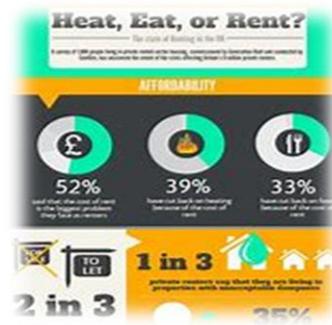


Poverty Awareness Training Programme 2019/20



Introduction

Poverty affects a significant proportion of the Fife population and can have a big impact on many areas of peoples' lives. This can include their mental health and wellbeing, their ability to develop skills, find or maintain employment and can threaten basic needs such as access to food and housing.

The Poverty Awareness Training Programme 2019/20 offers free training to support all public and voluntary sector workers in Fife with these challenges. The courses are suitable for people who have little experience of supporting service users with these issues and/or those who wish to update their knowledge and skills in these areas.

This training programme is funded by Fife Partnership, through the [Plan 4 Fife](#) to tackle inequality and work towards a fairer Fife.

How to Apply

To book a place on a course, go to:

- www.healthyfife.net

For further information, contact:

- Health Promotion Training Team - 01592 226561/226488

Courses

Face to Face

- Introduction to Understanding Households in Financial Crisis
- In-Work Poverty Training for Managers
- Supporting Low Income Households to Manage Benefit Changes
- Steps for Stress Workshop
- Hey Girl – Period Poverty *New*
- Universal Debit *New*
- Pimp My Purse *New*
- Do your bit – help to reduce Child Poverty *New*

eLearning

- Supporting Hard-Up Households
- Welfare Reform: What you need to know – *Revised*

After attending Introduction to Understanding Households in Financial Crises, this course has made me think differently on how I approach working with individuals as well as how this impacts health and wellbeing. I now focus on the individual and what are the issues; making sure I am connected with other services that specialise in supporting people in immediate crisis.

Inclusion Worker

Since attending the Supporting Low Income Households to Manage Benefit Change I have managed to support a parent who was in a financially abusive relationship to get help easily because of the mix of services to the approach, financial support to recognise what is happening and emotional support as the parent was connected to the services needed quickly and in a supportive way.

Support Worker

To address inequalities and reduce poverty, Fife Gingerbread, Citizens Advice and Rights Fife and the Credit Union will work collaboratively to develop and evolve high quality advice and rights workshop sessions and from this families have opened Credit Union accounts and have been able to purchase goods for their homes using this service rather than using hire purchase organisations.

Facilitator

Introduction to Understanding Households in Financial Crisis

Fife Council and Citizens Advice and Rights Fife (CARF)

Who should attend?

This introductory course is ideal for anyone who is fairly new to working with people who are affected by poverty and would like to refresh their knowledge and skills in what support services are available.

Course aim:

To raise awareness of the nature and impact of poverty in Fife today. To equip participants with knowledge of how and when to contact local specialist services.

The course covers:

- Understanding of the nature of poverty in Fife today
- The different types of financial hardship and crisis faced by households such as fuel poverty and food insecurity and types of 'hidden' poverty
- An understanding of relationships between hardship and issues including offending, substance misuse, and gender based violence
- An understanding of how poverty impacts health and wellbeing
- The skills to raise the issue sensitively about poverty
- Identified support services for staff working in this area.

Facilitators:

Vicky Wilson, Development Worker (Professional Practice and Protection), Fife Council

Ross Livingstone, Learning and Development Officer, CARF

Natalie Bate, Assistant Health Promotion Officer, Fife Health & Social Care Partnership

Course length:

One day

Dates:

October 1st 2019, Bay Hotel, Kinghorn

December 3rd 2019, Carnegie Conference Centre, Dunfermline

March 24th 2020, Bay Hotel, Kinghorn

In-Work Poverty Training for Managers

Citizens Advice and Rights Fife (CARF)

Who should attend?

This course is relevant to all managers and supervisors of staff in Fife. Anyone can be affected by poverty, not just those on low pay, and evidence shows that an increasing number of households experiencing financial hardship have at least one adult in employment.

Money worries can affect people's work in many ways, including absence rates and performance. This course will help you to recognise and address this issue with members of staff.

Course aim:

This workshop will provide managers and supervisors of staff with practical skills to recognise when an employee's financial situation may be affecting their work and how to approach the issue with that person. It will also provide information on the local sources of support that their employees may be able to access.

The course covers:

- An overview of financial difficulties that people may experience
- An overview on the impact that financial difficulties can have on employment
- What specialist advice and support is available to people experiencing financial difficulties.

Facilitator:

Audrey Cunningham, Financial Inclusion Co-ordinator, CARF

Course length:

Half day (morning)

Date:

October 30th 2019, Lynebank Hospital, Dunfermline.

Supporting Low Income Households to Manage Benefit Change

Child Poverty Action Group (CPAG) in Scotland

Who should attend?

Those from any organisation who work with people on low income and need to increase their understanding of poverty, welfare reform, the potential impact on their clients and how those clients can be supported to avoid crisis and what to do when in crisis. Participants do not need an in-depth knowledge of current benefits and welfare related work to attend.

Course aim:

This course is for front line staff who need an understanding of the nature of poverty in Fife, and how changes to the benefit system affect people in Fife. The training will help staff provide initial advice and referral to specialist support services.

The course covers:

- The nature of poverty in Fife in the context of benefit changes
- The priorities for a Fairer Fife that partners have agreed
- Who is affected by benefit changes
- An overview of main benefit changes including universal credit and personal independence payment
- How clients can avoid and deal with benefit sanctions
- Using the Fife Online Referral and Tracking System.

Facilitator:

Mark Willis, CPAG in Scotland

Course length:

One day

Date:

September 11th 2019, Carnegie Conference Centre, Dunfermline

November 28th 2019, Bay Hotel, Kinghorn

January 28th 2020, Carnegie Conference Centre, Dunfermline

March 11th 2020, Bay Hotel, Kinghorn

Steps for Stress

Fife Health Promotion Service

Who should attend?

Anyone supporting others within their work role (employees, service users, volunteers) presenting with signs of stress or mild/moderate mental health conditions.

Course aim:

This introductory course aims to support participants to increase their knowledge and confidence in supporting individuals with mild signs of stress and poor mental health.

The course covers:

- An overview of understanding the risk factors that affect positive mental health and wellbeing
- An overview of the signs and symptoms of stress and poor mental health
- Awareness of the factors that promote positive mental health and wellbeing
- An opportunity to use the steps for stress resources in an effective way with service users and workers.

Facilitators:

Annemarie Smith, Health Promotion Officer - Workplace, Fife Health & Social Care Partnership

Kelly Higgins, Quality Improvement Practitioner, Fife Health & Social Care Partnership

Course length:

One day

Date:

November 7th 2019, Cameron Hospital, Leven

March 26th 2020, Fife Voluntary Action, Glenrothes

Hey Girl – Period Poverty

Education Scotland

Who should attend?

Anyone working with young people, women and families experiencing poverty – Youth Workers, CLD, Social Work, Third Sector, NHS Family Nurses, Teaching Staff etc.

Course aim:

Understand period poverty, how best to support families, and how to have positive conversations about periods and menstrual health.

The course covers:

- Explored the subtleties of period poverty and what can be done to prevent it – including best practice in the distribution of free products
- Learn how to use the My Period resources to deliver high quality education training about periods in the community
- Build confidence demonstrating reusable period products (cloth pads and menstrual cups)
- Develop skills to host conversations about periods and menstrual health with people of all ages and shared learning and best practice.

Facilitator:

Molly Brown, Education Scotland

Course length:

Half day (morning)

Date:

October 9th 2019, Church of Christ Glamis Road, Glenrothes

March 11th 2020, Carnegie Conference Centre, Dunfermline

Universal Debit

Fife Gingerbread

Who should attend?

Those from organisations who will have direct one to one contact with individuals who are on a low income, benefits or struggling financially.

Course aim:

This workshop assists participants to understand the welfare system and promote financial inclusion. Participants will understand the effect of low income how this impacts upon all members of the family's health, both physically and mentally.

The course covers:

- Explored the dilemmas and choices a parent had to make when faced with the 5 week assessment period
- Looked at the impact upon all members of the family using the GIRFEC wellbeing indicators
- Explored their own attitude and values towards families who are living in poverty.

Facilitators:

Kathryn Millar, Children and Families Manager, Fife Gingerbread

Suzanne Hume, Support Worker, Fife Gingerbread

Course length:

Half day (morning)

Date:

November 28th 2019, Fife Gingerbread, Craig Mitchell House, Glenrothes

Pimp My Purse

Fife Gingerbread

Who should attend?

Those from organisations who will have direct one to one contact with individuals who are on a low income, benefits or struggling financially.

Course aim:

This interactive workshop will assist participants to understand the welfare system and promote financial inclusion.

The course covers:

- Explore existing services, resources and connections within Fife and what they offer
- Increased knowledge of the opportunities available to manage and improve the financial situation
- Develop a good understanding of the barriers that deter individuals from accessing and engaging with services which can offer solutions to many financial issues.

Facilitator:

Kathryn Millar, Children and Families Manager, Fife Gingerbread

Zoe Taylor, Inclusion and Development Coordinator, Fife Gingerbread

Course length:

Half day (morning)

Date:

February 27th 2020, Fife Gingerbread, Craig Mitchell House, Glenrothes

Do your bit – help to reduce Child Poverty

Fife Gingerbread

Who should attend?

Anyone who works with children and families experiencing poverty – Youth Workers, CLD, Social Work, Third Sector, NHS Family Nurses, Teaching Staff etc.

Course aim:

This training is interactive and begins to reframe how we view poverty - includes an introduction to Spotter and Referral Training for frontline workers.

The course covers:

- Recognising the signs and risks of child poverty
- Learned how to broach the subject
- Know what to do
- Be confident they have helped.

Facilitator:

Rhona Cunningham, Fife Gingerbread.

Course length:

Half day (morning)

Date:

February 18th 2020, Fife Gingerbread, Craig Mitchell House, Glenrothes

Child Poverty Action Group (CPAG) in Scotland

Through a short, interactive eLearning course, you will learn what causes poverty, how people experience the stigma of poverty and what you can do to make a difference. You will learn more about what you are likely to see as a result of welfare reform as people struggle to make ends meet. The course gives practical ideas for what you can do and what your service can do to support hard-up households.

The course covers:

- People like us – the nature, causes and consequences of poverty in Fife
- What's in a name – experience of the stigma of poverty and how to address it
- What is welfare reform and how is it affecting households
- Practical tools to help you and your service support hard-up households
- Finding out more – other learning and information.

You can do the eLearning course whenever it suits you. Register now for this free eLearning and you'll find other essential short courses including Universal Credit and Scottish Welfare Fund. Register at:

<http://elearning.cpag.org.uk>

Once you have completed the course and submitted your evaluation, you can then print off your certificate.

This e-learning module is available on NHS Fife LearnPro and Fife Council Social Work Services Workforce Planning and Development Learning Portal at <http://socialwork.fife.gov.uk> where it can be accessed by all staff.

Aimed at health and social care, it will help all those who complete it to understand the recent and future changes to the welfare benefit system and the impact of these on individuals and families. It provides information on the local support and specialist services which can help people to manage these changes.

Aim:

This course should help learners to feel more confident about giving advice and referring people onto specialist advice and support services.

Learning outcomes:

On completion of this module learners will have:

- An increased understanding of the recent and future changes to the benefit system
- Increased knowledge of how these changes impact individuals, patients and their families
- The ability to assist patients and their families to access support and assistance
- The ability to identify when to refer to specialist advice and support agencies.