



# Training Calendar 2022

All enquiries to: [CDDARS.training@humankindcharity.org.uk](mailto:CDDARS.training@humankindcharity.org.uk)

- All courses are free of charge to those who live or work in County Durham
- To **book a space** on the training [click here](#)
- You can click onto each course to find the course objectives

News: we will shortly be adding new courses so keep up to date by checking our website [here](#)

Date	Day	Course Name	Timings	Delivery method
<b>May</b>				
17/05/2022	Tuesday	<a href="#">"Have a Word" Alcohol Awareness &amp; Brief Intervention</a>	13:00 – 15:00	<a href="#">Via Zoom – Book your space</a>
19/05/2022	Thursday	<a href="#">Energy Drink Awareness</a>	10:00 – 12:00	<a href="#">Via Zoom – Book your space</a>
23/05/2022	Monday	<a href="#">Foetal Alcohol Spectrum Disorder</a>	13:00 – 15:00	<a href="#">Via Zoom – Book your space</a>
26/05/2022	Thursday	<a href="#">Cannabis awareness</a>	10:00 – 12:00	<a href="#">Via Zoom – Book your space</a>
27/05/2022	Friday	<a href="#">Energy Drink Awareness</a>	10:00 – 12:00	<a href="#">Via Zoom – Book your space</a>
<b>June</b>				
01/06/22	Wednesday	<a href="#">Foetal Alcohol Spectrum Disorder</a>	10:00 – 12:00	<a href="#">Via Zoom – Book your space</a>
06/06/22	Monday	<a href="#">Substance misuse in a homeless setting</a>	10.00 – 12.00	<a href="#">Via Zoom – Book your space</a>
06/06/22	Monday	<a href="#">"Have a Word" Alcohol Awareness &amp; Brief Intervention</a>	13.30 – 16.00	<a href="#">Face to face – Book your space</a>
07/06/22	Tuesday	<a href="#">Substance misuse in a homeless setting</a>	10.00 – 12.00	<a href="#">Via Zoom – Book your space</a>
07/06/22	Tuesday	<a href="#">Basic drug awareness</a>	13.30 – 16.00	<a href="#">Face to face – Book your space</a>
08/06/22	Wednesday	<a href="#">Cannabis awareness</a>	09.30 – 12.00	<a href="#">Via Zoom – Book your space</a>
10/06/22	Friday	<a href="#">Energy Drink Awareness</a>	10.00 – 12.00	<a href="#">Via Zoom – Book your space</a>
13/06/22	Monday	<a href="#">Understanding Opioids</a>	10.00 – 12.00	<a href="#">Via Zoom – Book your space</a>
14/06/22	Tuesday	<a href="#">"Have a Word" Alcohol Awareness &amp; Brief Intervention</a>	10.00 – 12.30	<a href="#">Face to face – Book your space</a>
14/06/22	Tuesday	<a href="#">Cannabis awareness</a>	13.30 – 16.00	<a href="#">Via Zoom – Book your space</a>
15/06/22	Wednesday	<a href="#">Basic drug awareness</a>	10.00 – 12.30	<a href="#">Face to face – Book your space</a>
17/06/22	Friday	<a href="#">Nitrous Oxide Awareness</a>	10.00 – 11.00	<a href="#">Via Zoom – Book your space</a>
21/06/22	Tuesday	<a href="#">Blood Borne Virus' and substance use</a>	10.00 – 11.00	<a href="#">Via Zoom – Book your space</a>
21/06/22	Tuesday	<a href="#">Understanding Opioids</a>	13.00 – 15.00	<a href="#">Via Zoom – Book your space</a>
24/06/22	Friday	<a href="#">Energy Drink Awareness</a>	10:00 – 12:00	<a href="#">Via Zoom – Book your space</a>
24/06/22	Friday	<a href="#">Nitrous Oxide Awareness</a>	13.00 – 14.00	<a href="#">Via Zoom – Book your space</a>
28/06/22	Tuesday	<a href="#">Basic harm reduction advice</a>	10.00 – 12.30	<a href="#">Via Zoom – Book your space</a>
28/06/22	Tuesday	<a href="#">Basic drug awareness</a>	13.30 – 16.00	<a href="#">Via Zoom – Book your space</a>
29/06/22	Wednesday	<a href="#">"Have a Word" Alcohol Awareness &amp; Brief Intervention</a>	10.00 – 12.30	<a href="#">Via Zoom – Book your space</a>
30/06/22	Thursday	<a href="#">Basic harm reduction advice</a>	10.00 – 12.30	<a href="#">Via Zoom – Book your space</a>
<b>July</b>				
01/07/22	Friday	<a href="#">"Have a Word" Alcohol Awareness &amp; Brief Intervention</a>	10.00 – 12.30	<a href="#">Face to face – Book your space</a>
04/07/22	Monday	<a href="#">Energy Drink Awareness</a>	14.00 – 16.00	<a href="#">Via Zoom – Book your space</a>
05/07/22	Tuesday	<a href="#">Nitrous Oxide Awareness</a>	10.00 – 11.00	<a href="#">Via Zoom – Book your space</a>
05/07/22	Tuesday	<a href="#">Basic drug awareness</a>	13.30 – 16.00	<a href="#">Face to face – Book your space</a>
06/07/22	Wednesday	<a href="#">Cannabis awareness</a>	10.00 – 12.00	<a href="#">Via Zoom – Book your space</a>
06/07/22	Wednesday	<a href="#">"Have a Word" Alcohol Awareness &amp; Brief Intervention</a>	13.30 – 16.00	<a href="#">Face to face – Book your space</a>
07/07/22	Thursday	<a href="#">Understanding Opioids</a>	10.00 – 12.00	<a href="#">Via Zoom – Book your space</a>
11/07/22	Monday	<a href="#">Basic drug awareness</a>	13.30 – 16.00	<a href="#">Face to face – Book your space</a>
12/07/22	Tuesday	<a href="#">Basic harm reduction advice</a>	09.30 – 12.00	<a href="#">Via Zoom – Book your space</a>
12/07/22	Tuesday	<a href="#">Substance misuse in a homeless setting</a>	10.00 – 12.00	<a href="#">Via Zoom – Book your space</a>
13/07/22	Wednesday	<a href="#">Substance misuse in a homeless setting</a>	09.30 – 11.30	<a href="#">Via Zoom – Book your space</a>
13/07/22	Wednesday	<a href="#">Blood Borne Virus' and substance use</a>	10.00 – 11.00	<a href="#">Via Zoom – Book your space</a>
14/07/22	Thursday	<a href="#">Cannabis awareness</a>	13.30 – 16.00	<a href="#">Via Zoom – Book your space</a>
18/07/22	Monday	<a href="#">Substance misuse in a homeless setting</a>	13.00 – 15.00	<a href="#">Via Zoom – Book your space</a>
19/07/22	Tuesday	<a href="#">Foetal Alcohol Spectrum Disorder</a>	10.00 – 12.00	<a href="#">Via Zoom – Book your space</a>
21/07/22	Thursday	<a href="#">Basic drug awareness</a>	13.30 – 16.00	<a href="#">Face to face – Book your space</a>
22/07/22	Friday	<a href="#">"Have a Word" Alcohol Awareness &amp; Brief Intervention</a>	10.00 – 12.30	<a href="#">Face to face – Book your space</a>
28/07/22	Thursday	<a href="#">Basic drug awareness</a>	13.30 – 16.00	<a href="#">Face to face – Book your space</a>

## 'Have a word' Alcohol Identification & Brief Advice

**"Have a Word" is a brief conversation at a teachable moment to ensure you Make Every Contact Count.** It is literally finding the time to "Have a Word" with someone about their alcohol intake. The course offers a structure for non-specialists to be able to feel comfortable about raising the subject of alcohol, measuring risk and offering information and brief advice or signposting where necessary for additional help.

### Who could benefit from the training?

**Do you work with individuals in the County Durham area who may be drinking alcohol at levels which may be described as hazardous or harmful to themselves and others?** This training will enable you to support those people you are working with by equipping you with up-to-date advice and information. The training is available to any non-alcohol specialist workers/volunteers within the County Durham area.

The training is free and suitable for any non-specialist worker within the County Durham area who may come across alcohol misuse within their day to day working life, particularly those involved in health, social care or education.

**Aim of the training:** To increase early identification of problematic alcohol use and equip staff to deliver Brief interventions to prompt the person to recognise the harm or potential harm which their drinking may cause. To capitalise on a teachable moment, and to reduce the harm from alcohol for individuals, families and communities in County Durham

### Learning Outcomes:

- Identify the number of units in alcoholic drinks
- Outline the harm caused by alcohol
- Use a tool to assess alcohol consumption
- Deliver Brief Advice aimed at reducing the level of alcohol consumption
- Know how to refer to services

## Energy Drink Awareness

**Energy Drinks have become amongst the most popular drinks chosen by young people, but what is in them and should we be concerned about their consumption?**

There are many different brands of energy drinks along with sports or isotonic drinks. This course looks at what we know about them and the difference between a high caffeine energy drink and sports isotonic drink.

### Who could benefit from the training?

**Do you work with young people or adults in the County Durham area who may be drinking caffeine drinks at levels which may be affecting their behavior or health?**

This training will enable you to support those people you are working with by equipping you with up-to-date advice and information, including available resources. The training is available to any workers/volunteers within the County Durham area and may be particularly useful for teachers, school nurses or anyone working in education or health.

**Aim: To look at high caffeine drinks marketed as energy drinks and the evidence around their risks particularly for children.**

### Learning Outcomes:

- To know what an energy drink is and the difference between energy drinks and sports drinks
- To understand guidelines and advice regarding their consumption including the effects and side effects of high caffeine consumption
- To be aware of the risks to children including physical and mental health, oral health and behavior issues commonly identified in those using energy drinks
- To be aware of the potential risks of mixing alcohol with energy drinks
- Understand the care pathway and referral routes into County Durham Drug and Alcohol Recovery Service

## FASD – awareness of Foetal alcohol spectrum disorder

Foetal Alcohol Spectrum Disorder (FASD) is a term used to describe the permanent impacts on the brain and body of individuals prenatally exposed to alcohol during pregnancy resulting in a spectrum of physical, neurological, emotional and behavioural regulation characteristics.

### Who could benefit from this training?

If you come into contact with young people or adults or want to gain a better understanding, then this course is for you.

#### Aim:

To provide an overview of Foetal alcohol spectrum disorder

## Objectives

- To raise awareness of current medical guidance regarding alcohol use.
- To gain an awareness of the potential effect of substance use on pregnancy and the effects on the developing baby
- To discuss potential long-term effects on the child
- Understand care pathway and referral routes into the County Durham Drug and Alcohol Service.

## Substance misuse in a homeless setting

This course is currently in design, specific aims and objectives will be updated soon.

## Cannabis awareness

Cannabis is the most commonly used illegal drug. In this course we look at the risks associated with its use and some brief intervention tools to use to support people to make changes.

### Who could benefit from the training?

**Do you work with individuals in the County Durham area who are using cannabis, or do you want to clarify some of the mixed messages that are in circulation about its legal and medical status?**

This free training will enable you to support those people you are working with by equipping you with up-to-date advice and information. It may be particularly useful to those working with young people.

**Aim: To have an awareness of cannabis and brief interventions around cannabis**

**Objectives: By the end of the course, you will:**

- Have explored your own attitudes towards cannabis use
- Be aware of the appearance of cannabis and commonly used paraphernalia
- Understand some of the reasons why people use cannabis
- Be aware of the short- and long-term effects of cannabis
- Be aware of the law surrounding cannabis
- Be aware of the risks and dangers of cannabis use
- Be aware of some harm reduction advice in relation to cannabis use
- Know when a brief intervention is suitable and be comfortable in delivering brief advice

## Basic drug awareness

This course aims to provide a basic awareness of the range of drugs currently misused, the appearance and paraphernalia associated with the use of drugs, the different effects and risks associated with their use. We also cover the law surrounding substances and why people use drugs, whether legal or illegal, harm minimisation techniques and signposting to treatment services.

### Who could benefit from the training?

**Do you work with individuals in the County Durham area who may be using illicit drugs or substances that they believe to be safe and / or legal?**

**Are you concerned that you might not be aware of what different drugs look like and the effect that they can have on the user?**

The training is free and suitable for any non-specialist worker within the County Durham area who may come across substance use within their day to day working life, particularly those involved in health, social care or education.

**Aim of the training:** To increase awareness of substance misuse, and to reduce the stigma from drug misuse that is often directed at individuals, their families and communities in County Durham

**Learning Outcomes:**

- Identify different types of drugs
- Be aware of the reasons why people use substances
- Be aware of the common effects of drug use
- Be familiar with the appearance of drugs and common street names
- Have an awareness of the law surrounding substances
- Know how to refer to services

## Understanding Opioids

**This course takes a look at different opiate drugs, covering heroin use, injecting behaviour and prescription opiates and newer synthetic opiates.** We also look at opiate substitute prescribing and harm reduction advice for people who use these drugs.

### Who could benefit from the training?

**Do you work with individuals in the County Durham area who are using opiate drugs, or just want to have a greater understanding of this family of drugs and the effects it can have on the individual and wider community?**

Then this free training will enable you to support those people you are working with by equipping you with up-to-date advice and information.

### Aim of the training:

Further knowledge of what an opiate drug is, how they are taken, and the effects, risks and dangers associated with their use

### Learning Outcomes:

- Know what an opiate is and the range of drugs in the opiate family
- To learn about the different methods of administration of these drugs and the harm reduction advice that can be given
- Understand the effects and risks of taking opiates including overdose
- To gain an understanding of treatment options available to users of opiate drugs
- To have an awareness of withdrawal symptoms
- To be aware of issues of personal safety when working with intravenous drug users
- To be able to recognise the paraphernalia associated with opiate drug use
- Understand the care pathway and referral routes into County Durham Drug and Alcohol Recovery Service

## Nitrous Oxide Awareness

**Nitrous Oxide is the second most commonly used illegal drug with young people. In this course we look at the risks associated with its use and some brief intervention tools to use to support people to make changes.**

### Who could benefit from the training?

**Do you work with individuals in the County Durham area who are using Nitrous Oxide, or do you want to have greater understanding of the harm and risks associated with this drug?**

This free training will enable you to support those people you are working with by equipping you with up-to-date advice and information. It may be particularly useful to those working with young people.

### Aim of the training:

To gain an understanding of what Nitrous Oxide is and to be able to offer some practical advice to anyone who is using this drug.

### Learning Objectives:

- To have an increased awareness of Nitrous Oxide.
- To gain an understanding of the law, risk and current issues within County Durham
- To Know the potential risks of mixing alcohol with Nitrous Oxide
- To be aware of the particular risks to Young people including physical and mental health and behavior issues commonly identified
- Be aware of some harm reduction advice in relation to Nitrous Oxide
- Understand the care pathway and referral routes into County Durham Drug and Alcohol Recovery Service

## Blood borne viruses and substance misuse

Prevention, detection, and treatment of infections related to substance use, particularly when injecting remains high on the public health agenda in the UK.

### Who could benefit from the training?

**Do you work with individuals in the County Durham area who are at risk of blood borne viruses, or just want to have a greater understanding?**

Then this free training will enable you to support those people you are working with by equipping you with up-to-date advice and information.

### Learning Objectives

- Know what the most common BBVs are
- Have an awareness of the prevalence of BBVs in the County Durham and Darlington locality
- Have an awareness of the effects / symptoms and treatment of HIV and Hepatitis C
- Know the most common routes of transmission and how to avoid transmission
- Know what support is available to adults regarding BBVs
- Demonstrate an understanding of current testing and treatment options
- Understand where to get tested, and what we offer at CDDARS.



## Basic harm reduction advice

This course will enable a non-specialist to understand risks associated with substance use and feel comfortable offering basic harm reduction advice.

### Who could benefit from the training?

**Do you work with individuals in the County Durham area who are using substances? Do you want to know more about how to deliver basic harm reduction advice?**

This free training will enable you to support those people you are working with by equipping you with up-to-date advice and information.

### Aim of the training:

- To gain a greater awareness and understanding of harm reduction principles

### Learning Objectives:

**To explore and understand risks and consider practical harm reduction advice in the following areas: -**

- Different substances and routes of administration
- Poly drug and alcohol use
- Lifestyle and environmental factors
- Overdose and Blood Borne Virus (BBV) prevention