



Addictions Training Brochure 2017

Prevention & Service Support Team



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Welcome to the Prevention and Service Support Team training brochure for 2017.

NHS Ayrshire & Arran Addiction Services' Prevention and Service Support Team (PSST) are a well established team which offers quality training to hundreds of participants each year. The team's main objective and commitment is to provide a wide range of education and training initiatives focusing on improving awareness, competence and knowledge of both those affected by substance misuse and those working in the field.

This brochure accompanies the established training calendar (see attached, page 27) and provides further detail on the 15 courses we offer. Information in this brochure will include the target group for each course and the specific learning outcomes. **If you are considering booking a place on one of our courses we would advise you to check the criteria to ensure the course is suitable for your level of knowledge and development.**

All our training courses are offered free of charge and will be delivered on NHS premises – the Education Centre at University Hospital Ayr, the Alexander Fleming Education Centre, at University Hospital Crosshouse and the Training Centre at Ayrshire Central Hospital. Please note: tea and coffee will be provided at break times, however there are canteen facilities available at each location for delegates to purchase their own lunch and snacks.

The Skills for Health Quality Mark Award for alcohol and substance awareness and prevention programmes of learning

In 2013, Skills for Health launched the UK's first Quality Mark Award specific to the delivery of education and training in the healthcare sector.

To date, the PSST is the only Scottish education provider to have been successful in receiving the Skills for Health Quality Mark Award after completing a robust assessment process.

The award provides a framework for assuring the effective delivery of high quality training and learning and endorses the quality of courses offered by the team.

If you would like to book a place or have any queries about any of the courses, please contact: the PSST on 01294 322339 or email: psst@aapct.scot.nhs.uk

** Please note that the following fees will be invoiced for late cancellation (less than seven days) and non-attendance:

Late cancellation - £20; non attendance - £40

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Alcohol Awareness

This one-day course is designed to raise awareness, increase knowledge and confidence of alcohol and issues related to alcohol. This level caters for all staff and partner agencies who require a basic knowledge of the issues surrounding alcohol.

Learning outcomes:

Participants can expect to:

- have an understanding of the impact of alcohol on our society as a whole including the latest news;
- be aware of how alcohol travels through the body and factors that influence its metabolism;
- develop an increased knowledge of what a unit is, what the safe guidelines are for both men and women and tips for sensible drinking;
- gain an overview of the short and long term effects of regularly exceeding the recommended daily limits for alcohol;
- be aware of the links between alcohol and fire, and be able to reduce the associated risks;
- develop an ability to identify the signs and symptoms of alcohol misuse;
- have an understanding of the impact of alcohol use during pregnancy; and
- be aware of the alcohol services available in Ayrshire and Arran.

This course maps to the following dimensions:

KSF – Core 1, 2 & 6. HWB 1 & 3.

DANOS – AA1, AD1 & HSC330.

Alcohol Brief Interventions (ABI)

This full day course is aimed at people who already have a basic understanding of alcohol use and wish to add to their practical skills and have the tools to confidently deliver an alcohol brief intervention.

Learning outcomes:

Participants can expect to:

- understand what an ABI is, the evidence base and the policy context;
- explore the impact of participants' own and others' attitudes towards alcohol and how they may impact on practice;
- explore barriers to and concerns with delivering brief interventions;
- update knowledge of drinking guidelines and how to calculate units of alcohol; and
- practice a range of techniques to develop confidence in delivering a brief intervention including how to:
 - open a conversation about alcohol with the individual;

- use appropriate screening tools to assess risk and feedback relevant information to individuals about the potential affects of drinking on their health and wellbeing;
- motivate the individual to change their drinking behaviour and explore strategies to reduce consumption and alcohol-related harm;and
- close the conversation and how to sign post or refer individuals on to other services, if appropriate.

This course maps to the following dimensions:

KSF – Core 1, 2 & 6. HWB 1, 2, 3, 4, 5, 6 & 7.

DANOS – AA1, AD1, AD4, AF1, AH10 & HSC35

Alcohol Related Brain Damage (ARBD) – Basic

This half-day course provides an introduction to Alcohol Related Brain Damage (ARBD) and related issues.

This course is open to anyone who has an interest in learning about Alcohol-Related Brain Damage. It may be particularly useful to those who work within the field of addictions.

Learning outcomes:

Participants can expect to:

- become familiar with and understand what is meant by the term ARBD;
- gain awareness of the wide spectrum of disorders that the term ARBD incorporates, including common indicators and symptoms;
- gain an understanding to the prevalence of ARBD at both local and national levels; and
- develop knowledge in relation to recovery issues including gaps in services.

This course maps to the following dimensions:

KSF – Core 1, 2 & 6. HWB 3.

DANOS – AB2 & HSC233.

Alcohol Related Brain Damage (ARBD) – Advanced

This one-day course provides an enhanced understanding of theory and practical application of this knowledge.

It is designed for those who have previously completed the Basic ARBD course or have experience working within the field of ARBD and wish to further their knowledge and practical skills.

Learning outcomes:

Participants can expect to:

- become familiar with the individual presentations of each of the conditions which ARBD encompasses;
- develop an increased understanding of the complex issues affecting services which deal with ARBD and other factors which affect sufferers while living in the community;
- have an enhanced understanding of concepts of recovery in relation to ARBD; and
- develop an ability to adapt theoretical knowledge and use existing skills to work with a client suffering from ARBD.

This course maps to the following dimensions:

KSF – Core 1, 2 & 6. HWB 2, 3 & 5.

DANOS – AA1, AF1, AD4 & HSC330.

Cannabis

This new half day course is designed to give participants a broader understanding of the prevalence, types, effects and issues surrounding cannabis use. It is recommended for anyone working within the addictions field, or anyone else with a general interest in the area.

Learning outcomes:

Participants can expect to:

- explore the history of cannabis;
- identify types of cannabis and the administration routes;
- examine the effects of cannabis use and the associated problems, including withdrawal and dependence;
- clarify the links between the use of cannabis and the development of mental health problems for some users;
- explore the issues associated with the emergence of synthetic cannabinoid products such as ‘Spice’ and ‘Black Mamba’;
- clarify the legal issues associated with cannabis; and
- identify relevant harm reduction advice.

This course maps to the following dimensions:

KSF – Core 1, 2, 3 & 6. HWB 1 & 4.

DANOS - AB2, AD1 & HSC22

Drug Awareness – Basic

This half-day course is designed to provide a basic understanding of the use and misuse of legal and illegal substances - including attitudes, effects and

signs and symptoms of use. This level caters for those who have very little or no prior knowledge of illicit drugs and their use.

Learning outcomes:

Participants can expect to:

- be aware of the historical context of drug use;
- be aware of how negative attitudes and stigma affect recovery;
- understand the definitions of terms associated with drug use and users;
- be able to classify drugs according to their effect on the body;
- be aware of how other factors can alter the effect of drugs on an individual; and
- be able to recognise the signs and symptoms of different types of drug.

This course maps to the following dimensions:

KSF – Core 1, 2 & 6.

DANOS – AD1 & HSC330.

Drug Awareness – Advanced

This one-day course provides a more in-depth understanding of the use and misuse of legal and illegal substances. This level caters for those who already have a basic knowledge of illicit drugs and their use and would like to build on this.

Learning outcomes:

Participants can expect to:

- be aware of the local and national drug statistics;
- understand causes of drug use as well as the costs to the individual, family and society;
- be more informed about specific use of methadone, volatile substances and performance and image enhancing drugs;
- be aware of the main effects of prescribed medication and the potential for abuse;
- be more informed about the treatment options available for the main drugs of abuse;
- have an understanding of the legal issues surrounding drug use; and
- be aware of the local services available to support people with substance use problems.

This course maps to the following dimensions:

KSF – Core 1, 2 & 6. HWB 1.

DANOS – AD1 & HSC330.

Female Drug Use

This one-day course provides an understanding of the reasons for female drug use and the specific challenges faced by female drug users. It is aimed at those who already have a basic knowledge of illicit

drugs and their use but would like to raise their awareness of the specific issues faced by females.

Learning outcomes:

Participants can expect to:

- be aware of the local and national drug prevalence statistics for women;
- be aware of both personal and societal attitudes towards female drug use;
- understand the causes of female drug use as well as the costs to the individual, family and society;
- be aware of the issues surrounding pregnant women who misuse drugs, and understand the effects of drugs on both the pregnant mother and the unborn baby;
- be aware of the requirements of a successful service and the current services available to females;
- understand the issues surrounding the female offender; and
- be aware of the child protection issues relating to parental substance misuse.

This course maps to the following dimensions:

KSF – Core 1, 2 & 6. HWB 3 & 4.

DANOS – AD1 & HSC330.

Harm Reduction

This one-day course provides an understanding of harm reduction and how to advise service users about their risky drug using behaviours. This includes discussions on Naloxone, Break the Cycle, Change Talk and the needle exchange service. This course will benefit anyone working with drug users, particularly intravenous users.

Learning outcomes:

Participants can expect to:

- have a brief overview of the historical, political and legal drivers of injecting practices and needle exchange services;
- be aware of the risky practices used by injecting drug users;
- be able to recognise the signs and symptoms of overdose and know how to manage it, including awareness of Naloxone;
- become comfortable and confident in delivery of the core harm reduction messages to service users and their significant others – particularly Break the Cycle, Change Talk and BBVs;
- be comfortable in demonstrating safe injecting techniques with the client (injecting workshop included in training), and

- be aware of the support and interventions available within a needle exchange in order to signpost drug users to the appropriate service

This course maps to the following dimensions:

KSF – Core 1, 2, 3 & 6. HWB 1, 3 & 4

DANOS - AA1, AB2, AC3, AD1, AH3, HSC22 & HSC330

Mental Health and Substance Use

This one-day course is designed to increase awareness of the link between substance misuse and mental health issues. It is recommended for those who already have a basic understanding of substance misuse issues and are looking to develop their understanding of addiction further in relation to mental health. This will not be beneficial to those with prior mental health training.

Learning outcomes:

Participants can expect to:

- gain an overview of mental health presentations including mood disorder, anxiety, personality disorder and psychosis;
- become familiar with the potential link between mental health presentations and substance misuse;
- attain knowledge of risk behaviour in association with mental health and substance misuse;

- develop an awareness of dual diagnosis: the co-existence of mental health issues and addiction; and
- develop an ability to adapt theoretical knowledge to work with service users.

This course maps to the following dimensions:

KSF – Core 1, 2, 4 & 6. HWB – 1 & 3.

DANOS – AA1, AD1 & HSC35.

Naloxone: Training for Trainers

This one day course is designed to provide participants with the information and practical skills required to confidently facilitate Naloxone and overdose awareness sessions. This training for trainers' course will be beneficial for those working with people at risk of opiate overdose and their families, as they will be able to promote overdose prevention and teach the skills required to save a life.

Learning outcomes:

Participants can expect to:

- understand the background and evidence base on overdose prevention and Naloxone use;
- learn the information and skills required to facilitate group training sessions and one to one discussion;

- have a solid understanding of overdose – including causes, signs and symptoms, risks, and how to prevent fatal overdose;
- have a solid understanding of Naloxone;
- become confident in providing emergency first aid – and be able to teach it to others; and
- become confident that they could administer Naloxone if required – and teach others how to use it too.

This course maps to the following dimensions:

KSF – Core 1, 2, 4 & 5. HWB 6 & 7. IK1

DANOS – AC3, AD1, AD4, AB2 & AH2

New Psychoactive Substances (NPS) – Legal highs

This full day course provides an overview of new psychoactive substances – previously referred to as legal highs. It will provide a solid background, as well as the most up-to-date information available on these ever-changing drugs. This course is suitable for anyone working with drug users or who has an interest in the area.

Learning outcomes:

Participants can expect to:

- explore what NPS are and how use of NPS has evolved;

- examine the prevalence of NPS;
- identify the categories of NPS and associated effects;
- explore the risks associated with NPS;
- examine administration routes and trends for NPS;
- discuss relevant legislation related to NPS; and
- consider emerging developments in the area of NPS

This course maps to the following dimensions:

KSF – Core 1, 2, 3 & 6. HWB 1, 3 & 4.

DANOS – AB2, AD1 & HSC22

Recovery and Relapse Prevention

This one day course provides an introduction to the concepts of recovery and services available to support those in or working towards recovery. The course also incorporates an understanding of relapse and provides tools to use when relapse prevention work is required. This combined level caters for anyone wishing further information and skills in this area, but will be particularly beneficial for those with clients who are working towards recovery.

Learning outcomes:

Participants can expect to:

- understand the meaning and value of the individual ‘journey’;
- be aware of the various concepts and models linked to recovery;

- have an understanding of Community Recovery Capital;
- be aware of pan Ayrshire services to support those in recovery;
- understand key terms used in relapse prevention, including cues, triggers and high risk situations;
- understand and be able to apply some of the therapeutic components of relapse prevention therapy – including an overview of the Marlatt & Gordon's relapse prevention model;
- assist clients to develop coping skills and self control capacities; and
- be aware of the prescribed medications available to assist with relapse prevention.

This course maps to the following dimensions:

KSF – Core 1, 2, 4 & 6. Specific HWB – 1, 2, 3, 4, 5 & 7.

DANOS – AB2, AC3, AD1 & HSC35

Stimulants

This half day course is designed to raise participants' knowledge on stimulant drugs and how they are used. This will include looking at individual substances, how they are used, the effects of their use, and how to minimise harm caused by them. This course is suitable for anyone who feels they do

not already have enough knowledge about stimulant drugs or would like to refresh on current trends and issues.

Learning outcomes:

Participants can expect to:

- understand what a stimulant drug is and give examples of stimulant drugs;
- be aware of the local and national prevalence of stimulant drug use;
- have an awareness of the route of administration of stimulant drugs, and the reasons why individuals choose to use them;
- have a solid knowledge of the effects of stimulant drugs and the signs and symptoms of use; and
- be able to give harm reduction advice to stimulant users, and know what support is available for those in need.

This course maps to the following dimensions:

KSF – Core 1, 2, 3 & 6. HWB 1 & 4.

DANOS - AB2, AD1 & HSC22

Working With Young People

This one-day course is designed to equip participants with the confidence to use a range of prevention and intervention tools relating to substance use among young people. It will be beneficial for those working

directly with young people, who may be particularly vulnerable to the effects of substance misuse.

Learning outcomes:

Participants can expect to:

- understand the varying definitions of young people and the surrounding issues;
- be familiar with common feelings and attitudes towards young people;
- develop an awareness of the prevalence of substance use among young people;
- identify risk and protective factors in relation to substance use;
- recognise when there may be a problem;
- develop awareness and understanding of screening and assessment tools;
- understand the main types of interventions and develop an ability to establish which are suitable at different levels of substance use; and
- be aware of local services and resources available for young people.

This course maps to the following dimensions:

KSF – Core 1, 2, 4 & 6. HWB 1, 2, 3, 4, 5, 6 & 7.

DANOS – AB2, AD1, AF1, AF2, AF3, HSC35 & HSC330

Additional functions of the Prevention and Service Support Team (PSST)

Individual requests for training

In addition to co-ordinating and delivering the training courses featured in the Addiction Training calendar, the Prevention and Service Support Team receive a number of requests for 'in-house' training. These training sessions are provided free of charge and take place at the venue of the organisation's choice. These specially commissioned courses are designed around the needs of the organisation or agency and are delivered face-to-face by our trainers.

The team has a flexible approach to these individual training requests, with many sessions being delivered at weekends and evenings if these are the most suitable options for the participants. The organisations requesting the training have varied requirements and as a result the sessions can be run as two-day, one-day, or half-day events. Awareness sessions of a few hours are also delivered regularly. We would ask for a minimum of eight participants for these in-house events. If you require training for less than eight participants you may be put on a waiting list until training can be combined with another request and delivered at a mutually suitable time and venue.

Should you wish to request any ad-hoc training, please contact the PSST and ask for a training needs request form. This allows you to detail your requirements and ensures the best package is designed to fit your needs. For more information you can also contact the team on 01563 826223.

Online learning – learnPro NHS

The PSST have developed some learnPro modules which are available online to all NHS staff.

These can be completed by anyone who requires a basic understanding of the topics for their role, would like to enhance their CPD, or simply has an interest in these areas.

They can be found in the ‘specialist subjects’ tab on learnPro.

Service Development Team

The Service Development Team within the Prevention and Service Support Team is responsible for facilitating, planning, developing and implementing NHS Ayrshire & Arran’s Addiction Services clinical governance and service development plans and interventions. The team is critically involved in identifying, preparing and implementing agreed standards and audit review projects. In addition, the team advises on prioritising and undertaking all NHS Ayrshire & Arran Addiction

Services clinical governance and effectiveness activity. This supports NHS Ayrshire & Arran's corporate objectives, and national and local action plans, in order to continuously review and improve patient care.

The Service Development Team also ensure that accurate and up-to-date service development, prevention and information resources are available to services, clients and the general public so that they can effectively implement appropriate activities and initiatives to prevent the harmful use of alcohol or drugs. The team positively promotes addiction services in the planning and organisation of conferences and seminars and actively participates in health events by providing specialist addiction input in order to raise awareness and provide information about alcohol and drug issues.

The Service Development Team aims to support staff across NHS Ayrshire & Arran's Addiction Services by ensuring evidence-based practice is provided. It also actively supports staff in delivering new ideas and initiatives in order to provide the right care, at the right time, in the right way for service users of NHS Ayrshire & Arran's Addiction Services to ensure they receive the best care and treatment possible.

For further information please contact:

Denise Brown,
Addictions Service Development Facilitator Specialist
☎ 01563 826311

Professional Development Award

The Professional Development Award (PDA) in Brief interventions for Substance Misuse has been developed by the Prevention and Service Support Team (PSST) in association with The Scottish Qualifications Authority (SQA) and The Vocational Qualifications (VQ) centre based at Ayrshire Central Hospital. PDAs are principally designed for those already in a career or vocation who would like to extend or broaden their skills base.

The PDA is designed to improve professionalism and continuous professional development within the specialism of addictions and related services. This award should take nine months to complete and consists of four mandatory units (three Health and Social Care units and one Higher National unit).

There is also an opportunity for candidates wishing to complete the HNC unit alone.

Candidates should be employed in an addictions, health, or health and social care setting and provide a guarantee that they are able to undertake this award and apply learned theories and principles through their practice within the set timescale.

For further advice and availability of places,
please contact:

Rachel MacLeod –

✉ Rachael.MacLeod@aapct.scot.nhs.uk

☎ 01563 826224

Marie Wilson –

✉ Marie.Wilson@aapct.scot.nhs.uk

☎ 01563 826312

Or - Training Centre,

Ayrshire Central Hospital: ☎ 01294 323469

Training calendar 2017

February	1	*Basic drug awareness: Education Centre, University Hospital Ayr	August	17	Recovery and relapse prevention: Training Centre, Ayrshire Central Hospital
	3	*Stimulants: Education Centre, University Hospital Ayr		22	Advanced ARBD: Education Centre, University Hospital Ayr
	6	*Basic ARBD: Education Centre, University Hospital Crosshouse		24	Mental health and substance use: Education Centre, University Hospital Ayr
	10	NPS (legal highs): Education Centre, University Hospital Crosshouse		30	NPS (legal highs): Education Centre, University Hospital Crosshouse
	23	Alcohol awareness: Training Centre, Ayrshire Central Hospital		31	Harm reduction: Education Centre, University Hospital Crosshouse
	24	Mental health and substance use: Training Centre, Ayrshire Central Hospital			
March	6	Advanced ARBD: Education Centre, University Hospital Crosshouse	September	4	Alcohol awareness: Education Centre, University Hospital Crosshouse
	14	Advanced drug awareness: Education Centre, University Hospital Ayr		5	*Stimulants: Education Centre, University Hospital Crosshouse
	16	Alcohol brief interventions: Education Centre, University Hospital Ayr		15	*Basic drug awareness: Training Centre, Ayrshire Central Hospital
	23	*Cannabis: Training Centre, Ayrshire Central Hospital		20	Working with young people: Education Centre, University Hospital Ayr
	27	Female drug use: Education Centre, University Hospital Ayr		25	Alcohol brief interventions: Education Centre, University Hospital Crosshouse
April	19	NPS (legal highs): Education Centre, University Hospital Ayr	October	5	*Basic ARBD: Training Centre, Ayrshire Central Hospital
	20	Harm reduction: Education Centre, University Hospital Ayr		6	Advanced drug awareness: Training Centre, Ayrshire Central Hospital
	24	Naloxone: Training for trainers: Training Centre, Ayrshire Central Hospital		12	Naloxone: Training for trainers: Education Centre, University Hospital Ayr
	27	Working with young people: Training Centre, Ayrshire Central Hospital		13	NPS (legal highs): Education Centre, University Hospital Ayr
	28	*Stimulants: Training Centre, Ayrshire Central Hospital		25	Recovery and relapse prevention: Education Centre, University Hospital Crosshouse
May	2	Recovery and relapse prevention: Education Centre, University Hospital Ayr	November	7	*Cannabis: Education Centre, University Hospital Ayr
	8	Alcohol brief interventions: Training Centre, Ayrshire Central Hospital		8	Alcohol awareness: Education Centre, University Hospital Ayr
	16	*Basic drug awareness: Education Centre, University Hospital Crosshouse		16	Female drug use: Training Centre, Ayrshire Central Hospital
	24	Mental health and substance use: Education Centre, University Hospital Crosshouse		20	*Basic drug awareness: Education Centre, University Hospital Crosshouse
	26	Alcohol awareness: Education Centre, University Hospital Crosshouse		23	Mental health and substance use: Education Centre, University Hospital Crosshouse
June	5	Advanced drug awareness: Education Centre, University Hospital Crosshouse	December	7	NPS (legal highs): Training Centre, Ayrshire Central Hospital
	7	*Cannabis: Education Centre, University Hospital Crosshouse		8	Harm reduction: Training Centre, Ayrshire Central Hospital
	14	*Basic ARBD: Education Centre, University Hospital Ayr		13	Advanced drug awareness: Education Centre, University Hospital Crosshouse
	20	NPS (legal highs): Training Centre, Ayrshire Central Hospital		14	Working with young people: Education Centre, University Hospital Crosshouse
	28	Female drug use: Education Centre, University Hospital Crosshouse		21	Advanced ARBD: Training Centre, Ayrshire Central Hospital

ARBD = Alcohol Related Brain Damage

NPS = New Psychoactive Substances

All courses are free of charge.
Please note that late cancellation (less than seven days) or non attendance will incur the following fees:
Late cancellation - £20. Non attendance - £40.

* = half day course (morning). All others are full day courses.

Please refer to the accompanying training brochure before booking to make sure the course is suitable for your level of knowledge.

To book a place, please call:

☎ 01294 322339

or email:

✉ psst@aapct.scot.nhs.uk

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