

barod

gwneud gwahaniaeth | making a difference



Training Calendar

Winter 2018

www.barod.cymru

Facebook and Twitter: @WeAreBarod

Barod has a long standing history of facilitating training and prides itself on ensuring staff who deliver courses, are highly skilled and experienced.

All training courses offered by Barod are based upon extensive evidenced-based information and practices.

Barod also ensures the content being delivered is relevant, up-to-date and is at the cutting edge of substance use.

Barod also facilitate a wide range of campaigns ranging from regional to national, ensuring that both local needs and that of the general population, are met and exceeded.

More information regarding our campaigns can be found on our website.

About Barod

Barod Purpose

To provide support, information and advocacy to those who are vulnerable and marginalised as the result of their own or someone else's drug and / or alcohol misuse, in order to improve their physical, social and emotional well-being.

To improve individuals', communities', and society's understanding and awareness of the relationship between drug / alcohol use, misuse, vulnerability and exclusion, in order to overcome barriers which perpetuate the cycle.

barod Training Time Table

Date	Course	Venue	Time	Cost per person
12/11/2018	Overdose Awareness and Naloxone	73/74 Mansel Street, Swansea, SA1 5TR	10am – 12.00	Free
15/11/2018	NPS – Synthetic Cannabinoids	73/74 Mansel Street, Swansea, SA1 5TR	9.30 – 12.30	£35
20/11/2018	Fentanyl	Oldway House, Merthyr, CF47 8UX	9.30 – 12.30	£35
21/11/2018	Needle and Sharps Safety	73/74 Mansel Street, Swansea, SA1 5TR	10.00 – 11.30	Free
21/11/2018	Fentanyl	114 Lower Dock Street, Newport, NP20 2AF	13.30 – 16.30	£35
28/11/2018	Fentanyl	73/74 Mansel Street, Swansea, SA1 5TR	9.30 – 12.30	£35
04/12/2018	Opiates and Depressants	Quay Centre, Carmarthen, SA31 3LN	09.30 – 16.30	£50
06/12/2018	Drug Consumption Rooms	73/74 Mansel Street, Swansea, SA1 5TR	10.00 – 12.00	Free
10/12/2018	NPS – Synthetic Cannabinoids	Oldway House, Merthyr, CF47 8UX	09.30 - 12.30	£35
11/12/2018	Dependency, Addiction and Recovery	Quay Centre, Carmarthen, SA31 3LN	09.30 - 16.30	£50

Book before 1st November to get 10% discount!

To book on, search Barod on eventbrite or see the links below.

Booking Links - November

12/11/2018 Overdose Awareness - <https://www.eventbrite.co.uk/e/overdose-prevention-and-naloxone-tickets-51747264461>

15/11/2018 NPS Training - <https://www.eventbrite.co.uk/e/synthetic-cannabinoids-the-problem-child-of-nps-tickets-51752164116>

20/11/2018 Fentanyl - <https://www.eventbrite.co.uk/e/fentanyl-a-crisis-or-false-dawn-tickets-51752593400>

21/11/2018 Needle Safety - <https://www.eventbrite.co.uk/e/needle-and-sharps-safety-training-tickets-51511838295>

21/11/2018 Fentanyl - <https://www.eventbrite.co.uk/e/fentanyl-a-crisis-or-false-dawn-tickets-51752710751>

28/11/2018 Fentanyl - <https://www.eventbrite.co.uk/e/fentanyl-a-crisis-or-false-dawn-tickets-51752814060>

Booking Links - December

04/12/2018 Opioids and depressants

- <https://www.eventbrite.co.uk/e/opioids-and-depressants-pain-or-pleasure-tickets-51756190158>

06/12/2018 Drug Consumption Rooms - <https://www.eventbrite.co.uk/e/drug-consumption-rooms-a-discussion-tickets-51747377800>

10/12/2018 NPS Training - <https://www.eventbrite.co.uk/e/synthetic-cannabinoids-the-problem-child-of-nps-tickets-51753211248>

11/12/2018 DART - <https://www.eventbrite.co.uk/e/dependency-addiction-and-recovery-training-dart-tickets-51756221251>

Dependency, Addiction and Recovery Training (DART)

What is dependency and addiction? How big a factor does stigma and adverse childhood experiences play in an individual developing and sustaining addiction and dependency? And what is recovery? This one-day course is designed for attendees to gain a better understanding around the concepts of dependency and addiction of drugs and alcohol such as the role of our neurotransmitters when interacting with specific substances. The course also looks at what recovery is and how it can be achieved.

At the end of the course, attendee's will be able to:

- * Discuss a mixture of theories behind addiction and dependence
- * Analyse the factors that increase the risk of people developing addiction and dependency such as Adverse Childhood Experiences
- * Explain the various elements such as psychological and neurological factors that can affect addiction and dependence
- * Describe what is meant by recovery
- * Discuss whether an addictive personality exists

Fentanyl: A crisis or false dawn?

Media attention regarding the risks and harms posed by Fentanyl use, has continued to grow in the last couple of years. This half day course provides an overview of what the opioid is, puts various myths to bed and provides the landscape of its use within Wales and the UK.

At the end of the course, the attendee's will be able to:

- * Recall the latest statistics regarding drug related deaths in the UK
- * Discuss and share information regarding fentanyl
- * List the effects and risks of fentanyl use
- * Recall harm reduction advice regarding fentanyl use

Synthetic Cannabinoids: The problem child of NPS

Synthetic Cannabinoids, or Spice as many know it by, continues to be used across the country. This half day course allows the attendee's to gain an understanding around current trends in relation to New Psychoactive Substances (NPS) and specifically around Synthetic Cannabinoids.

At the end of the course, the attendee's will be able to:

- * Recall up-to-date information regarding NPS in Wales
- * List effects of use and potential withdrawal signs and symptoms in relation to Synthetic Cannabinoid dependency
- * Discuss ways to reduce the impact of NPS use
- * List harm reduction techniques to reduce the risks and harms posed by Synthetic Cannabinoid use

Opioids and Depressants: Pain or Pleasure?

Opioid-based drugs such as heroin and depressants like Valium get bad press, but is it deserved? This one-day course looks at a range of substances that come under these two categories. The attendee's will delve from the world of heroin production to opioid substitution treatment. The difference between pregabalin and gabapentin will be explored as well as the effects and risks posed by Valium derivatives that are available within the market.

At the end of the course, the attendees will be able to:

- * Recall the latest statistics in relation to opiate and depressant drug use
- * Explore own attitudes towards opiate and depressant drug use including substitute prescribing
- * Identify the effects, risks and harms associated with opiate and depressant drug use including heroin and diazepam
- * Discuss the role of substitute prescribing and pharmacological treatment within an individual's recovery journey
- * Recall the implications of misuse and diversion within recovery

Bespoke Training

Have more than one or two staff who need training? Or does your team have a specific need that's not on our open programme - we can bring the training that you need TO YOU!

Barod will help you to identify training needs of our staff and develop bespoke training that meets your organisational need. Tailor made training, inhouse training is cost-effective and can be designed to be half day, one day or two day sessions.

For a full list of potential topics, visit our website <http://barod.cymru/what-we-do/training/>

Pick 'n' Mix

We also offer a 'pick 'n' mix' option for inhouse training, where you can make up a days training by choosing 3 x 2 hour sessions from the topics below. Topics include, but are not limited to:

- Basic Substance Misuse
- Stimulant use
- NPS
- Overdose and Naloxone
- BBV
- Chemsex

- Alcohol
- First Aid
- Self Harm
- Needle and Sharps Safety
- Hoarding

- Safer Injecting
- Fentanyl
- Cannabis and Harm Reduction
- Working with Young People

Prices for Bespoke Training

In-house training courses – Non Accredited for up to 16 participants

Course length	Statutory and Private	Voluntary / Charity (10% discount)
2.5 hours	£250	£225
1/2 day	£350	£315
Full day	£550	£495
Two day	£850	£765

Need more than one course?

Prices are negotiable with multiple bookings so please get in touch to discuss your training needs by emailing training@barod.cymru

Do you deliver training that Barod staff may benefit from? If so, contact us to discuss a training exchange!

Prices are inclusive of course handouts, trainer time and travel within any of our working areas. Training outside of a Barod region may incur additional costs.

Inhouse training costs do not include venue or refreshments, although these can be provided for an additional charge.

Agored Cymru Accreditation would be an additional £15 per person booked onto the course

First Aid training accreditation would be an additional £25 per person booked onto the course

Bookings and Cancellations

Bookings

All of our courses are advertised on Eventbrite and can be found by searching 'Barod'.

Links will also be found on the training section of our website :

www.barod.cymru

Closing dates

The closing date for all training sessions is 3 days prior to the course commencement date.

Cancellation Policy

For cancellations received 28 days before the course, a full refund will be made. For cancellations received 14 days before the course, a 50% refund will be made.

For cancellations made less than 14 days before the course, no refund will be given.

Delegates may transfer their place to another colleague with notice given prior to the course start date.

For more information

email the training team at:

training@barod.cymru