the training to their own professional practice. Participants come from a wide range of backgrounds, which enhances the sharing and learning experience.

Fife Health Promotion Service (Continued)

Trainers

The majority of our trainers are Fife based workers who are willing to share their knowledge and expertise through the delivery of training.

Courses

Most of our training courses are interactive face-to-face workshops. We also offer blended learning courses which involve both online eLearning and face-to-face sessions. We have recently introduced training workshops using a virtual platform. Unless otherwise stated, all training courses are free of charge.

As well as our core training programme, we can provide additional workshops tailored to the needs of specific workplaces. Please contact the training team on fife.hitraining@nhs.scot to discuss.

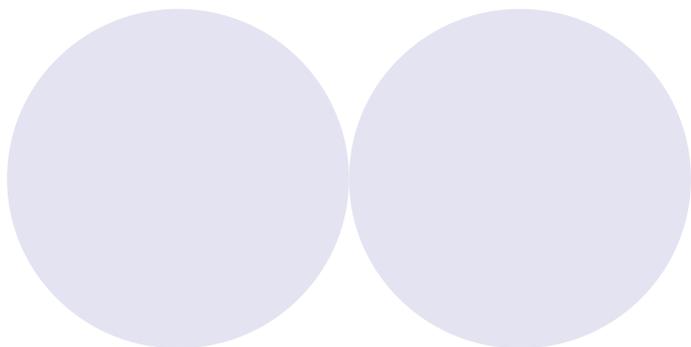
Training Programme COVID-19

Due to the COVID-19 pandemic the Training Team will be offering training in 2 phases:

Phase 1 – online and virtual workshops

Phase 2 – online, virtual workshops and face to face training.

Face to face training will take place in Phase 2 when it is safe to do so and the proper protocols and procedures are followed and put in place. We are following the Scottish Government's guidance and adhering to key documents such as 'Scotland's Route Map through and out of the Crisis', 'Scottish Government's COVID-19 Framework for Decision Making' and 'Re-mobilise, Recover, Re-design: Framework for NHS Scotland'. We are also liaising with key colleagues at local and national level.



Putting Caring Conversations into Practice

Waverley Care

Person Centred Care for people with long-term conditions - an evidence-informed digital learning resource.

Caring Conversations is a digital learning resource focusing on improving conversations between healthcare staff and patients. Effective conversations are a key aspect of person-centred care and have been shown to improve outcomes.

The resource, which is for all clinical and non-clinical staff, aims to break down barriers that can exist between patients and healthcare professionals, encouraging open and honest conversations. It is based on an evidence informed model from the University of the West of Scotland, and uses real-life case studies and a mix of film and interactive content to make learning engaging.

This eLearning has been produced by Waverley Care and takes approximately 1 hour to complete. It provides an initial introduction to some of the values and concepts that are explored further in the Good Conversations training currently being delivered in Fife to NHS staff, those in the voluntary sector or health and social care partnership.

How to access:

To access the module go to - www.caringconversations.scot

Cost: Free

eLearning

Introduction to 'Good Conversations'

Aim:

To provide an overview of key aspects of taking a personal outcomes approach to conversations.

Learning outcomes:

By the end of this 2 part course participants will have:

- explored the values and beliefs which supports an outcomes, assets based approach
- reflected on their understanding of facilitative and enabling approaches
- been introduced to an overview of outcomes focussed conversations and a range of flexible and person centred conversational strategies and techniques
- become aware of a shift from listening to problems in order to fix to, listening to problems in order to acknowledge, discover signs of resilience, identify coping behaviour and possible evidence of already existing solutions
- been introduced to a set of 'micro skills' to enable people to think about what they want.

Who should attend?

This course will benefit those who have supportive conversations. In particular those who are having conversations with people living with long term conditions or dealing with challenges either at work or home. It will be applicable for all NHS staff, those in the voluntary sector or health and social care partnership.

Cost: Free

Course Length:

2 hours

Date:

Part 1:

Wednesday 30th September 2020,
10.30am - 12.30pm
(This will include a break half way).

Part 2:

Wednesday 7th October 2020,
10.30am - 12.30pm
(This will include a break half way).

Platform:

Microsoft Teams

Facilitators:

Alison Linyard

Personal Outcomes Programme
Manager
NHS Fife

Elizabeth Norby

Personal Outcomes Network Manager
NHS Fife

Jill Sunter

Health Promotion Officer
Fife Health & Social Care Partnership

Equips participants to give a voice to those who might otherwise not be heard or feel able to express what's important to them.

This is a two part course and participants would be expected to attend both parts.

virtual
workshop

Making Communication Even Better

- Learning Hub

NHS Public Health Scotland

The learning hub is for anyone working in a frontline public service role encountering people with communication support needs (CSNs). It is also for managers who are involved in the design of services.

Throughout the learning hub, people with different CSNs share their experiences of accessing public services. Sometimes these show good practice and sometimes these result in communication barriers. Public service staff and managers must take action to eliminate these barriers and respond effectively

The learning hub has been developed in partnership with NHS Education for Scotland, Talking Mats, deafscotland and people who have a CSN.

Please note: To make the module full screen, please hold fn and F11 on your keyboard.

How to access:

To access this module click on the following link to access Public Health Scotland's Virtual Learning Environment

<https://elearning.healthscotland.com/course/view.php?id=573>

Cost: Free

elearning

Introduction to Digital Creative Facilitation

Aim

To Increase participants' creativity and confidence when preparing and delivering virtual training sessions using an online platform as well as their skills and confidence to deliver innovative activities through participative group work.

Learning outcomes:

By the end of this course participants will have:

- increased understanding of the variety of tools to create a rich learning environment
- identified ways of incorporating digital resources to stimulate creativity and enhance different learning styles/techniques
- better understanding of digital creative facilitation.

Who should attend?

This session is for anyone who uses an online platform to deliver training and would like to increase their creativity and skills to enhance their session.

Cost: Free

Course Length:

1½ hours

Date:

Thursday 24th September 2020
10.00am – 11.30am

Tuesday 27th October 2020
2.00pm – 3.30pm

Wednesday 25th November 2020
10.00am – 11.30am

Platform:

Microsoft Teams

Facilitators:

Pippa Couzens

Assistant Health Promotion Officer
Fife Health & Social Care Partnership

Laura Petrie

Senior Health Promotion Officer
- Training
Fife Health & Social Care Partnership

Annemarie Smith

Senior Health Promotion Officer
- Localities
Fife Health & Social Care Partnership

Developing trainer's skills and creativity for delivering training virtually to their networks, enabling them to create sessions which look at all learning styles.

This session will be delivered virtually using Microsoft Teams. Participants require a digital device capable of providing video and voice participation.

virtual
workshop

Welfare Reform and Anti-Poverty

Poverty affects a significant proportion of the Fife population and can have a big impact on many areas of peoples' lives. This can include their mental health and wellbeing, their ability to develop skills, find or maintain employment and can threaten basic needs such as access to food and housing.

The *Fife Fairness Matters Report 2015* stated that a widespread culture change is required across Fife Partnership to ensure that everyone is treated with dignity, regardless of their personal or neighbourhood circumstances. It identified frontline staff as key to this and emphasised that all those coming into contact with people experiencing poverty and inequality should have an understanding of the causes and consequences in order for them to act with respect and empathy and to be in a position to challenge misconceptions and pre-conceived ideas.

A multi-agency Poverty Awareness Training Group (funded through the Fife Partnership) was set up in response to this report and established free training sessions to support public and third sector organisations in Fife. The courses are suitable for frontline staff and managers, increasing and updating their knowledge and skills, enabling increased support for service users.

The group continue to steer this work and identify new and innovative training/workshops that reflect current issues around welfare reform and anti-poverty, particularly in response to COVID-19. An example of this is the design and creation of a Fuel Poverty eLearning module which is currently under development.

Links to key documents/websites:

[Fife Fairness Matters Report](#)

Supporting One Parent Families during and beyond the Pandemic

Aim:

At this session, using One Parent Families Scotland's responses to the crisis, we aim to explore the impact of COVID-19 on single parent families and how we can better support and meet the needs of these families during and beyond the pandemic.

Learning outcomes:

By the end of this course participants will have:

- data on single parents and experiences gathered from parents
- the key issues that have intensified the challenges for single parents
- learning that might help 'single-parent proof' policies and services.

Who should attend?

This session will be relevant to those delivering services, planning and designing services, policy and strategy development.

Cost: Free

Course Length:

1½ hours

Date:

Monday 9th November 2020
2.00pm - 3.30pm

Tuesday 26th January 2021
2.00pm - 3.30pm

Platform:

Zoom

Facilitators:

Satwat Rehman

Chief Executive
One Parent Families Scotland

Marion Davis

Head of Policy and Strategy
One Parent Families Scotland

This course will equip participants to reduce health inequalities by understanding the structural context of poverty and inequality and how these impact on single parent families.

virtual
workshop

Universal Debit

Course Length:

1½ hours

Date:

Wednesday 14th October 2020
9.30am - 11.00am

Wednesday 2nd December 2020
9.30am - 11.00am

Wednesday 3rd February 2021
9.30am - 11.00am

Platform:

Microsoft Teams

Facilitators:

Kathryn Miller

Families and Children Manager
Fife Gingerbread

Michelle Melville

Volunteer
Fife Gingerbread

This workshop will support people to understand the effect of low income, the impact upon all members of the family's health, both physically and mentally.

Aim:

This workshop assists participants to understand the impact of moving on to Universal Credit has upon families and the difficult choices to be made.

Learning outcomes:

By the end of this course participants will have:

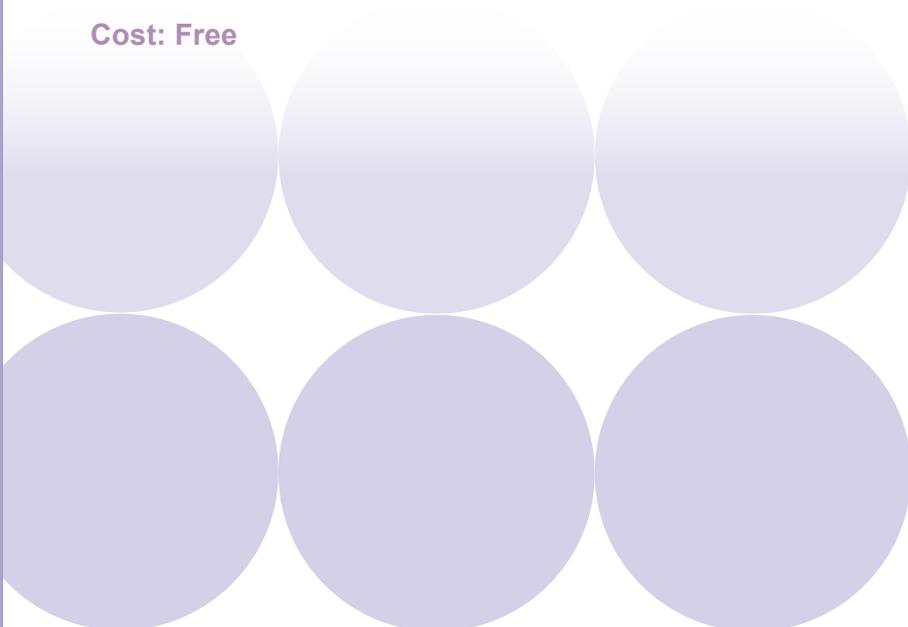
- explored the dilemmas and choices a parent had to make when faced with the 5 week assessment period
- looked at the impact upon all members of the family using the GiRFEC wellbeing indicators
- explored their own attitude and values towards families who are living in poverty.

Who should attend?

Frontline workers who have direct contact with families, parents and children, who are, or likely to, move on to Universal Credit.

Cost: Free

virtual
workshop



Challenging Poverty Stigma - Learning Hub

NHS Public Health Scotland

This learning hub is aimed at those who work in frontline public services with some of the sections dedicated to those in management roles. It creates an opportunity for you to develop your understanding of poverty stigma and discrimination. It will introduce new ways to challenge poverty stigma and enable you to implement changes to your practice.

How to access:

To access this module click on the following link to access Public Health Scotland's Virtual Learning Environment -

<https://elearning.healthscotland.com/course/view.php?id=577>

Please note: This hub is best viewed in modern web browsers, such as Google Chrome or Microsoft Edge. Older web browsers will not display the contents correctly.

Cost: Free

eLearning

Child Poverty, Health & Wellbeing

NHS Public Health Scotland

This module aims to raise your awareness of child poverty in Scotland and how poverty can impact on children and young people's health and wellbeing. The module will look at causes of child poverty, how it is measured and you will spend time considering your role in tackling child poverty.

This module will provide learning support on child poverty for health visitors and midwives – through both undergraduate programmes in higher education institutions and continuing professional development in Scotland – and support them to consider their role in helping to assist children and their families who are living in poverty and affected by austerity.

In addition, this resource will be particularly relevant to individuals working across health, social care, education, the public sector and people who are in contact with children at work.

The module includes five sections and should take around 2.5 hours to complete.

Learning outcomes

After completing the module you will be able to:

- describe what child poverty is and what causes it
- outline how child poverty is defined and measured 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.

How to access:

Click the following link to access this module through Public Health Scotland's Virtual Learning Environment - <https://elearning.healthscotland.com>

Cost: Free

Poverty Alliance Webinar Series: Build Back Better

Poverty Alliance

The ongoing pandemic is having a profound impact on our economy and society, as well as our health. As we plan our recovery, we must redesign our economy so that we all have enough. Like others, we have been making the call to 'Build Back Better'. But what does 'better' mean in practice, and how can we achieve it?

To answer these questions the Poverty Alliance organised a series of webinars to discuss these key questions and to identify what needs to change in the medium and long term. These seminars brought together speakers from a wide range of experiences and backgrounds to share their ideas and to help the alliance contribute to creating a better society out of this crisis.

Build Back Better Webinar 1:

Poverty, Health and Covid-19: Emerging Lessons in Scotland

Build Back Better Webinar 2:

Returning to Work: Addressing Unemployment after Covid-19

Build Back Better Webinar 3:

Disability, Rights and Covid-19: Learning for the Future

Build Back Better Webinar 5:

How can a Green recovery help address poverty?

How to access:

For further information and to access these webinars, visit

www.povertyalliance.org/events/

Cost: Free

What are Health Inequalities?

Health inequalities are the unjust differences in health and wellbeing that are the result of inequality in individual, societal and economic circumstances.

Long-term health inequalities can have a knock-on effect on people's ability to get and keep a job, achieve their goals and take part fully in their community – meaning that everyone is affected.

Reducing health inequalities involves everyone working in Fife and is in everyone's interest.

A Fairer Healthier Scotland - a strategic framework for action 2017 - 2022 publication describes NHS Public Health Scotland's strategic priorities up to 2022. This strategic framework and sets of priorities will focus on improving the health and healthy life expectancy of the people in Scotland.

Scotland's Public Health Priorities reflect Scotland's health challenges and the effort needed nationally, regionally and locally to improve the health of the population and to reduce the unacceptable variation in life expectancy that exists across Scotland and tackling the health inequalities that prevent good health.

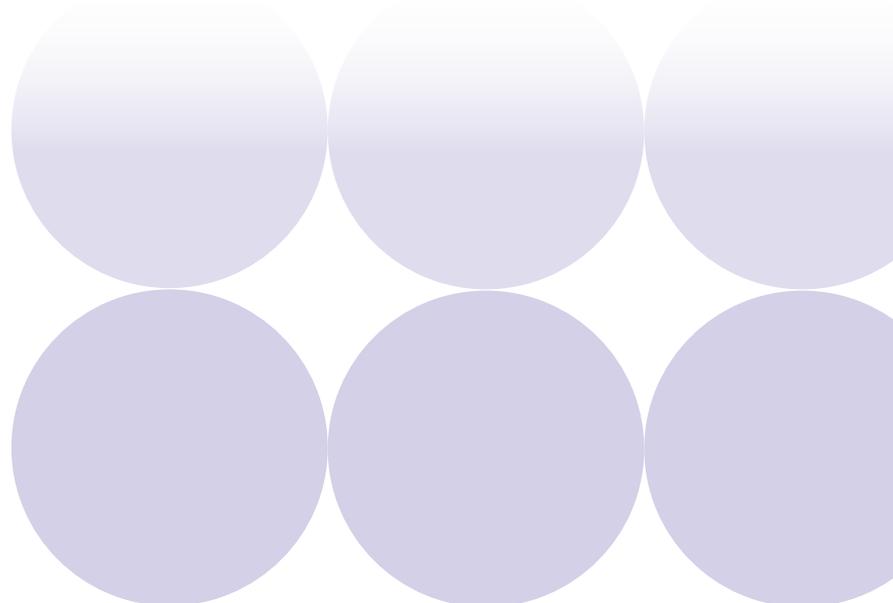
Tackling inequalities is also a key strategic priority for Fife's Community Planning Partners and is embedded throughout the ambitions and priority themes within Fife's Local Outcome Improvement Plan 2017 - 2027 – Plan 4 Fife.

Links to key documents/websites:

[A Fairer Healthier Scotland – a Strategic Framework for Action 2017 - 2022](#)

[Public Health Priorities for Scotland](#)

[Fifes Local Outcome Improvement Plan 2017-2027 – Plan 4 Fife](#)



Health Literacy and COVID-19

Aim:

The course aims to increase participants' understanding of health literacy and its impacts on health and wellbeing, particularly during the COVID-19 pandemic.

Learning outcomes:

By the end of this course participants will have:

- an increased knowledge of what health literacy is and why it is important
- an understanding of the link between health literacy and COVID-19
- increased awareness of the tools and techniques to support and promote health literacy in practice
- an awareness of the resources and information that is available to support you in promoting health literacy.

Who should attend?

This course is particularly relevant to NHS Fife and Fife Health and Social Care staff who may be required to discuss health related to issues with patients or service users.

Cost: Free

Course Length:

1 hour

Date:

Wednesday 23rd September 2020
10.00am - 11.00am

Wednesday 14th October 2020
2.00pm - 3.00pm

Tuesday 26th January 2021
10.00am - 11.00am

Platform:

Microsoft Teams

Facilitators:

Louise Hutton

Information and Resources Officer
Fife Health & Social Care Partnership

Laura Petrie

Senior Health Promotion Officer
- Training
Fife Health & Social Care Partnership

Health literacy is about individuals having enough knowledge, understanding, skills and confidence to use health information, to be active partners in their care, and to navigate health and social care systems.

virtual
workshop

Helping Adults to Choose Change

Course Length:

1 hour

Date:

Tuesday 17th November 2020
1.30pm - 2.30pm

Platform:

Microsoft Teams

Facilitators:

Lyndsay Clark

Senior Health Promotion Officer
- Food and Health
Fife Health & Social Care Partnership

Fiona Lockett

Senior Health Promotion Officer
- Tobacco Prevention
Fife Health & Social Care Partnership

This course will increase participants' ability to delivery brief advice to support individuals to reduce risk taking behaviours, whilst promoting healthier lifestyles and encouraging change.

All participants must have completed the NHS Health Scotland e-learning module: Health Behaviour Change Level 1.

Aim:

This course integrates behaviour change theory with evidence based, practical techniques for supporting individuals and groups to make healthier lifestyle changes.

Learning outcomes:

By the end of this course participants will have:

- explored the concept of health behaviour change
- had an opportunity to practice skills to support health behaviour change
- practical resources to use with clients.

Who should attend?

This course is open to all NHS, Fife Health and Social Care, local authority and voluntary sector staff who work to help and support people to explore and resolve issues around health behaviour change either one-to-one or in a group setting. It is of particular relevance for all healthcare staff working to facilitate health behaviour change.

Cost: Free

virtual
workshop

Creating a Fairer Healthier Fife

Aim:

The aim of this session is to define what we mean by health, explore the dimensions of health and increase knowledge on health inequalities and the impact of COVID-19.

Learning outcomes:

By the end of this course participants will

- have explored definitions of health
- know how to take a holistic approach to the dimensions of health
- have been introduced to the determinants of health
- have been introduced to health inequalities
- have explored how their role can influence the impacts of COVID-19.

Who should attend?

This course is intended to be of benefit to all occupational groups in health and social care, social work, housing, third sector and independent care providers with a role, or interest, in improving health and tackling health inequalities.

Cost: Free

Course Length:

1½ hours

Date:

Tuesday 6th October 2020
10.00am - 11.30am

Thursday 26th November 2020
2.00pm - 3.30pm

Wednesday 13th January 2021
2.00pm - 3.30pm

Platform:

Microsoft Teams

Facilitators:

Laura Petrie

Senior Health Promotion Officer
- Training

Fife Health & Social Care Partnership

Katie Provan

Senior Health Promotion Officer
- Localities

Fife Health & Social Care Partnership

This course will discuss and describe health inequalities, and provide participants the opportunity to reflect on their own role to mitigate and influence inequalities in Fife.

virtual
workshop

Translating behaviour change theory into practice

– how to develop theory-based, health behaviour change interventions

Course Length:

2½ hours
(with 15 minute comfort break)

Date:

Wednesday 28th October 2020
9:30am - 12noon

Wednesday 10th February 2021
9:30am - 12noon

Platform:

Microsoft Teams

Facilitators:

Alison Morrow

Trainee Health Psychologist
NHS Fife

Laura Petrie

Senior Health Promotion Officer
- Training
Fife Health & Social Care Partnership

This course will help participants to reduce health inequalities by ensuring that they have the knowledge and skills to design and deliver theory - based interventions to support people to make positive changes to their health. This training session will briefly cover behaviour change techniques (BCTs), but works on the assumption that participants already have a basic understanding of the concept.

Existing training sessions, Health Behaviour Change Level 1 and 2 and MAP of health behaviour change, will help participants develop an understanding of what BCTs are and how to use them in consultations to help support someone change their behaviour. Participants are therefore encouraged to complete these training courses prior to attending.

Aim:

This course aims to increase people's knowledge and understanding of how to develop theory-based health behaviour change interventions, and why it is important.

Learning outcomes:

By the end of this course participants will have:

- an understanding of the need for theory-based behaviour change interventions
- an understanding of the theories and models used to develop behaviour change interventions
- knowledge of the 3 steps involved in developing a theory-based intervention.

Who should attend?

This course will benefit those who are involved in developing behaviour change interventions to support service users, colleagues or clients, including, but not limited to; smoking cessation, physical activity, healthy eating, substance misuse, medication adherence and sleep.

Cost: Free

virtual
workshop

Health Inequalities: Awareness

NHS Public Health Scotland

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

Target audience:

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

The course includes four sections and should take around 30 minutes to complete.

By the end of this module you should 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.

How to access:

To access this module click on the following link to access Public Health Scotland's Virtual Learning Environment -

<http://elearning.healthscotland.com>

Cost: Free

elearning

Health Literacy: you can make a difference

NHS Education for Scotland (NES)

Promoting positive health literacy is everyone's responsibility. Learners will find out why health literacy is important and how to use some simple techniques including TeachBack, chunk and check, using pictures and simple language to improve how they communicate and check understanding with others.

Participants can develop an action plan throughout the module to demonstrate how they intend to use the techniques in their practice.

How to access:

The module can be accessed through Turas Learn:

NHS and Health & Social Care staff can view and access the module by signing into [their Turas account](#). Other sectors can register for a free Turas account. [Please click here](#).

Cost: Free

The link between Health Literacy and Health Inequalities

NHS Public Health Scotland and NHS Ayrshire & Arran

This e-learning module helps to deliver the national health literacy plan by encouraging individuals and organisations to be mindful of health literacy. The module is suitable for both operational frontline staff and managers who can influence organisational change.

By the end of the module, you should be able to:

- describe the relationship between health literacy and health inequalities
- recognise the importance of good health literacy to keep people well
- identify groups at risk of low health literacy and the challenges that these groups may face
- reflect on what you can do in your role to improve health literacy and have a positive impact on health and wellbeing.

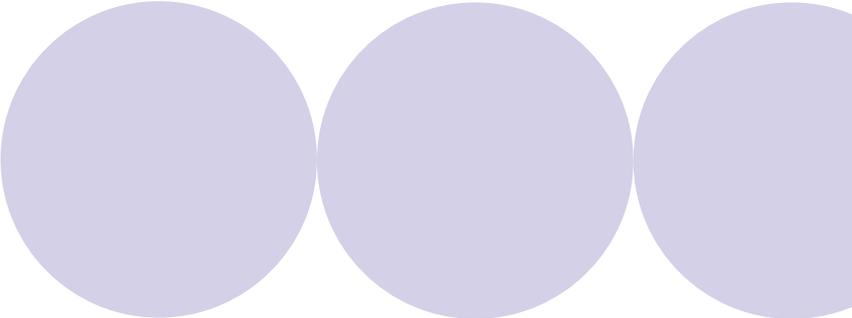
How to access:

To access this module click on the following link to access Public Health Scotland's Virtual Learning Environment - <http://elearning.healthscotland.com>

Note: In order to get the best out of this module, learners are encouraged to complete the following e-learning module beforehand:

Health Inequalities Awareness – [see here](#)

Cost: Free

The logo for 'eLearning' is positioned in the bottom right corner of the page. It features a stylized lowercase 'e' in a light purple color, followed by the word 'Learning' in a white, sans-serif font. The entire logo is set against a dark purple background that forms a vertical bar on the right side of the page.

Health Behaviour Change Level 1 and 2

NHS Public Health Scotland

Health Behaviour Change Level 1

This is for anyone who wants to learn more about health behaviour change and who has (or thinks they could have) a role in improving health. Participants will gain the knowledge and confidence to use health behaviour change techniques to raise and briefly discuss lifestyle issues.

Health Behaviour Change Level 2

This is for anyone who works with clients to support lifestyle changes and requires knowledge beyond raising the issue. Participants will gain more in-depth knowledge and confidence in using health behaviour change techniques to discuss lifestyle issues and support change.

All modules are free of charge and suitable for anyone who has or thinks they could have a role to play in improving the health of the people they come into contact with at work. Simply register for an account and self-enrol in the modules.

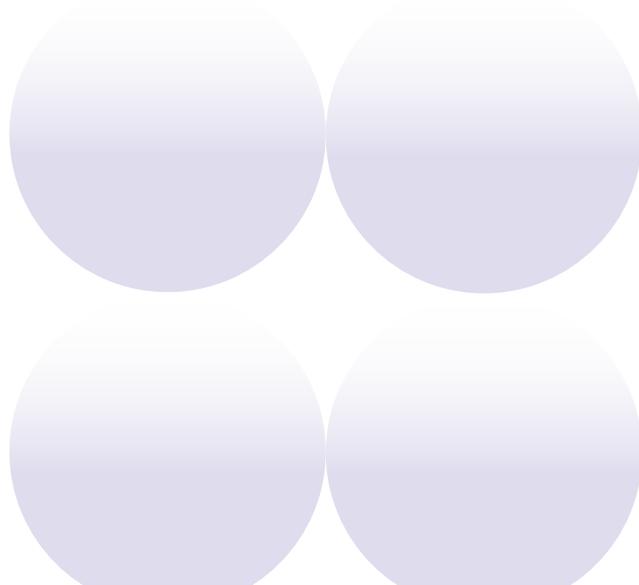
Recommendation: these can be undertaken as stand alone modules. However, we recommend that participants undertake the Map of Health Behaviour Change eLearning module to get an overall picture of the Health Behaviour Change framework and context.

How to access:

To access these modules click on the following link to access Public Health Scotland's Virtual Learning Environment - <http://elearning.healthscotland.com>

Cost: Free

eLearning



MAP of Health Behaviour Change

eLearning Module - NHS Education for Scotland (NES)

MAP is based on the Health Behaviour Change Competency Framework, it brings together the specific skills that professionals can use to support behaviour change, as well as a system for deciding which skills to use and when. The MAP model is generic enough to be relevant for all behaviours, conditions and types of consultations and interactions (long, short, planned, opportunistic) so the training is suitable for a wide variety of practitioners in both health and social care.

This eLearning module is suitable for all registered healthcare professionals who have the opportunity to support people to make changes to their behaviour which will improve their health and wellbeing.

You will be guided through three scenarios which demonstrate how MAP can be used to:

- motivate someone to change,
- help someone plan and implement a change
- maintain that change long-term, in the face of challenges.

You will also learn about how the things around us (e.g. where we live, our family) and our habits can influence our behaviour and what we can do to lessen this influence when they make change difficult, or to enhance their influence when they make change easier.

Note: The MAP of Health Behaviour Change eLearning is the first part of a blended Learning Programme. Please click on the following link for further information

www.nes.scot.nhs.uk/map

How to access:

The module can be accessed through Turas Learn. NHS and Health & Social Care staff can view and access the module by signing into [their Turas account](#). Other sectors can register for a **free** Turas account. [Please click here](#).

Cost: Free

Recommendation: This can be undertaken as a stand alone module. However we recommended that participants undertake Health Behaviour Change Level 1 and 2 eLearning modules prior to this module to get an overall picture of the Health Behaviour Change Framework and context.

eLearning

Fife Violence Against Women Partnership

Fife Violence Against Women Partnership (FVAWP) is the strategic lead in Fife to address the range of abuses defined as violence against women.

The partnership runs a series of free training courses across Fife, from two hour introductory sessions to half day and full day trainings around all aspects of violence against women including:

Domestic abuse what you need to know, Domestic Abuse and the Protection of Children, Marac and High Risk Victims and the Impact of Domestic Abuse in the Early Years

Sexual abuse, including Rape & Sexual Violence, A Deeper Understanding of the Impact of Sexual Trauma, Understanding Men/Boys' Experiences of Rape & Sexual Violence and See Me Not My Mask: understanding victims' reactions to sexual trauma, Zero Tolerances Under Pressure, Engaging Safely with Male Perpetrators of Domestic Abuse, Identifying and working with stalking behaviours and Female Genital Mutilation (FGM).

Further information on all FVAWP training courses can be obtained by contacting: fvawp@fife.gov.uk

Health Promotion Information and Resources Centre

The Information and Resources Centre (IRC) provides resources and materials to anyone working with the population in Fife on health improvement. Our full range of resources can be viewed by accessing our online catalogue HPAC (Health Promotion Access Catalogue).

The catalogue is quick and easy to use with images and links to our resources. To register and browse HPAC, visit our website at <http://hpac.fife.scot.nhs.uk>.

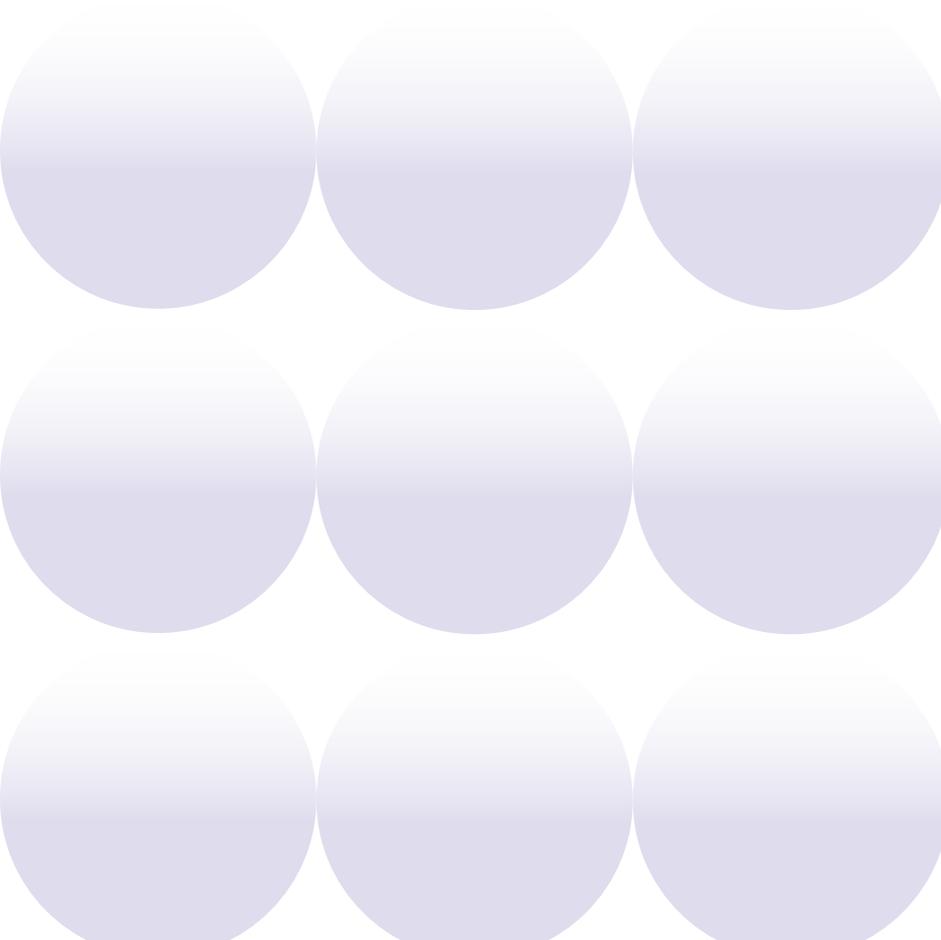
The following training and informal support is available to assist users to access IRC services.

- How to search and order health promotion resources using HPAC.
- How to plan and deliver a health campaign.

To arrange training through the Information and Resources Centre, contact:

Telephone 01592 226494

Email fife.infocentre@nhs.scot



Transforming Psychological Trauma in Fife

International research and studies from across the UK have shown that exposure to Adverse Childhood Experiences (ACEs and psychological trauma is common and can have life-long negative effects on physical and psychological health. Exposure can cause persistent disadvantage that can be transmitted from one generation to another.

This research also highlights that all workers – not just trauma specialists - have a unique and essential part, in the context of their own role and work remit, to play in responding to people affected by trauma.

In 2017 the Scottish Government, in recognition of the significant public health implications of ACEs and trauma, developed in partnership with NHS Education for Scotland (NES - *Transforming Psychological Trauma, the first Knowledge and Skills Framework for the Scottish workforce*).

The Framework is designed to enable individuals, teams and managers identify and understand what level of knowledge and skills is required of them to become trauma-informed. The levels reflect the responsibility the worker has to respond and varies greatly across organisation and sector as well as by job role. There are 4 levels: **Informed**, **Skilled**, **Enhanced** and **Specialist**.

At the end of 2018, the *Scottish Psychological Trauma Training Plan* was created to support the implementation of the knowledge and skills framework, with guidance on accessing training and resources.

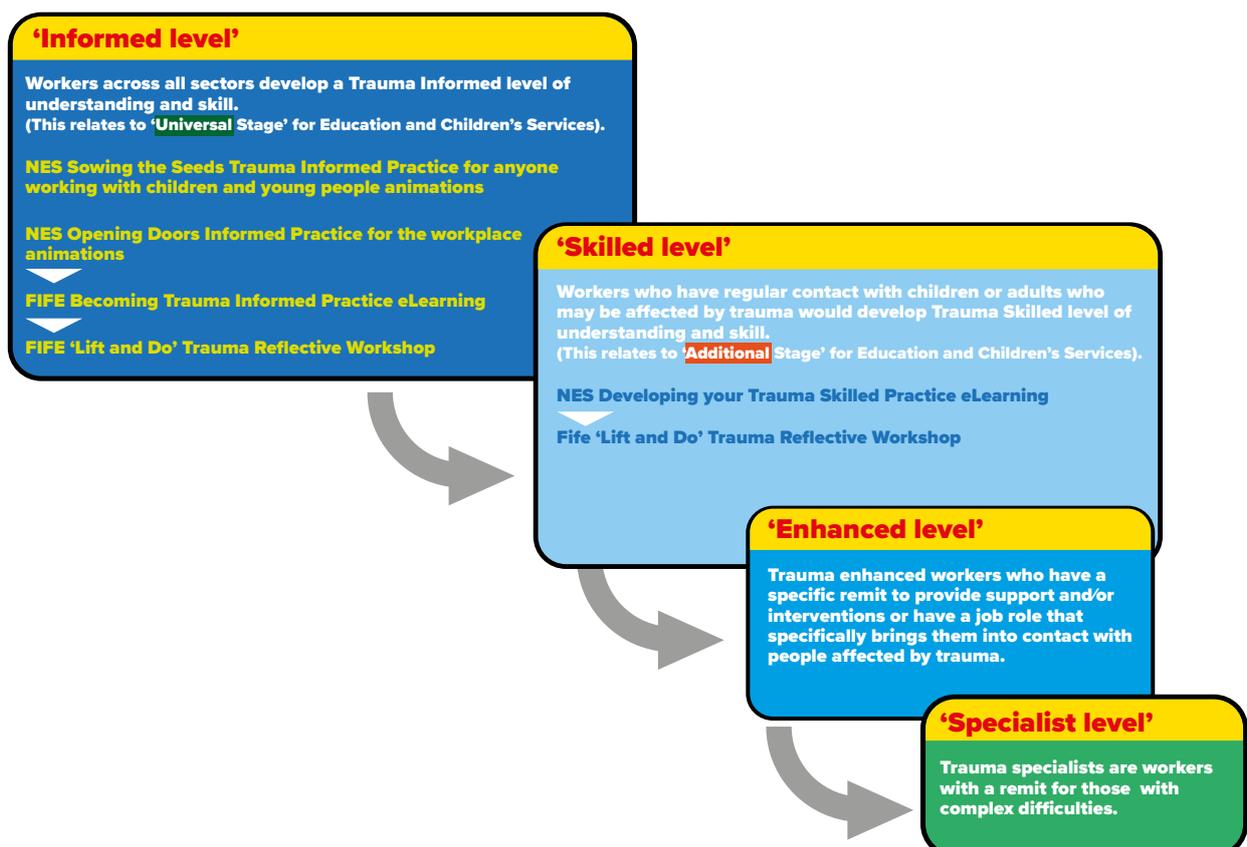
A Fife Trauma Training Collaborative was assembled with members across all sectors to carry out an overview of current developments, scope out need and create a relevant, engaging and accessible programme of training for the Fife workforce using the national Training Plan and Framework.

The Collaborative developed an e-learning module which looks at trauma, what it is and how everyone can make a difference. This training is set at level 1 (**Informed**) of the National Trauma Training Framework and is suitable for all workers in Fife, irrespective of their role, in recognition of the fact that 'trauma is everyone's business.'

The Collaborative also created a 'Reflective Workshop' set at Level 1 and 2 (**Informed** and **Skilled**) designed to be used by teams to aid self-reflection, share thoughts and ideas and help to create trauma-informed workplaces.

To request a copy of the 'Reflective Workshop' please email the Health Promotion Training Team fife.hitraing@nhs.scot

A tiered approach (see diagram below) was produced showcasing training available in Fife supported by Fife Health Promotion Service Training Team. The training falls within the first two levels **Informed** and **Skilled** and includes NES animations at level 1 (**Informed**) and NES eLearning module at level 2 (**Skilled**). The other two levels **Enhanced** and **Specialist** are at a more advanced level and delivered by specialist services.



Transforming Psychological Trauma in Fife (continued)

The team have also worked in partnership with Education and Children's Services to incorporate the 'Getting it Right in Fife Framework' within the tiered approach. The Framework describes the agreed language and approaches regarding when and how services engage with children, young people and families. The Framework uses three different stages of intervention – **Universal**, **Additional** and **Intensive**. You can find further information on the Fife GIRFEC website.

Links to key documents/websites:

[Transforming Psychological Trauma Framework](#)

[The Scottish Psychological Trauma Training Plan](#)

[Fife GIRFEC website](#)

[Scotland's Mental Health Strategy 2017 - 2027](#)

[Fife's Mental Health Strategy](#)

[2019 - 2023 "Lets Really Raise the Bar"](#)

Becoming Trauma Informed

Fife Trauma Training Collaborative

This e-learning module looks at trauma, what it is and how everyone can make a difference. This training is set at Level 1 (Informed) of the 'Transforming Psychological Trauma: A knowledge and Skills Framework for the Scottish Workforce' and is suitable for all workers in Fife, irrespective of their role, in recognition of the fact that - trauma is everyone's business.

Learning outcomes:

By the end of this module, participants will:

- know what trauma is and be able to identify different types of trauma
- have a knowledge of how common trauma and adversity is
- have a basic understanding of Adverse Childhood Experiences and the potential impact of these on individual lives
- be able to better understand the reaction of individuals who have experienced trauma and how you can promote recovery
- understand why trauma is 'everyone's business'.

How to access:

To access this module use the appropriate link:

NHS Fife or Fife Health & Social Care

https://nhs.learnprouk.com/lms/login.aspx?ReturnUrl=%2flms%2fuser_level%2fwelcome.aspx

Fife Council employees

<https://fifecouncil.learningnexus.co.uk/enrol/index.php?id=491>

Fife Council Partner Organisation, e.g. the voluntary sector <https://fifecouncil.learningnexus.co.uk/course/view.php?id=497>

For further information or problems with access, contact the Health Promotion Training Team:

fife.hittraining@nhs.scot

Developing your Trauma Skilled Practice

NHS Education for Scotland (NES)

This e-learning module is set at Level 2 (skilled) of the 'Transforming Psychological Trauma: A knowledge and Skills Framework for the Scottish Workforce' and meets the needs of staff working in roles where they will work directly with clients who may have experienced psychological trauma. It is designed to:

- increase learners' understanding of traumatic events and the different ways that people can be affected by them and
- help learners recognise where the impact of trauma might influence their work with people affected by trauma.

How to access:

To access this module use the appropriate link:

NHS or Health & Social Care

If you are registered with Turas Learn

<https://learn.nes.nhs.scot/24384/elearning-psychology/developing-your-trauma-skilled-practice>

It is simple and **free** to register an account with Turas Learn here:

<https://turasdashboard.nes.nhs.scot//User/PersonalDetails/Create?openIdApplicationId=e8c7cbb9-34fd-4c87-8c6c-7232cf6786d7>

Fife Council employees

<https://fifecouncil.learningnexus.co.uk/enrol/index.php?id=492>

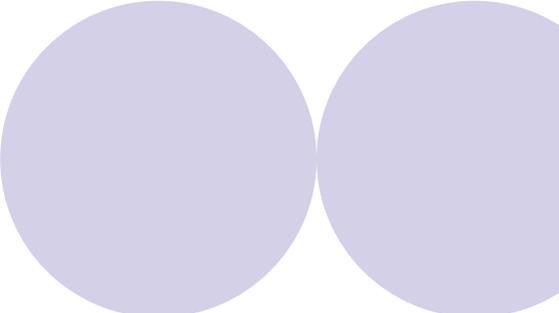
Fife Council Partner Organisation, e.g. the voluntary sector

<https://fifecouncil.learningnexus.co.uk/course/view.php?id=498>

For further information or problems with access, contact the Health Promotion Training Team:

fife.hittraining@nhs.scot

Cost: Free



Mental Health Improvement and Suicide Prevention

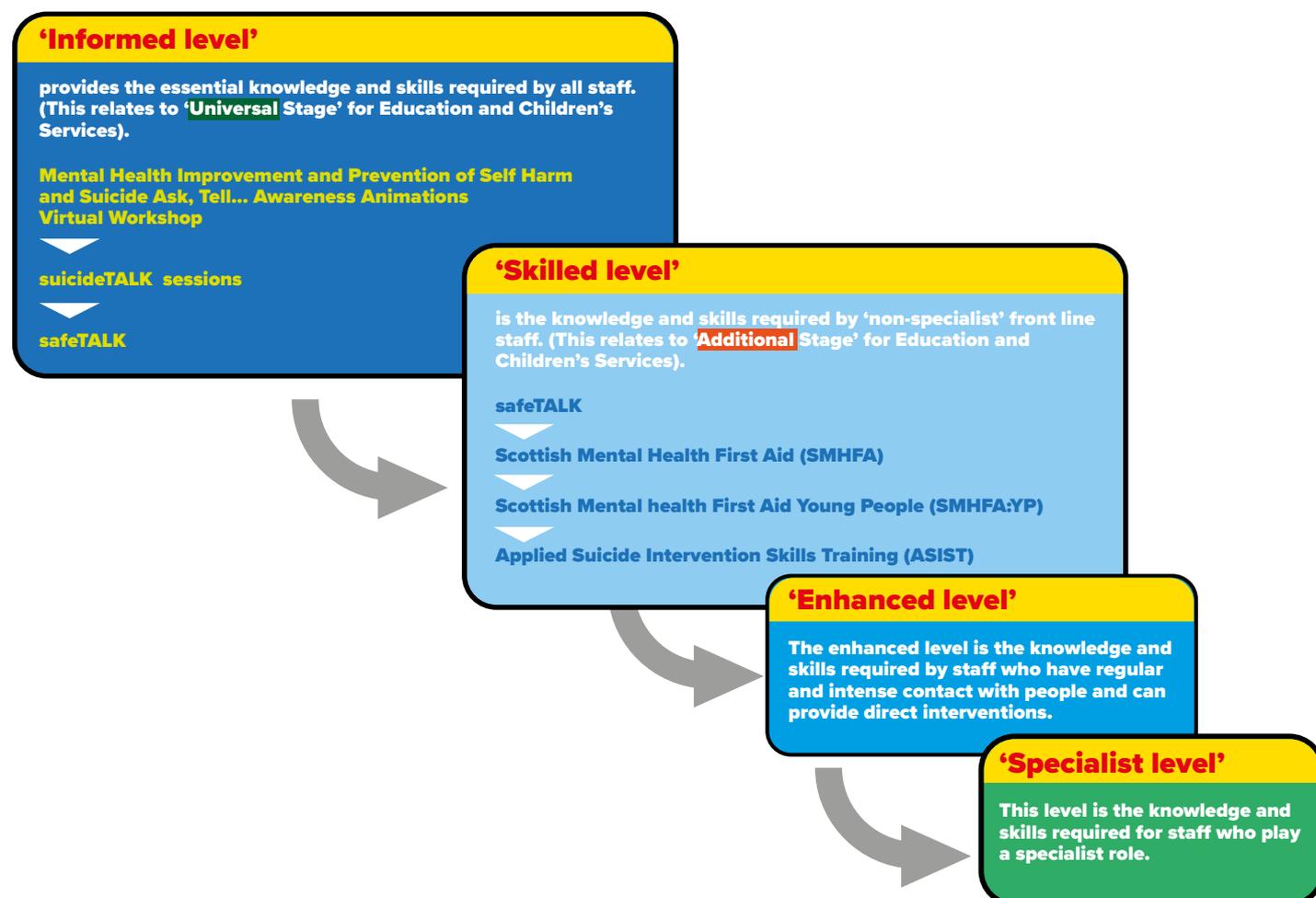
The Scottish Government have set a target to further reduce the rate of suicide by 20% by 2022. To ensure this vision is achieved, Mental Health and Suicide Prevention Training will be an essential element of every NHS Health Boards workforce development plan and supports the implementation of Scotland's Public Health Priorities, Scotland's Mental Health Strategy 2017 - 2027 and Scotland's Suicide Prevention Action Plan – Every Life Matters. This work also delivers on the priorities set out in Fife's Mental Health Strategy 2019 - 2023 "Let's Really Raise the Bar".

Fife Health Promotion Training Team support this agenda and offer a range of training sessions to ensure Fife's workforce has increased skills, knowledge and confidence in mental health and suicide prevention to support the delivery of safe and effective person-centred care.

The Training Team produced a Fife tiered approach (see diagram below) using NHS Education for Scotland (NES) Mental Health Improvement and Suicide Prevention Framework. It allows practitioners to access the appropriate and relevant learning and development opportunities at a level suited to their own needs and the needs of the service.

There are 4 levels: **Informed**, **Skilled**, **Enhanced** and **Specialist**. The levels cover the promotion of good mental health, improving quality of life, tackling mental health inequalities, supporting people in distress or crisis, promoting resilience and recovery, preventing self harm and suicide.

The tiered approach below highlights the face to face (suspended at present due to COVID-19) and virtual training courses available through Health Promotion. The training falls within the first two levels **Informed** and **Skilled**. The other two levels **Enhanced** and **Specialist** are at a more advanced level and delivered by specialist services.



Note: The tiered approach diagram only includes face to face training and virtual workshops. There are also many informative eLearning modules, some of which are included in this Training Programme.

Mental Health Improvement and Suicide Prevention (continued)

The team have also worked in partnership with Education and Children's Services to incorporate the 'Getting it Right in Fife Framework' within the tiered approach. The Framework describes the agreed language and approaches regarding when and how services engage with children, young people and families. The Framework uses three different stages of intervention – **Universal**, **Additional** and **Intensive**.

You can find further information on the Fife GIRFEC website. Here you can also access the Our Minds Matter 'Understanding and Responding to Children and Young People at Risk of Self-Harm and Suicide' guide.

Links to key documents/websites:

[Scotland's Mental Health Strategy 2017 - 2027](#)

[Scotland's Suicide Prevention Action Plan - Every Life Matters](#)

[Fife's Mental Health Strategy 2019 - 2023](#)

["Lets Really Raise the Bar"](#)

[Mental Health Improvement and Suicide Prevention Framework](#)

[Fife GIRFEC website.](#)

NHS Education for Scotland have a site on their Turas Learn platform with key resources to support the mental health and wellbeing for managers and staff members. It includes sections on managing stress, coping and resilience, plus resources for adapting your practice during the COVID-19 pandemic.

<https://learn.nes.nhs.scot/29698/psychosocial-mental-health-and-wellbeing-support>

Mental Health Improvement and Prevention of Self Harm and Suicide Prevention Ask, Tell... Awareness Animations

Course Length:

1½ hours

Date:

Wednesday 7th October 2020
2.00pm - 3.30pm

Thursday 29th October 2020
10.00am - 11.30am

Tuesday 1st December 2020
2.00pm - 3.30pm

Friday 9th February 2021
10.00am - 11.30am

Platform

Microsoft Teams

Facilitators:

Laura Petrie

Senior Health Promotion Officer
- Training
Fife Health & Social Care Partnership

Mary-Grace Burinski

Health Promotion Officer
- Mental Health
Fife Health & Social Care Partnership

Alternatively this can be accessed as a self-directed eLearning module.

Aim:

To raise awareness and have facilitated discussions around the 3 Ask, Tell... educational animations which highlight areas such as mental wellbeing, suicide prevention and having compassionate conversations with people who are experiencing mental distress or may be feeling suicidal.

Learning outcomes:

By the end of this course participants will:

- be able to identify ways to support people to have good mental health
- be familiar with ways you can look after your own mental health
- be able to explain what mental health is
- have an awareness of situations that can negatively affect our mental health
- be able to demonstrate an awareness of the prevalence of mental health problems
- have an understanding of the wider issues that can affect people accessing support for their mental health
- be able to demonstrate an awareness of the prevalence of suicide
- be aware of the risk of re attempt associated with previous suicide attempt
- be able to identify what to do when you are worried about someone's mental health.

Who should attend?

These sessions are for anyone who has a remit and/or interest in Mental Health Improvement and Suicide Prevention.

Cost: Free

virtual
workshop

Positive steps to increase mental wellbeing

Aim:

This session aims to increase understanding of mental wellbeing and awareness of the positive steps to increase wellbeing.

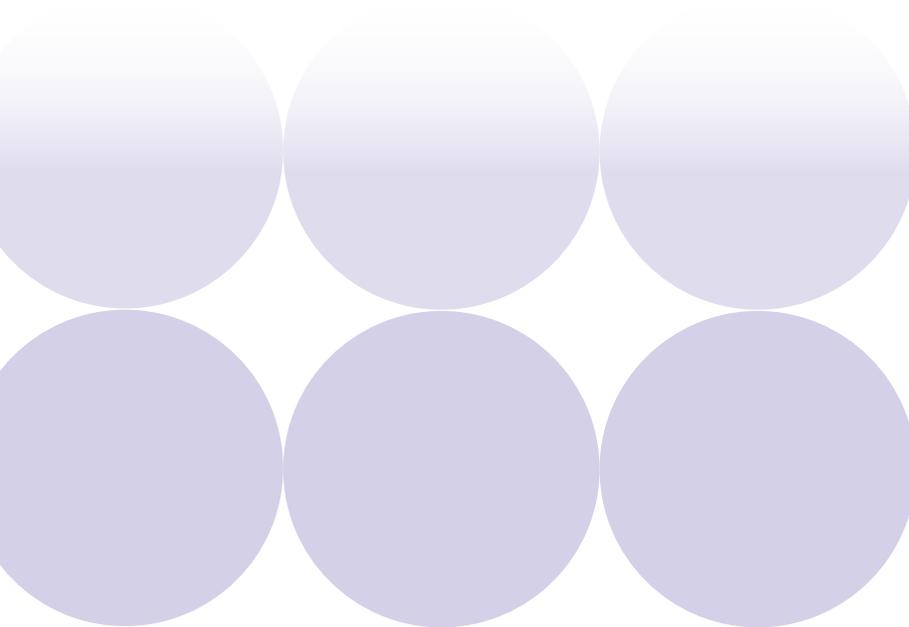
Learning outcomes:

By the end of this course participants will:

- an understanding of definitions of mental health and wellbeing
- an understanding of positive steps everyone can take to increase wellbeing.

Who should attend?

This session is for everyone who would like to take steps to support mental wellbeing in Fife.



Cost: Free

Course Length:

1 hour

Date:

Tuesday 22nd September 2020
10.00am - 11.00am

Monday 9th November 2020
2.00pm - 3.00pm

Thursday 4th March 2021
2.00pm - 3.00pm

Platform:

Microsoft Teams

Facilitators:

Annemarie Smith

Senior Health Promotion Officer
- Localities

Fife Health & Social Care Partnership

Katie Provan

Senior Health Promotion Officer
- Localities

Fife Health & Social Care Partnership

Jill Sunter

Health Promotion Officer

Fife Health & Social Care Partnership

Developing workforce skills and knowledge around issues that affect mental health:

- supporting participants to review and support their own mental health
- supporting participants to use the learning to support clients when discussing mental wellbeing.

virtual
workshop

Be that Person - Reflective Workshop

Course Length:

2 hours

Date:

Thursday 12th November 2020

3.30pm - 5.30pm

Thursday 28th January 2021

9.30am - 11.30am

Platform:

Microsoft Teams

Facilitators:

Louise Stean

Our Minds Matter Champion,
Fife Council

Jo Fell

Professional Development Officer,
Fife Council

Aim:

Our Minds Matter funded “Be That Person”, a short film which celebrates positive experiences of young people in Fife and promotes the five ways approach to wellbeing. The film was developed through collaboration between young people, community youth groups, staff from across the directorate, and third sector agencies.

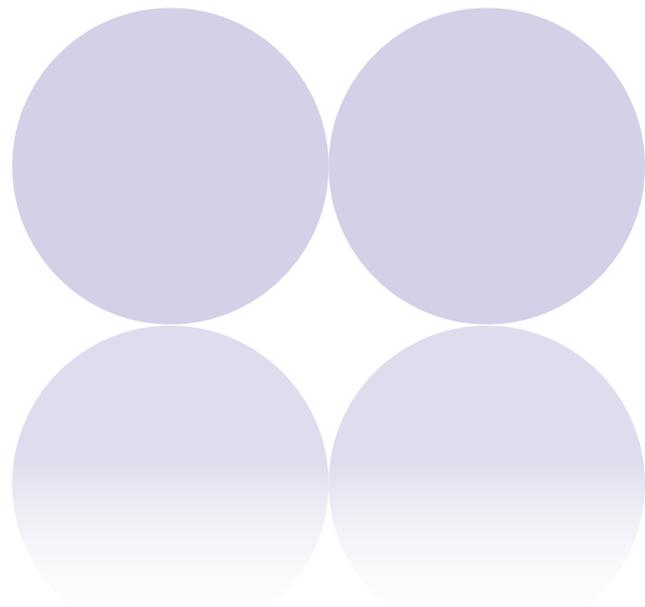
A reflective workshop has been developed to support practitioners to consider the impact of Adverse Childhood Experiences (ACEs) and trauma on young people and families that they work with. The workshop includes a screening of our film and encourages practitioners to reflect on and develop their practice, using the five ways to wellbeing.

Who should attend?

This workshop is relevant to anyone who works with children and families on a one-to-one or group basis, including foster care.

Cost: Free

virtual
workshop



Mental Health Improvement and Suicide Prevention

NHS Education for Scotland (NES) and NHS Public Health Scotland

This eLearning module is set at Level 1 (informed) of the 'Mental Health Improvement and Suicide Prevention Framework - Scotland's Knowledge and Skills Frameworks for Mental Health Improvement and Self-Harm and Suicide'. The module contains a series of 3 educational awareness animations highlighting the range of communication skills that should be used, including listening, questioning and responding.

They cover the areas of mental wellbeing, suicide prevention and having compassionate conversations with people who are experiencing mental distress or may be feeling suicidal. While each animation can be viewed on its own, we recommended all 3 are completed.

How to access:

The module can be accessed through Turas Learn:

NHS and Health & Social Care staff can view and access the module by signing into [their Turas account](#). Other sectors can register for a **free** Turas account. [Please click here](#).

[Alternatively this session can take place as a facilitated virtual workshop here.](#)

Cost: Free

eLearning

COVID-19 Psychological First Aid

NHS Education for Scotland (NES)

This module is designed to support anyone who is delivering health or social care to deliver effective Psychological First Aid (PFA) throughout the COVID-19 pandemic. PFA is a humane, supportive and flexible response to people who are in distress or suffering during and after crises or emergencies like the current COVID-19 pandemic. The module is designed to help participants:

- understand what Psychological First Aid (PFA) is and is not
- understand the ways that Pandemic like COVID-19 can affect us
- understand the 7 key components of effective PFA
- feel able to deliver PFA support to others
- adapt PFA to the needs of particularly vulnerable groups of people
- identify ways to take care of yourself while providing PFA.

How to access:

The module can be accessed through Turas Learn:

NHS and Health & Social Care staff can view and access the module by signing into [their Turas account](#). Other sectors can register for a **free** Turas account. [Please click here](#).

Cost: Free

COVID-19 Learning Bytes

NHS Education for Scotland (NES)

COVID-19 and Responding to People in Mental Distress and Crisis.

This learning byte is aimed at staff who, in the context of their work, are likely to have direct or substantial contact with people who may be at risk of mental ill health, distress, crisis or suicide and where they may play a role in supporting people's health and wellbeing.

Completing this resource will help you:

- understand mental distress and why someone's mental wellbeing may be affected by the COVID-19 outbreak
- recognise when someone may be experiencing distress or crisis
- provide a compassionate and helpful response
- support self-help and problem-solving.

COVID-19 - Suicide Prevention

This learning byte is aimed at staff who have a direct role in supporting people's health in a variety of settings and who, in the context of their work, may come into contact with people who are experiencing distress, crisis or thoughts of suicide.

Completing this resource will help you understand:

- why people may experience distress, crisis and thoughts of suicide
- how you can recognise and explore someone's thoughts about suicide
- how to seek immediate support
- strategies to support people in crisis and who are experiencing thoughts of suicide.

Mental Health and Suicide - Older Adults and COVID-19

This learning byte will be useful for people who, as part of their work, come into contact with older adults. This may be through their work in any setting as health or social care staff, carers or volunteers.

Completing this learning byte will help you:

- understand the factors that affect the mental health of older adults, and may lead to an increased risk of suicide
- recognise the impact of COVID-19 on their mental health and risk of suicide
- support the improvement of mental health and reduced risk of suicide in the older people you work with

These Learning Bytes can be accessed through NHS Education for Scotland Turas Learn site. You do not have to have a registered account. Click here <https://learn.nes.nhs.scot/30500/coronavirus-covid-19/practice-in-the-community-setting/mental-health-dementia-and-learning-disabilities>.

Note: Each Learning Byte should only take approximately 15-20 minutes to complete.

Cost: Free



Condom Distribution Scheme

Free Condoms Fife

Are you an organisation in Fife interested in distributing free condoms to your service users? The aims of the free condom scheme are:

- to promote the use of the condom as a means of protecting and maintaining sexual health
- to contribute to a reduction in the incidence of HIV infection, sexually-transmitted infections (STIs) and unintended pregnancy
- to contribute to a reduction in the health inequalities gap in sexual health and blood-borne viruses.

As members of the scheme, distributing condoms provides an opportunity for you to speak with your service users regarding improving their sexual health and wellbeing.

Those who wish to be part of the Free Condoms Fife condom distribution scheme providing free condoms to those who may be at risk from blood borne viruses, sexually transmitted infections or unwanted pregnancy can get more information and join the scheme by emailing emma.little3@nhs.scot

Smoke Free Fife Responsibilities and Actions

Aim:

To equip managers with tools to support NHS smoking policy, reduce non-compliance and avoid disciplinary action for staff.

Learning outcomes:

By the end of this course participants will:

- have an increased understanding of policy and practice including NHS Fife's position on e-cigarettes
- have an increased understanding of the repercussions of non-compliance for staff
- understand the impact of policy on patient care
- have an increased awareness of temporary Abstinence model for inpatient care
- have a knowledge of how to effectively raise the issue of smoking and avoid conflict
- have an increased awareness of impending legislation.

Who should attend?

NHS staff who manage others.

Cost: Free

Course Length:

1 hour

Date:

Friday 23rd October 2020
10.00am - 11.00am

Platform:

Microsoft Teams

Facilitators:

Kay Samson

Deputy Manager
Health Promotion Service
Fife Health & Social Care Partnership

Fiona Lockett

Senior Health Promotion Officer
- Tobacco Prevention
Fife Health & Social Care Partnership

Reducing the impact of second-hand smoke on vulnerable patients staff and visitors and promoting the NHS ethos of improving health and reducing harm.

virtual
workshop

Smoking and Mental Health: Impact

Course Length:

The course comprises a one-hour distance learning followed by a two-hour face-to-face session (delivered online).

Date:

Monday 12th October 2020
1.00pm - 3.00pm

Platform:

Microsoft Teams

Facilitators:

Fiona Lockett

Senior Health Promotion Officer
- Tobacco Prevention
Fife Health & Social Care Partnership

Kelly Higgins

Quality Improvement Practitioner
Fife Health & Social Care Partnership

Reducing the impact of tobacco consumption on those with mental health problems

Designed by Ash Scotland

A prerequisite for this course is that all participants have completed the online learning before attending the face to face session.

Aim:

To equip workers supporting people with lived experience of mental health problems with the knowledge, skills and confidence to initiate a conversation on smoking, explain the impact smoking has on mental health medications and discuss options for supporting people who are ready to quit.

Learning outcomes:

By the end of this course participants will have:

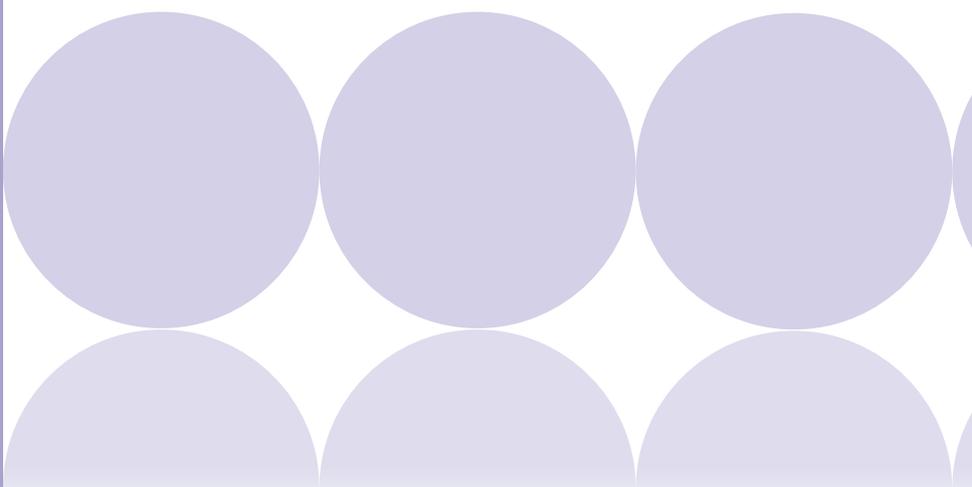
- increased knowledge of the harm caused to people with mental health problems, including the effects of smoking on medications
- increased awareness of the wider links between smoking and inequalities
- increased confidence to initiate discussions on smoking, including the IMPACT guidance and practical application of other tools and techniques
- outlined the importance and relevance of your role in discussing smoking with people of lived experience of mental health problems, as well as your role in providing ongoing support
- been provided with an overview of local stop-smoking support options including: behavioural support, nicotine and non-nicotine containing products (which can assist in a quit attempt) and policy.

Who should attend?

This training is for all health professionals and those working in third-sector organisations where there are significant numbers of people with lived experience of mental health problems using their service.

Cost: Free

virtual
workshop



Mentally Healthy Workplaces

NHS Public Health Scotland Healthy Working Lives

This eLearning module is for anyone who wants to learn more about mental health in the workplace. Everyone has a role to play in creating a mentally healthy workplace and it can have benefits for you and your colleagues. Completing this course can also help your organisation with achieving your Healthy Working Lives award.

By completing this course we hope that you will gain:

- an awareness of the differences between mental health and mental health problems
- an awareness of the impact of attitudes, values and culture on mental health in the workplace
- an awareness of what stress is, what can cause it and how it can be managed effectively
- an awareness of the legal implications of the Equality Act 2010 and other legislation on employees and employers
- an understanding of how to promote our own and other people's mental health in work.

How to access:

To access this module click to access Public Health Scotland's Virtual Learning Environment

<http://elearning.healthscotland.com>

Cost: Free

eLearning

Stress and the Workplace

NHS Public Health Scotland Healthy Working Lives

This eLearning module is for anyone who wants to understand the relationship between pressure and stress and how this can impact on wellbeing.

In particular, it provides guidance to supervisors, managers and employers (whatever the type or size of organisation they are in), to help them understand their role in managing stress at work, and how to assess the risk of stress in their organisation.

By completing this course you will be able to:

- describe the elements of wellbeing
- describe what stress is and what causes it
- describe how stress affects our health
- recall the HSE Management Standards (for Work-related Stress) and your role in reducing the causes of stress at work
- apply the stress risk assessment process
- relate Health Scotland's Work Positive resource to your organisation's practice.

How to access:

To access this module click on the following link to access Public Health Scotland's Virtual Learning Environment

<http://elearning.healthscotland.com>

Cost: Free

eLearning

Alcohol and Drugs in the Workplace

NHS Public Health Scotland Healthy Working Lives

This eLearning module is designed to give information and guidance to employers to help deal with workplace issues on both alcohol and drugs.

This course can be completed on its own by all members of an organisation or as part of a blended learning course for managers.

By the end of this course participants will have:

- increased knowledge of the impact of alcohol and drugs on the workforce and employer and employee responsibilities
- increased knowledge of substances and their impact on the individual and workplace
- increased understanding of the rationale for workplace policies and the legal implications
- insight into good practice related to alcohol and drugs in the workplace including, application of policy and support for individuals.

How to access:

To access this module click to access Public Health Scotland's Virtual Learning Environment

<http://elearning.healthscotland.com>

Cost: Free

eLearning

How to apply

Virtual Workshops

Please read the workshop aim and learning outcomes carefully in order to ensure that your chosen workshop is right for you.

To register your interest, please email the Training Team. Your email must include the following information:

- Workshop title
- Job title and organisation
- Full contact details
- Microsoft Teams email if you have one.

An acknowledgement email will be sent to confirm your interest. Places are not offered on a first come first served basis. You will be notified via email approximately 1-2 weeks prior to the workshop if your application has been successful.

If the workshop is oversubscribed and you do not receive a place, you may be contacted at short notice should there be a cancellation.

If you are successful in getting a place on any of the workshops, you will receive joining instructions along with your confirmation email. Note: you do not have to have an account and/or app for the virtual courses. Access can be made through your browser.

If you need to cancel your place on the workshop, you must notify us by email asap, that way we may be able offer your place to someone else.

We appreciate not everyone will be confident when it comes to accessing online virtual workshops. Please email the Training Team for support or guidance.

Online/eLearning

Please follow the link on the page which will take you to a sign in or registration page for the eLearning training you would like to access.

Email the Training Team if you have any problems accessing any of the courses included in this programme.

Fife Health Promotion Training Team email: fife.hittraining@nhs.scot

