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**Learning Matters Calendar September**

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|  | **Date** | **Time** |
| **CPR Heart Start Training**  CPR is an emergency lifesaving procedure, performed when the heart stops beating. Learn how to give CPR using a defibrillator, which can double someone’s chance of survival. | **03/09/24**  **FULL** | **10.30am-11.30am**  **In Person Kirkintilloch Fire Station** Certificated |
| **Mental Health Champion All day** Learn how to recognise signs of mental health issues in others, how to deal with situations, how to deal with conversations, what to say and how to encourage others to talk. | **03/09/24** | **9.30am-4.30pm**  **on Teams** |
| **REHIS Food Hygiene**  After this one-day course you will have expanded your knowledge of food hygiene practices inclusive of HACCP | **05/09/24** | **9.30am-4.30pm**  **In person Glasgow**  **Cert Valid for 3 yrs** |
| **ADHD Awareness in Children**  This Workshop enables attendees to understand what attention deficit hyperactivity disorder is as well as how it can affect day-to-day life for a child. | **10/09/24** | **9.30am-1pm**  **On Zoom**  **CPD certificated** |
| **Understanding Autism Certificated**  In this workshop you will gain an increased understanding of the autism spectrum and be able to identify the main areas of difference. Identify ways of changing your practice and make changes to your workplace or personal life to effectively support people with autism. | **11/09/24** | **9.30am-1pm**  **On teams**  **CPD Certificated** |
| **Paediatric First Aid in Glasgow** This training is suitable for any person caring for or working with children. What would you do if a child in your care had a serious accident or illness? Certificated for three years | **12/09/24** | **9.30am-4.30pm**  **Delivered in person in Glasgow.** |
| **Enjoy the success you deserve Personal Development**  This is a personal development course designed to help you on your journey to reaching your potential. The course focuses on helping you to identify ways to improve your confidence and self-esteem and how this can be put to good use in all aspects of life. It also explores assertiveness, goal setting and the importance of a healthy life balance. | **17/09/24**  **23/09/24**  **25/09/24** | **10am-12pm**  **On zoom**  **Three mornings** |
| **Mental Health Awareness Workshop** Learn how to recognise the signs of mental health issues in others and how to deal with situations including what to say and how to encourage others to talk. | **23/09/24** | **9.30-1.30**  **On Teams** |
| **Autism Awareness**  This is a brief introduction to understanding autism, looking at the whole autism spectrum and some strategies to support autistic individuals | **26/09/24** | **11am-12.30pm**  **On Teams** |

**You are only booked on when your booking has been confirmed by email.  
To attend, all training  
 We require your email address and a contact mobile number**