NHS Education for Scotland

Support Worker Virtual Learning Week 2022
Programme and Session Descriptors
Monday 28 February – Friday 4 March 2022

Type of Learning Key:

Resource Sessions:		Career Stories:		Wellbeing Sessions:		Skills Sessions:		Workshops:	

Monday 28 February 2022

Time	Type of Learning	Session Title	Descriptor	Target Audience
9:00 - 10:00		Welcome by Keynote Speaker	Motivational welcome and thanks to the audience for all their hard work, sharing in John's Story for inspiration and time to think about the potential we all have within us to drive our own opportunities.	Open to All
10:15 - 10:45		Career Conversations	Thinking about your next job? Wonder what options are available to you? Join this fast paced workshop that will introduce you to "career conversations" and share some practical tools that you can use as you look at the year ahead.	Open to All This session is also run on Thursday 3 March.
11:15 - 11:45		NMAHP Development Framework / 4 Pillars of Practice	Find out how the NMAHP Development Framework and the 4 Pillars of Practice supports learning at every level of practice.	NMAHP / Social Care Support Workers Only
1:30 - 3:00		TURAS Learn Professional Portfolio Getting Started Session	In this interactive workshop you will be introduced to the Professional Portfolio and will explore how recording your learning can support your career development.	Open to All
3:15 - 3:45		Public Health Virtual Learning Environment (VLE)	A show, tell and discuss on the PHS VLE, covering topics like health inequalities, poverty and health and wellbeing.	Open to All
4:00 - 4:30		People Management	Do you manage or supervise others? Want to increase your confidence in this tricky area? Join this introductory workshop where we will test out the Green Cross Code of People Management.	Open to All

Tuesday 1 March 2022				
Time	**Type of Learning**	**Session Title**	**Descriptor**	**Target Audience**
9:15 - 10:00		You and Your Wellbeing	Ever struggle to find time just for you? Come along to this session where we will discuss some of the science behind why taking time for yourself is one of the most important things you can do for your health and wellbeing. We will also explore some practical hints, tips and techniques which will enable you to recharge your batteries and get that all important *Me Time!*	Open to All This session is also run on Thursday 3 March.
10:00 - 10:30		Communicating in Microsoft 365: What To Use When?	Learning about the different ways we can communicate with colleagues using Microsoft 365, what to use when, common mistakes to avoid and best practices to follow. Find out how to stay current with the new updates and features in Microsoft 365 with the NHSS M365 Skills Hub, and where to ask questions and get help.	Open to All This session is also run on Thursday 3 March.
10:00 - 11:30		Introducing Values Based Reflective Practice (VBRP®)	This taster session will introduce you to VBRP tools and techniques which can support health and care staff well-being. This approach values both the worker and the work, using recognised tools and techniques to "reflect on the past, in the present, in order to improve the future".	NMAHP / Social Care Support Workers Only
11:45 - 12:45		Be Fearless in Your Facilitation	Feel you have the skills to support and give confidence to people by facilitating a training or development session, but just a bit scared to do this? Come along and gain some hints and tips on how to be Fearless in Your Facilitation.	Open to All
1:00 - 1:30		Supporting Apprentices, Interns and Trainees	Explore some key skills for supporting staff who are completing an apprenticeship or working with you as part of a pre-employment programme or traineeship.	Open to All
1:30 - 3:00		NMAHP 4 Pillars of Practice: "Your Learning Your Way"	This workshop will introduce you to our new Facilitating Learning Unit. You will be able to explore how you can get more out of learning, help others learn at work, and make learning safe, supportive and inclusive.	NMAHP / Social Care Support Workers Only

Time	Type of Learning	Session Title	Descriptor	Target Audience
3:15 - 4:15		Active Bystander	Find out about what being an Active Bystander means for you • What kind of behaviours do you want to see in your workplace and what do you not want to see? • Decision making techniques to help you overcome fear and self-doubt when faced with a challenging situation. • Assertive tips and tools to give you confidence to speak out when dealing with challenge directly or calling for help from others.	Open to All

Wednesday 2 March 2022

Time	Type of Learning	Session Title	Descriptor	Target Audience
9:15 - 10:00		Leading Authentically	How to be human first, and job second. Leadership as a mindset and not a job role.	Open to All
10:30 - 11:45		AHP Supervision Model for Support Workers	This interactive workshop for AHP support workers will take you through the 4 components of the AHP supervision model. You will explore the benefits and barriers to effective supervision at work.	AHP Support Workers Only
11:45 - 12:15		Skills for Collaboration	We all spend a lot of time working with others and often it is hard! Explore some key skills and approaches for getting the best out of teamwork and working across boundaries, for you and for those we support.	Open to All

Time			Session	Description	Availability
1:30 - 2:30			Turas Learn Professional Portfolio Advanced Session	This workshop is for people already using TURAS Learn Professional Portfolio. You will have the opportunity to develop advanced skills like developing a Sharepack and requesting feedback from others.	Only open to those who have attended the **TURAS Learn Professional Portfolio Getting Started Session** which is taking place on 28 February at 1:30 pm – 3:00 pm or are using portfolio regularly or have watched the recording from the previous portfolio session held in September: https://learn.nes.nhs.scot/58370/support-worker-central/events-networks-and-newsletters/hcsw-virtual-event-series-using-the-hcsw-professional-portfolio
2:00 - 2:30			What is The Promise? How Can We Support It?	Find out how we can support shifts in policy, practice and culture so Scotland can #KeepThePromise it made to care experienced infants, children, young people, adults and their families.	Open to All
2:45 - 3:15			Health Literacy: Tools and Techniques for Good Communication	Health literacy is about people having the knowledge, skills, understanding and confidence they need to be able to use healthcare information and services. This is important for people to make informed decisions about their health. This session will cover: • Tools and techniques to make sure information is understood. • Where to go for trusted health information to support individuals. • An awareness of health and digital literacy and why it matters.	Open to All

| 3:30 - 4:00 | | Career Story: Embracing My Inner Sidekick | Listen to Lynsey talk about finding her "how" in her Anaesthesia Associate role. Discover how she made a difference and how she became a leader in her role. | Open to All |

Thursday 3 March 2022

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9:00 - 10:00		You and Your Wellbeing	Ever struggle to find time just for you? Come along to this session where we will discuss some of the science behind why taking time for yourself is one of the most important things you can do for your health and wellbeing. We will also explore some practical hints, tips and techniques which will enable you to recharge your batteries and get that all important *Me Time!*	Open to All This session is also run on Tuesday 1 March.
10:15 - 11:30		NMAHP 4 Pillars of Practice: "Making Things Even Better"	This interactive workshop will launch our new Service Improvement learning unit on Support Worker Central. You will be able to explore the model of improvement and learn how to develop a change idea for your own area of practice.	Open to All
11:30 - 12:00		Introduction to The Knowledge Network: Resources to Support Your Learning	The Knowledge Network is a digital library for health and social care staff in Scotland. Find out about the resources available to support your learning. This session will cover: • Registering for an NHSScotland OpenAthens account. • An overview of resources on The Knowledge Network. • Further support and training to improve your search skills.	Open to All

12:30 - 1:15		Leadership at all Levels	"The NHS needs people to think of themselves as leaders not because they are personally exceptional, senior or inspirational to others, but because **they can see what needs doing and can work with others to do it**." (The Kings Fund). Could you be one of those people? What might that mean for you and where you work? This session looks at those two questions.	Open to All
2:30 - 3:30		"How did I get here?" Career Stories Panel Q & A	Meet our career story participants, find out more about their learning, their motivation and their top tips to getting to where you want to be.	Open to All
3:00 - 3:30		Communicating in Microsoft 365: What to Use When?	Learning about the different ways we can communicate with colleagues using Microsoft 365, what to use when, common mistakes to avoid and best practices to follow. Find out how to stay current with the new updates and features in Microsoft 365 with the NHSS M365 Skills Hub, and where to ask questions and get help.	Open to All This session is also run on Tuesday 1 March.
4:00 - 4:30		Career Conversations	Thinking about your next job? Wonder what options are available to you? Join this fast paced workshop that will introduce you to "career conversations" and share some practical tools that you can use as you look at the year ahead.	Open to All This session is also run on Monday 28 February.

Friday 4 March 2022

Time	Type of Learning	Session Title	Descriptor	Target Audience
9:15 - 10:00		More Effectively Managing Time	A workshop exploring the key elements of good time management and productivity.	Open to All
10:00 - 10:30		Professional Development Award in Technology Enabled Care	Find out more about The PDA in Technology Enabled Care. This programme aims to equip Scotland's workforce with the knowledge and skills required to embed Technology Enabled Care into health and social care practice. 4 Cohorts have run so far with 4 more to come. Join the session if you are interested in hearing about the programme and finding out if it's for you.	Open to All
10:30 - 12:00		Enacting Person Centred Communication in Practice	This session will introduce the core principles around person centred communication with discussion focused on enacting this day to day practice. Our approach considers 'what matters to people' and the importance of this in all aspects of practice. By the end of this short session participants should be able to identify core components of person centred communication and consider its relevant to their practice.	NMAHP / Social Care Support Workers Only
12:00 - 12:45		Career Story: I'm NOT JUST!	Find out about the campaign that Lauren launched, to remind colleagues of how vital each role is in providing good care and having a good experience. This is for everyone who uses and works in the NHS.	Open to All
1:00 - 1:30		Panel Session: Reflections on the Week	Opportunity to hear reflections from the week, highlights from sessions, share learning and ask questions of the panel.	Open to All

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For details regarding the event please see conference website: https://events.nes.scot.nhs.uk/hcsw-virtual-learning-week-february-march-2022/
Should you have any queries please contact the NES Conference Team: events@nes.scot.nhs.uk