

barod

gwneud gwahaniaeth | making a difference



Training Calendar

September 2019

- March 2020

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.

Basic Substance Misuse Training

Tuesday 10th September 2019

Barod, 73/74 Mansel Street, Swansea, SA1 5TR

10.00 - 16.30

£50

<https://www.eventbrite.co.uk/e/basic-substance-misuse-training-tickets-65252009517>

Crack Cocaine and Harm Reduction Training

Wednesday 25th September 2019

Barod, 73/74 Mansel Street, Swansea, SA1 5TR

10.00 - 13.00

£35

<https://www.eventbrite.co.uk/e/crack-cocaine-harm-reduction-tickets-65253325453>

Drug Consumption Rooms - A Discussion

Tuesday 15th October 2019

Barod, 73/74 Mansel Street, Swansea, SA1 5TR

10.00 - 12.00

Free

<https://www.eventbrite.co.uk/e/drug-consumption-rooms-tickets-65253653434>

Substance Use Disorder Training (Dependency, Addiction and Recovery)

Tuesday 29th October 2019

DDAS, 1st Floor Allied House, Ebenezer Row, Haverfordwest, SA61 2JP

10.00 - 16.00

£50

<https://www.eventbrite.co.uk/e/substance-use-disorder-dependency-addiction-and-recovery-training-tickets-65417791375>

Relapse Prevention Training

Thursday 21st November 2019

Barod, 73/74 Mansel Street, Swansea, SA1 5TR

10.00 - 16.00

£50

<https://www.eventbrite.co.uk/e/relapse-prevention-training-tickets-65253843001>

Cannabis and Harm Reduction

Wednesday 27th November 2019

Barod, 2nd Floor, Oldway House, Castle Street, Merthyr Tydfil, CF47 8UX

10.00 - 13.00

£35

<https://www.eventbrite.co.uk/e/cannabis-and-harm-reduction-training-tickets-65657105169>

Synthetic Cannabinoids (Spice): The Problem Child of NPS Training

Thursday 5th December 2019

Barod, The Engine House, Depot Road, Aberdare, CF44 8DL

10.00 - 13.00

£35

<https://www.eventbrite.co.uk/e/synthetic-cannabinoids-spice-the-problem-child-of-nps-tickets-65403400331>

Opioids and Depressants: Pain or Pleasure Training

Thursday 12th December 2019

Barod, 73/ 74 Mansel Street, Swansea, SA1 5TR

10.00 - 16.00

£50

<https://www.eventbrite.co.uk/e/opioids-and-depressants-pain-or-pleasure-tickets-65409265875>

Synthetic Cannabinoids (Spice): The Problem Child of NPS Training

Tuesday 14th January 2020

Barod, 73/74 Mansel Street, Swansea, SA1 5TR

10.00 - 13.00

£35

<https://www.eventbrite.co.uk/e/synthetic-cannabinoids-spice-the-problem-child-of-nps-tickets-65401532745>

Basic Substance Misuse Training

Thursday 23rd January 2020

Barod, 73/ 74 Mansel Street, Swansea, SA1 5TR

10.00 - 16.30

£50

<https://www.eventbrite.co.uk/e/basic-substance-misuse-training-tickets-65405382259>

Opioids and Depressants: Pain or Pleasure Training

Thursday 6th February 2020

DDAS, 1st Floor Allied House, Ebenezer Row, Haverfordwest, SA61 2JP

10.00 - 16.00

£50

<https://www.eventbrite.co.uk/e/opioids-and-depressants-pain-or-pleasure-tickets-65417530595>

Drug Consumption Rooms - A Discussion

Tuesday 18th February 2020

Barod, 73/ 74 Mansel Street, Swansea, SA1 5TR

10.00 - 12.00

Free

<https://www.eventbrite.co.uk/e/drug-consumption-rooms-tickets-65406176635>

Cannabis and Harm Reduction Training

Wednesday 26th February 2020

Barod 73/74 Mansel Street, Swansea, SA1 5TR

10.00 - 13.00

£35

<https://www.eventbrite.co.uk/e/cannabis-and-harm-reduction-training-tickets-65400975077>

Opioids and Depressants: Pain or Pleasure

Gain an increase in knowledge of the effects and risks associated with opioid and depressant drug use

- At the end of the course, all attendee's will be able to:
 - Recall the latest statistics in relation to opioid and depressant drug use
 - Explore own attitudes towards opioid and depressant drug use including substitute prescribing
 - Identify the effects, risks and harms associated with opioid and depressant drug use including heroin and diazepam
 - Recognise the risk of poly drug use and the signs and symptoms of an overdose
 - List harm reduction techniques including safer injecting techniques
 - Discuss the role of substitute prescribing and pharmacological treatment within an individual's recovery journey
 - Recall the implications of misuse and diversion within recovery

Crack Cocaine: Harm Reduction

There has been an anecdotal surge in the use of crack cocaine within South Wales. This course aims to allow attendees a great understanding around crack cocaine and the impact around its use.

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

- Explore the effects, risks and harms associated with crack cocaine use
- Identify ways of reducing health related risks associated to crack cocaine use
- Recall the use and effects of crack cocaine within poly drug use behaviour
- Discuss harm reduction methods associated to crack cocaine

Synthetic Cannabinoids (Spice): The Problem Child of NPS

To gain a basic understanding of New Psychoactive Substances (NPS) and Synthetic Cannabinoids (SCRAs).

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

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

Drug Consumption Rooms (DCRs)

Drug Consumption Rooms (DCR) have been in operation worldwide since the mid 1980's to respond to various drug-related issues. With numerous harms associated to drug use including annual rises in drug-related deaths and various risks to public safety from street injecting, to name just a few, why has the UK not yet established a DCR? This 2-hour session will explore the DCR phenomenon, why they cause a split in opinion and whether they are a feasible way forward within Wales.

At the end of this free interactive discussion based course, attendee's will be able to:

- Describe what DCRs are including their aims and objectives
- Discuss issues and possible solutions associated to drug use
- Debate as to whether DCR services are feasible in Wales
- Identify the fears and solutions to a DCR being established in Wales

Cannabis and Harm Reduction

This course is designed to enhance knowledge around cannabis and increase confidence when working with cannabis users

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

- Name the different strains and forms of cannabis
- Recall significant historic events relating to cannabis
 - Explore the effects, risks and harms associated with using cannabis
 - Discuss presenting issues related to cannabis use
- List effective interventions that can be used with those that use cannabis

Relapse Prevention

To introduce learners to relapse prevention and increase confidence of working with individuals who are thinking about, or currently, changing their behavior.

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

- Define key terms such as urges, cravings, lapse and relapse
- Recall what is meant by relapse prevention
 - Recall the stages within the cycle of change
- Apply interventions to the different stages within the cycle of change
 - Discuss various theories of relapse
- Explore how to apply relapse prevention strategies with individuals

Basic Substance Misuse

This course is designed for attendees to gain an understanding around various common legal and illegal substances in relation to their effects, risks and harms. The course explores why people may use substances in various ways and examines the different types of substance use including various modes of administration. The course also examines harm reduction techniques related to the use of various substances including alcohol.

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

- Define what a drug is
- Name drugs that are most commonly used, their street names, effects and routes of administration
- Explain the reasons behind drug and alcohol use
- Distinguish between the different types of drug use
- Use various interventions in line with harm reduction

Substance Use Disorder

(Dependency, Addiction and Recovery)

This course is designed for attendees to gain a better understanding around addiction and dependence of drugs and alcohol, and what recovery is and how it can be achieved.

At the end of the course, the 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 ACEs
- 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

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 4 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