

West CLD Alliance

The Alliance is a forum for members from Community Learning and Development teams across West Central Scotland to share practice and gain mutual support

"Secure, Strengthen and Grow"



CPD Training Programme

The CLD landscape has been impacted by various factors influencing the workforce, budgets and increased demands on services in the wake of the Covid pandemic.

Each Local Authority has published 3 year Community Learning and Development plans, with the first year priority aimed at building back, to invest in the upskilling and support of a workforce that is ready to meet the challenges ahead.

The West CLD Alliance asked workers to prioritise key areas that they wanted access to, for more information, training and additional support. These training sessions have been planned to cover three priority areas: Digital, Health and Wellbeing and Employability.

Through these sessions there will be an opportunity for workers to feedback on current experiences, share their practice and to prioritise their professional learning needs which will inform future planning for Continuous Professional Development in 2022-23.

Digital

Facilitator: Claire McGinley (Paisley YMCA)

Paisley YMCA works with Youth Scotland and other local and national organisations to provide training and youth work engagement that uses and promotes digital agility, using a range of tools for different settings and range of ages and abilities. Paisley YMCA is a member of the Renfrewshire Youth Work Network.

Session Outline:

- **Digital Needs analysis:** starting point is carrying out a digital skills checklist for workers to complete; demonstrate the team/service capabilities to deliver services using digital tools – identify strengths, areas for further CPD and development.
- **Examples of Digital Tools for evaluation, communication and fun;** practical demonstration of some digital tools e.g. ask about “Digital Barriers” - including access to certain platforms, how people feel about using digital - how can they be supported to overcome these barriers, what works for you?
- **Digital and Wellbeing for workers;** reminder on how to take care of self.

Health and Wellbeing

Facilitator: Martin Stepek (Ten for Zen)

Martin Stepek is one of Scotland's foremost teachers of mindfulness, and a published author in the subject. He has been practising mindfulness for over 20 years and teaching it since 2004. Ten for Zen has been delivering authentic and life changing Mindfulness courses to the public, private and third sectors for many years as well as working to bring mindfulness to the heart of your local community.

Session Outline:

Martin will guide you into leading a mindful life. Living mindfully to help reduce stress and anxiety and increase focus. As part of Martin's very popular Zen Minds series, his one-hour Introduction to Mindfulness will give you:

- **a better understanding of mindfulness** – what it is, how you practise it and why it's good for you;
- **some simple tools to help you consciously manage your mind** - how to recognise negative emotions and deal with them - which will help you cope with challenging moments in life and work;
- **the opportunity to experience deep relaxation** for yourself with two expertly guided meditations. Martin will start and finish the session with a relaxing meditation, so you'll leave feeling lighter and uplifted.

You'll also receive practical resources (a comprehensive but easy to read e-book and audio guided meditations) to help you continue your learning after the on-line session. This session is a great first step in living a mindful life so please come along!

Facilitator: West Dumbartonshire Learning and Employability Teams

As a member of the West CLD Alliance, West Dumbartonshire Council's teams will provide an insight into their approach to delivering on "No One Left Behind".

Session Outline:

- **No-one Left Behind:** a Scottish approach to employability that focuses on the needs of the individual first and foremost. A person-centred system that is more flexible and responsive to the changing labour market, tackles inequalities and grows Scotland's economy is needed now more than ever as we shape our collective economic and wellbeing response to the current public health crisis.
- The session will cover information around **Adult Employability; Youth Connections; Young Persons Guarantee and the Apprenticeship Pathway.**

Employability

Booking:

Sessions will be delivered daytime and then repeated in evening for wider access and to encourage part-time staff and volunteers to access the training opportunities.

Please click on the link or use the QR code to take you to each event booking page. A link will be sent out to you prior to the session. The Employability session is virtual reception on the day/time, and the session will be recorded for anyone who cannot join on line.

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| Digital Session 1 | Mon 21st March 2022: 10:00-11:30am | West CLD Alliance: CPD Training Programme : Digital Session 1 Tickets, Mon 21 Mar 2022 at 10:00 Eventbrite |  |
| Digital Session 2 | Wed 23rd March 2022: 6:00-7:30pm | West CLD Alliance: CPD Training Programme : Digital Session 2 Tickets, Wed 23 Mar 2022 at 18:00 Eventbrite |  |
| Health & Wellbeing Session 1 | Thu 31st March 2022: 3:00-4:00pm | West CLD Alliance: CPD Training Programme : Health & Wellbeing Session 1 Tickets, Thu 31 Mar 2022 at 15:00 Eventbrite |  |
| Health & Wellbeing Session 2 | Thu 31st March 2022: 6:00-7:00pm | West CLD Alliance: CPD Training Programme : Health & Wellbeing Session 2 Tickets, Thu 31 Mar 2022 at 18:00 Eventbrite |  |
| Employability Session 1 | Wed 13th April 2022: 10:30-11:30am | https://working4u-west-dunbarton-gov-uk.zoom.us/j/93038277743 |  |
| Employability Session 2 | Wed 13th April 2022: 6:00-7:00pm | https://working4u-west-dunbarton-gov-uk.zoom.us/j/93038277743 |  |

8 Acts of Kindness

Each local authority CLD service in the West region will be invited to hold a local networking and CPD event focussing on Health and Wellbeing in the workplace. To support this, the West CLD Alliance will arrange the delivery of an "Acts of Kindness" Box to your West CLD Alliance representatives.

You will find resources and activities that will help you to explore mindfulness, and provide talking points, and will encourage you to show kindness to colleagues and promote positive mind-set in the workplace.

We will ask you to share your Acts of Kindness during April 2022, through social media, and feedback and share your positive actions: #westclldalliance

