

TRAINING

2020/21



**A STRONGER
VOICE
TOGETHER
FOR CHILDREN
AND YOUNG
PEOPLE**

WELCOME

to LAYC's 2020/2021 training programme

Welcome to our 2020-21 Training Brochure!

Our training programme supports our mission to strengthen the quality of youth and children's work across Edinburgh and the Lothians.

Training runs from October-June each year and is designed in consultation with member groups so we can provide the training that people need.

Courses vary in length, time and day of provision so there is something to suit everyone from volunteer to sessional and core staff.

Course certificates are issued for all training sessions.

Training will be online via Zoom for now. We hope to run training from our Training Room again soon depending on government guidance around Covid 19.

Booking Training

Training is free for LAYC member groups' staff and volunteers.

Training is open to non-members for a small fee - £30 for a half day and £50 for a full day.

Contact enquiries@layc.org.uk to book.

Member groups can book up to 2 people per organisation on each training session, and additional people will go on a waiting list.

For member groups we operate a training cancellation policy where if you do not attend, are more than 15 minutes late, or cancel without giving 5 working days' notice then a fee of £25 will incur. If you have booked onto training and have not received the Zoom link it is your responsibility to check your junk mail. Thank you.

Inspiring Young Youth Workers Programme

Do you have a staff member or volunteer aged 18-25 who would like to develop their practice? If so they might like to take part in our Inspiring Young Youth Workers (IYYW) Programme.

IYYW is aimed at 18-25 year olds working or volunteering in youth and children's organisations in Edinburgh, East, Mid or West Lothian.

- IYYW complete a minimum of 10 hours' training from our training programme to learn and develop.
- They will have their achievement recognised and be presented with a certificate at an event.
- IYYW will have the opportunity to meet and learn from each other at an IYYW peer event.
- A quarter of the spaces on each of our training sessions are reserved for IYYW so they have priority.

This programme is funded by The Gannochy Trust.

Contact enquiries@layc.org.uk for more information.





CHILD PROTECTION AWARENESS

Tues 29 September 2020
10am-1pm

This interactive workshop aims to assist youth workers and volunteers with the implementation of a child protection policy and measures to consider when working with young people and adults that keep everyone safe from harm.

- Be aware of your own organisation's child protection policies and procedures.
- Be alert to indicators of concern in children and young people you come into contact with.
- Be able to respond to concerns you have about a child.

Free to members. £30 non-members.



UNDER PRESSURE: PREVENTING ABUSE AND EXPLOITATION IN TEEN RELATIONSHIPS

Thurs 08 October 2020
10am-12pm

Under Pressure is a training programme is run by Zero Tolerance to support professionals working with young people to open discussions with them about some of the challenges and pressures young people face, online and 'in real life'. These include online safety, engaging in healthy consent-based relationships, recognising the risks of grooming and sexual exploitation, and dealing with the pressure to conform to idealised models of 'how to be' men and women.

Free to members. £30 non-members.



UNDERSTANDING AUTISM

Tues 06 October 2020
10am-1pm

This introductory workshop will give you an understanding of autism and the principles supporting of supporting young people with autism. You will look at the person-centred approach and the influence that positive communication methods can have and gain an understanding of how young people with autism can access your youth setting, take part and enjoy their experiences.

- Raise your awareness of what is meant by 'autism'
- Look at ways to work with young people with autism access your services.
- Where to access further information.

Free to members. £30 non-members.



RSHP (SUPPORTING RELATIONSHIPS, SEXUAL HEALTH AND PARENTHOOD EDUCATION IN OUT OF SCHOOL SETTINGS FOR PRIMARY AGED CHILDREN)

Wed 14 October 2020
10am-12pm

Following the introduction of RSHP into primary schools and early years settings LAYC are providing this essential awareness raising session. This 2 hour online training course will provide participants with the opportunity to become familiar with the Relationship, Sexual Health and Parenthood (RSHP) resource. Content will include exploring language, puberty, consent & online safety.

Attendees will leave with more confidence, knowledge to plan sessions and the ability to support messages that children are getting in their RSHP education in school.

Free to members. £30 non-members.



DELIVERING EFFECTIVE SUPPORT AND SUPERVISION

 Thurs 29 October and Thurs 10 December 2020
 10am-1pm each session

This 2 part course will offer you an introduction to offering one to one support and supervision. It is aimed at people who are new to the role and people who would like to refresh their knowledge and check out their practice. The focus of the course is on planned supervision sessions however most of the concepts will be relevant for informal support and supervision also. Over the 2 half days you will explore: the functions, key stakeholders, and focus of effective support and supervision, the beginning process constructively negotiating a supervision agreement and clarifying boundaries, help people to reflect on their work and learn from their experiences and identify a number of steps to develop as a supervisor. Both sessions must be attended.

Free to members. £60 non-members.



CHILD PROTECTION OFFICER

 Tues 03 and Tues 10 November 2020
 10am-1pm each session

What you need to access this 2 part course:

- Completion of Child Protection Awareness Course
- A copy of your organisation's Child Protection Policy and Procedure to use during session 1
- Currently in a designated Child Protection Officer role or have been asked to take on the role

Course objectives:

- Understand the role of a CPO officer in a voluntary youth group, covering two fundamental issues:
- Understand the key areas of responsibility that are covered by this role, including reporting and referral to appropriate agencies
- Know what steps the organisation needs to take to ensure the safety and welfare of the young people it works with, including reviewing their current policies and promoting an organisational culture that puts the needs of young people first.

Learning outcomes:

- Understand what prevents young people from disclosing abuse and how to support young people to disclose
- Understand what prevents staff/volunteers from responding appropriately/reporting disclosures and how to overcome this
- Understand the processes and procedures that follow a referral and what further role they may have.

Free to members. £60 non-members



SOCIAL MEDIA SURGERY

📅 Wed 11 November 2020
🕒 10.30am-12.30pm

Have you wanted to get your group active on social media or just wanted to get more out of it? Our social media surgery could help! Join us for an engaging and fun session to help you get going.

Learn about:

- Telling your story on social media, including top tips, things to think about and making it work for you.
- What we mean by social storytelling and why it's worth your time.
- Learn some simple techniques for making engaging content using the devices in your pocket, how to make an impact and create an amazing story.
- We'll look at how social and digital can work for you in a Covid-19 world.
- Finally, we'll round things out by group Q&A session to ask the Youth Scotland comms team your burning social media questions!

This session is aimed at everyone who would like to do more with social media tools, without having to be an expert first.

Free to members. £30 non members.

TRAUMA SKILLED PRACTICE - LEVEL 2

📅 Thurs 12 November, Thurs 26 November, Thurs 03 December
🕒 10am-1pm each session

This training is part of the "Transforming Psychological Trauma" framework developed by NES and the Scottish Government. All 3 parts of this training must be attended in full. You do not necessarily need to have completed Level 1 in order to attend this course, but as this is Level 2 it is suitable for workers who have direct and frequent contact with young people who may be affected by trauma. This course involves a 2 hour e-module before the training.

Module 1: Trauma and its Effects

This workshop will build on the principles of trauma informed practice whilst providing more information on the impact of trauma on young people. It will give an overview of how traumatic experience can affect the brain and manifest itself in a young person's ability to regulate themselves.

Module 2: Recognising & Responding to Trauma

In this workshop we will consider ways in which people cope with trauma. We will also focus on how workers can respond to a disclosure of trauma. The workshop will also consider the impact on staff of working with young people who have experienced trauma and the importance of self-care.

Module 3: Relationships & Recovery

In this workshop we will focus on the importance of relationships for promoting recovery from trauma. We will reflect on the principles of trauma informed care and consider how we can facilitate those in our working relationships with young people who have experienced trauma. Factors which influence recovery including when to refer to specialist services will also be considered.

Free to members. £90 non-members.



MAXIMISE AWARENESS

📅 Wed 18 November 2020
🕒 10am-12pm

Maximise is an intensive family support project delivered in partnership by third sector organisations Children 1st and CHAI. Maximise delivers a range of holistic Money, Housing and Welfare Advice, Intensive Family Support and Employability Support for children and families across Edinburgh.

This session will support attendees to have a greater understanding of:

- Supporting families to talk about financial and housing worries
- Children's Rights based approaches to family advice and support
- Accessing learning and employment opportunities

Free to members. £30 non-members.



IMPOSTER SYNDROME AND LEADERSHIP

📅 Thurs 19 November 2020
🕒 10am-1pm

Are we all impostors? Have you found yourself in a work meeting with a sinking feeling of being a fraud? Hoping that your colleagues won't find you? Don't worry, you are not alone! Research suggests that 70% of the working population have or will experience an episode of impostorism in their work life with females and younger professionals being the most affected. What are the factors that can lead to people feeling like an impostor in their workplace? Dr Mioara Cristea from Heriot Watt University will address what imposter syndrome looks like and ways we can overcome it.

Free to members. £30 non-members.

LGBT AWARENESS TRAINING (FOR PRACTITIONERS WORKING WITH PRIMARY AGED CHILDREN)

📅 Tues 24 November 2020
🕒 10am-11.30am

This 90 minute interactive online course will increase practitioners awareness of LGBT definitions, highlight the importance of inclusive education and explore how to create an inclusive learning environment.

Free to members. £30 non-members.



AUTISM AND MENTAL HEALTH

📅 Wed 02 December 2020
🕒 10am-1pm

Event led by Dr Mary Stewart, Heriot-Watt University and Dr Sarah Cassidy, University of Nottingham.

In this session we will discuss some of the causes and history of autism. We will discuss what we understand about autism in terms of how autistic people process information, their thinking styles, levels of arousal and sensory processing. We will relate these to real world behaviours, how autistic people perceive the world around them, and how they interact with others. We will provide some strategies for understanding behaviour.

Free to members. £30 non-members.

TRAUMA INFORMED PRACTICE - LEVEL 1

📅 Wed 09 December 2020
🕒 10am-1pm

The term 'trauma' represents a broad range of traumatic, abusive or neglectful experiences. Given that survivors of trauma are at higher risk of a range of physical health, mental health and social difficulties, it has been argued that trauma and provision of trauma-informed care should be 'everyone's business'. This workshop will focus on the principles of trauma-informed practice by introducing the relevant knowledge and skills that are needed to be able to make a positive difference when working with young people and adults affected by trauma.

This training is part of the "Transforming Psychological Trauma" framework developed by NES and the Scottish Government. It is a Level 1 training, meaning that it is suitable for all workers. It may be especially relevant to those who are new to youth work or have no previous training in trauma.

Free to members. £30 non-members.

UNDERSTANDING AND MANAGING BEHAVIOUR THAT CHALLENGES

📅 Wed 03 and Thur 04 February 2021
🕒 10am-12.30pm each session

This 2 part introductory workshop will explore possible causes which could explain why people behave as they do, helping you to develop your understanding and deal with these situations in an appropriate way within your youth work setting. You will look at the impact and possible justification for these behaviours, considering what the root cause could be. The session will also introduce participants to a variety of skills that will assist them to manage behaviour that is challenging in a youth work setting with young people in a way that avoids the use of aggression and introduces the participants to the use of effective de-escalation techniques and proactive strategies to support positive behaviour.

Learning Outcomes

- What do we mean by 'challenging behaviour'?
- Why do some children/young people display challenging behaviour?
- How can we support children/young people with their behaviour?

Free to members. £60 non-members.

CHILD PROTECTION AWARENESS

📅 Thurs 21 January 2020
🕒 10am-1pm

This interactive workshop aims to assist youth workers and volunteers with the implementation of a child protection policy and measures to consider when working with young people and adults that keep everyone safe from harm.

- Be aware of your own organisation's child protection policies and procedures.
- Be alert to indicators of concern in children and young people you come into contact with.
- Be able to respond to concerns you have about a child.

Free to members. £30 non-members.



SELF HARM: WHAT'S THE HARM?

Tues 16 and Weds 17 February 2021
 9.30am-1pm each session

This 1-day workshop aims to help dispel the myths about self harm and equip participants to support people who may self harm. At the end of the programme, participants will be able to: State a definition of self harm, which recognises that it is predominantly a coping strategy, describe the difference between self harm and suicide, discuss the spectrum of self harm behaviour, describe the emotional, social and physiological factors that may underlie self harming behaviours, reflect on your own feelings and reactions to self harm and how these can impact on interventions, describe a range of appropriate and safe responses/interventions, including harm reduction and discuss issues which impact on working with self harm within the context of your own workplace/role.

Learning Outcomes

- To begin to explore self-harm as an umbrella concept
- To develop understanding of self-harm as a coping strategy
- To appreciate the importance of context and intent when considering whether some behaviours are deemed positive or negative
- To develop an understanding of socially and non-socially sanctioned behaviours that may be harmful/harmless dependant on context

Free to members. £60 non-members.

'DOING GENDER': GENDER AND DEVELOPMENT IN CHILDHOOD AND ADOLESCENCE

Tues 23 Feb 2021
 10am-12pm

This training session focuses on how we learn about genders and reinforce that learning—in short, gender socialization. The course will center on childhood and adolescence development, for this is a pivotal period in which young people become more cognizant of gender roles. As such, the course expands on how these notions are integrated into various aspects in society.

In the session, we will "unpack" our own gender (and gender ideologies) while learning how to help young people identify it within themselves. These focuses are central to a teaching-and-doing method of learning and guidance. As such, participants take with them more than ideas and theory, but rather practical applications of gender development, understanding, and examination.

Free to members. £30 non-members.



CONFLICT RESOLUTION

Thurs 18 March 2021
 10am-1pm

This interactive session will introduce participants to a variety of skills that will assist them to deal with conflict situations in a way that avoids the use of aggression.

- Raise awareness of what conflict resolution means to you in your youth work role
- Increase knowledge and understanding of what techniques can be applied to support challenging situations
- Increase awareness of further support and help

Free to members. £30 non-members.



CHILD PROTECTION OFFICER

Tues 27 April and Tues 04 May 2020
 10am-1pm each session

What you need to access this 2 part course:

- Completion of Child Protection Awareness Course
- A copy of your organisation's Child Protection Policy and Procedure to use during session 1
- Currently in a designated Child Protection Officer role or have been asked to take on the role

Course objectives:

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Free to members. £60 non-members.



THE FEEL GOOD ACTIVITY TOOLKIT AND HIS AWARDS

Tues 11 May 2021
 10am-1pm

Youth Scotland has developed an interactive Feel Good Activity toolkit with 26 fun sensory stimulating, emotion exploring, gratitude and personal development activities to ignite children and young people's curiosity to explore their emotional wellbeing. Create a safe space to start conversations with the child or young person on what are they thinking, feeling and doing in relation to emotional wellbeing in a fun way. The toolkit is designed to be run in out of school clubs, youth clubs, community groups, school or at home. These can be incorporated into the Hi5 Award, which is an SQA externally quality assured award at SCQF Level 2.

In this workshop participants will have a chance to:

- Try out activities from the Feel Good Activity toolkit and build their confidence in delivering Feel Good activities
 - Learn how to inspire young people to engage in Feel Good Activities by making it fun and engaging from an early age
 - Learn more about the Hi5 Award
- This workshop will showcase activities from the toolkit.

Free to members. £60 non-members.



IMPOSTER SYNDROME IN CHILDREN

 Thurs 20 May 2021
 10am-1pm

Dr Mioara Cristea from Heriot Watt University will address what the imposter syndrome looks like in children and ways we can support them to overcome it.

Free to members. £60 non-members.



THE IMPACT OF INSTAGRAM CULTURE ON GIRLS AND YOUNG WOMEN

 Tues 01 June 2021
 10am-1pm

Instagram is notorious for posting 'body-correction' adverts for skinny teas, waist-trainers, protein shakes and more, amongst the endless display of "perfect" body images. Despite the growing #bodypositivity and #loveyourbody trends, mental health and body image in young people is at an all-time low. Dr Kat Rezai from Edinburgh Napier University asks: Is Instagram responsible for a generation's mental wellbeing? Does Instagram hate women? Or does it just hate our bodies? In this workshop, Kat will go through findings from her PhD, and will open a discussion on potential solutions to such a growing problem.

Free to members. £60 non-members.



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