

BOOKING FORM



Please photocopy this form

Please reserve a place for me on: (tick appropriate boxes)

| | | |
|--|------------------|--------------------------|
| Brief Interventions | 30 Sept 2008 | <input type="checkbox"/> |
| Exploring the Depths | 27 & 28 Oct 2008 | <input type="checkbox"/> |
| Feelin' Groovy | 20 Nov 2008 | <input type="checkbox"/> |
| We Don't Do Drugs | 27 Jan 2009 | <input type="checkbox"/> |
| Developing Health Education Programmes | 5 March 2009 | <input type="checkbox"/> |

Name: _____ Organisation: _____
Address: _____
Post Code: _____
Telephone: _____ Fax: _____
E-mail: _____
I have read and agree to the terms and conditions of the cancellation policy

Special requirements:

Please Invoice: I enclose a cheque for:

Name and address to which invoices should be sent:

Please tell us how you heard about this course:

Fast Forward, 4 Bernard Street, Edinburgh, EH6 6PP
Tel: 0131 554 4300 Fax: 0131 554 4330
Email: admin@fastforward.org.uk Website: www.fastforward.org.uk

A large, stylized version of the Fast Forward logo. It features the words "fast forward" in a very large, bold, lowercase sans-serif font. Below it, "POSITIVE LIFESTYLES LTD" is written in a smaller, uppercase sans-serif font. The logo is accompanied by a large blue curved line that starts above the text and ends in a grey sphere, mirroring the smaller logo.

POSITIVE LIFESTYLES LTD

Training Programme

2008 – 2009

Fast Forward is a national voluntary organisation based in Edinburgh.

Since 1987 the organisation has been working with young people and adults providing quality health education, focusing on a range of subjects regarding young people's health and well being. Our training is participative and delivered in a relaxed atmosphere. Courses are needs led so we are flexible with course content ensuring where possible that it meets participants' expectations.

Practical Information Courses run from 9.30am - 4.00pm (unless otherwise stated). Buffet lunches, tea, coffee and biscuits are included in the course fee.

Fees

| | | |
|-----------------|-------------------------------------|------------------------|
| One Day: | Voluntary & Reg. Charity | £90 per person |
| | Statutory | £120 per person |
| Two Day: | Voluntary & Reg. Charity | £150 per person |
| | Statutory | £200 per person |

Cancellation Policy

Fast Forward will cancel a course should the number of people not be sufficient to provide a positive learning environment for all participants. In this event, participants will be notified more than eight days in advance of the course date. Any course fees paid will be reimbursed in full. Please note this does not include any costs incurred through individual participant travel and accommodation arrangements.

Should participants cancel, the following conditions apply:

| | |
|----------------------|--|
| 100% refund - | should written cancellation be received 15 working days before the course. |
| 50% refund - | should written cancellation be received 6-14 working days before the course. |
| 0% refund - | should written cancellation be received less than 6 working days before the course. |

Fast Forward (Positive Lifestyles) Ltd (also known as Fast Forward) is a registered Scottish Charity, No. SCO20124 and a company limited by guarantee, registered in Scotland, number SC134443, Registered Office, 4 Bernard Street, Edinburgh EH6 6PP

Developing Health Education Programmes

For Young People

5th March 2009, Engine Shed, Edinburgh

Specifically designed for those who are looking to develop work with young people around health issues, this one day course will provide participants with the chance to identify health issues affecting young people today. The course will also give participants an opportunity to identify effective approaches when developing health education programmes for young people.

The Course Will:

- Locate young people and health in the wider policy context
- Raise awareness of your role in promoting positive health messages to young people
- Identify a range of settings where health messages can be delivered
- Explore how Health education programmes can be put into practice

Vol & Reg. Charity: £90 per person

Statutory: £120 per person

We Don't Do Drugs

Working with BME Young People

27th January 2009, Engine Shed, Edinburgh

This one day training course will explore the use of drugs and alcohol in BME communities (particularly South Asian). The course will allow participants to gain a better understanding of the way drugs and alcohol issues are perceived in different cultures and religions. The course will also look at the BME community's attitude towards drugs and explore some of the myths, e.g. that substance use is not an issue in the BME community. The training is suitable for practitioners who work with BME young people and parents.

The Course Will:

- Familiarise participants with terminology
- Explore the differences in cultural attitudes towards drugs and alcohol
- Identify common issues in BME young people's use of drugs
- Provide an overview of the physical, emotional and cultural consequences and wider potential implications of drug misuse
- Develop confidence in addressing drug issues with BME young people
- Develop culturally appropriate skills to address BME young peoples substance issues

Vol & Reg. Charity: £90 per person

Statutory: £120 per person

Brief Interventions

Young People and Alcohol

30 September 2008, Engine Shed, Edinburgh

This new one day course has been developed to assist practitioners working directly with young people to understand the concept of brief interventions. The course will raise awareness of how brief interventions can be used to deliver health improvement messages to young people on alcohol in a range of settings. It will highlight participative activities/methods tried and tested by Fast Forward.

The Course Will:

- Present the latest research on young people and alcohol
- Provide information on what is meant by Brief Interventions
- Define the concept of Health Improvement
- Demonstrate interactive methods to engage young people on alcohol
- Provide participants with the opportunity to share experiences and ideas

Vol & Reg. Charity: £90 per person

Statutory: £120 per person

Exploring The DEPTHS

27th & 28th October 2008, Engine Shed, Edinburgh

This participative two day training course offers an opportunity to explore a range of issues inherent in peer education work. Suitable for those new to peer education as well as practitioners with some experience of peer led approaches, the course will focus upon the practical issues of recruitment, training and deployment of peer educators as well as examining project based issues such as policy development, volunteer support and evaluation.

The Course Will Focus On:

- What peer education means and the different models
- How to develop and sustain successful peer education initiatives
- Practice issues, policies and procedures to support peer education work
- Methods of evaluating peer education work
- Providing participants with the opportunity to share experiences and ideas

Fast Forward was one of the first voluntary organisations in Scotland to use a peer led approach in its work with young people and now has over twenty years experience in this field.

“Great to hear about practical experiences and meet staff so willing to share knowledge and expertise, taken away really useful tips.” (Course Participant)

Vol & Reg. Charity: £150 per person

Statutory: £200 per person

Feelin' Groovy

20th November 2008, Engine Shed, Edinburgh

This one day training course aims to assist those working with young people to understand the role of self esteem on health and lifestyle choices and how to facilitate young people's understanding of their own self esteem. The course will also explore emotional resilience.

The Course Will:

- Define emotional resilience and identify core attitudes that support resiliency
- Explore what may construct and impact upon self esteem
- Examine how self esteem affects young people and their behaviour
- Demonstrate interactive activities that can be used with young people to examine self esteem issues

The training is fun and interactive and combines theoretical and practical learning.

“Plenty of information and material to use when working with young people, I got loads out of it.” (Course Participant)

Vol & Reg. Charity: £90 per person

Statutory: £120 per person