

ARC Hounslow



**London Borough
of Hounslow**

2025-2026



CNWL ADDICTIONS TRAINING BOOKLET

FREE TRAINING FOR PROFESSIONALS AND
VOLUNTARY SECTOR WITHIN:

1. THE LONDON BOROUGH OF HILLINGDON
2. THE LONDON BOROUGH OF HOUNSLOW

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WELCOME MESSAGE



Stefani Nagpal

Addictions Specialist
Nurse & Trainer

Hi there,

We're proud to offer another year of free drug and alcohol education across Hillingdon and Hounslow for professionals and volunteers working with people who are struggling with harmful substance use and related harms. This training has been carefully designed by frontline addictions nurses and educators to equip you with the skills, confidence, and compassion to support vulnerable clients.

Addiction is often misunderstood. Through this programme, we aim to break stigma, empower you with knowledge, and strengthen pathways between services.

Whether you're in housing, voluntary sector, healthcare, social work, probation, or community outreach – there's something in this programme for you.

Let's build more trauma-informed, person-centred support together.

Warm regards,

Stefani Nagpal

Addictions Specialist Nurse & Trainer
CNWL NHS Foundation Trust



OUR GOAL

Our mission is simple:

To upskill and support the professionals and volunteers on the frontline – those who encounter people affected by drugs and alcohol every day – to respond confidently, compassionately, and effectively.

We aim to:

- **Raise awareness of substance misuse and its impact**
- **Provide trauma-informed, evidence-based knowledge**
- **Reduce stigma and challenge myths**
- **Enhance joint working between services**
- **Promote early intervention and support**

Our sessions are interactive, practical, and grounded in real-life clinical experience.

WELCOME

ONBOARD

TRAINING **AGENDA**

TRAINING PROGRAMME

Overview in-depth modules

Training Module	Length	Format	Recommended for	Booking Link
Basic Drug Awareness	90 minutes	Online	All professionals & volunteers	<u>Click here</u>
Basic Alcohol Awareness	90 minutes	Online	All professionals & volunteers	<u>Click here</u>
Alcohol Brief Interventions	90 minutes	Online	All professionals and volunteers	<u>Click here</u>
Introduction to Motivational Interviewing in Addictions	120 minutes	Online	Key workers, support workers, housing	<u>Click here</u>
Common Medicines in Addictions	90 minutes	Online	GPs, pharmacists, prescribers, healthcare staff	<u>Click here</u>
Co-existing Mental Health & Substance Use	120 minutes	Online	Mental health practitioners, keyworkers	<u>Click here</u>

Please note: Training may be cancelled due to trainer unavailability or if the minimum number of 5 participants is not met.

TRAINING PROGRAMME

Overview in-depth modules

Training Module	Length	Format	Recommended for	Booking Link
Substance Use & Its Impact on Physical Health	90 minutes	Online	Healthcare professionals, housing staff, social care	Click here
Dependency on Prescription Drugs	90 minutes	Online	GPs, pharmacies, keyworkers, safeguarding teams	Click here
Harm Reduction	90 minutes	Online	All professionals & volunteers	Click here
Young People & Substance Use	90 minutes	Online/Face to face	Youth services, education staff.	Click here
Introduction to Gambling Awareness	60 minutes	Online	All professionals & volunteers	Click here

Please note: Training may be cancelled due to trainer unavailability or if the minimum number of 5 participants is not met.

TRAINING PROGRAMME

Overview Bitesize Modules

Training Module	Length	Format	Recommended for	Booking Link
Opioids	30 minutes	Online	All professionals & volunteers	<u>Click here</u>
Cannabis	30 minutes	Online	All professionals & volunteers	<u>Click here</u>
Cocaine & Crack Cocaine	30 minutes	Online	All professionals & volunteers	<u>Click here</u>
Stimulants	30 minutes	Online	All professionals & volunteers	<u>Click here</u>
Ketamine	30 minutes	Online	All professionals & volunteers	<u>Click here</u>
MDMA & Ecstasy	30 minutes	Online	All professionals & volunteers	<u>Click here</u>
GHB/GBL and Chemsex Risks	30 minutes	Online	All professionals & volunteers	<u>Click here</u>
Naloxone Training	60 minutes	Online/face to face	All professionals & volunteers	<u>Click here</u>

Please note: Training may be cancelled due to trainer unavailability or if the minimum number of 5 participants is not met.

MODULE OVERVIEW

Description in-depth modules

Training Module	Overview	Booking Link
Basic Drug Awareness	Intro to commonly used substances, their effects, legal status, and risks.	Click here
Basic Alcohol Awareness	Covers alcohol use in the UK, patterns of drinking, health risks, dependence signs, and effective support strategies.	Click here
Alcohol Brief Interventions	Learn how to deliver short, impactful conversations to motivate behaviour change around alcohol use in a variety of settings.	Click here
Introduction to Motivational Interviewing in Addictions	A practical session exploring the core spirit and skills of MI to build rapport and strengthen client motivation to change.	Click here
Common Medicines in Addictions	Overview of medications commonly prescribed in addiction services, including substitute prescribing, detox protocols, and misuse risks.	Click here
Co-existing Mental Health & Substance Use	Explore how mental health and substance use interact, plus practical skills for risk management, communication, and referral.	Click here

MODULE OVERVIEW

Description in-depth modules

Training Module	Overview	Booking Link
Substance Use & It's Impact on Physical Health	Understand how substances impact physical health, with a focus on liver, kidney, cardiovascular, and infectious risks (e.g. BBVs).	<u>Click here</u>
Dependency on Prescription Drugs	Looks at the misuse of prescribed medications like benzodiazepines, painkillers, and sleeping tablets. Includes withdrawal risks and safe tapering.	<u>Click here</u>
Harm Reduction	Covers practical interventions to reduce risks, such as safer injecting, blood-borne virus prevention, overdose response, and trauma-informed care.	<u>Click here</u>
Young People & Substance Use	Tailored to professionals working with under 25s, exploring youth-specific patterns, safeguarding, and communication strategies.	<u>Click here</u>
Introduction to Gambling Awareness	Covers how gambling affects health, signs of problem gambling, and how to engage clients in support and referral pathways.	<u>Click here</u>

MODULE OVERVIEW

Description bitesize modules

Training Module	Description	Booking Link
Opioids	Explore heroin and prescribed opioids, dependence, withdrawal, overdose risks, and treatment pathways.	Click here
Cannabis	An overview of the effects, patterns of use, mental health risks, and harm reduction tips for cannabis users.	Click here
Cocaine & Crack Cocaine	Understand how stimulant use impacts the brain and body, and the unique challenges around binge cycles and mental health.	Click here
Stimulants	Explore the stimulant family, including misuse of prescription drugs, energy drinks, and related risks.	Click here
Ketamine	Focuses on recreational and dependent ketamine use, bladder health, and long-term cognitive impacts.	Click here
MDMA & Ecstasy	Covers short-term and long-term effects, harm reduction, and issues related to mental health and poly-drug use.	Click here
GHB/GBL and Chemsex Risks	Looks at chemsex trends, GHB-related overdose, consent and safeguarding, and support for LGBTQ+ communities.	Click here
Naloxone Training	Learn how to recognise and respond to opioid overdose and confidently administer naloxone (injectable and nasal).	Click here

TRAINING PROGRAMME

May 2025

- Thursday 8th May – Basic Drug Awareness – 10:00–11:30am
- Thursday 8th May – GHB/GBL and Chemsex – Bitesize Module – 1:00–1:30pm
- Tuesday 13th May – Substance Use & Its Impact on Physical Health – 10:00–11:30am
- Tuesday 13th May – Opioids – Bitesize Module – 1:00–1:30pm
- Wednesday 14th May – Cannabis – Bitesize Module – 1:00–1:30pm
- Thursday 15th May – Alcohol Brief Interventions – 10:00–11:30am
- Thursday 15th May – Naloxone Training – 1:00–2:00pm
- Wednesday 21st May – Introduction to Motivational Interviewing In Addictions – 10:00am–12:00pm
- Wednesday 21st May – Stimulants – Bitesize Module – 1:00–1:30pm
- Thursday 22nd May – Common Medicines used in Substance Use Treatment – 10:00–11:30am
- Thursday 22nd May – Cocaine & Crack Cocaine – Bitesize Module – 1:00–1:30pm
- Tuesday 27th May – Co-existing Mental Health and Substance Use – 10:00am–12:00pm
- Tuesday 27th May – Ketamine – Bitesize Module – 1:00–1:30pm
- Wednesday 28th May – Introduction to Gambling Awareness – 1:00–2:00pm

TRAINING PROGRAMME

June 2025

- **Tuesday 3rd June** – Basic Alcohol Awareness – 10:00–11:30am
- **Tuesday 3rd June** – Young People & Substance Use – 3:00–5:00pm
- **Wednesday 4th June** – Harm Reduction – 10:00–11:30am
- **Wednesday 4th June** – MDMA/Ecstasy – Bitesize Module – 1:00–1:30pm
- **Thursday 5th June** – Dependency on Prescription Drugs – 10:00–11:30am
- **Tuesday 10th June** – Substance Use & Its Impact on Physical Health – 10:00–11:30am
- **Tuesday 10th June** – Opioids – Bitesize Module – 1:00–1:30pm
- **Wednesday 11th June** – Cannabis – Bitesize Module – 1:00–1:30pm
- **Thursday 12th June** – Basic Drug Awareness – 10:00–11:30am
- **Thursday 12th June** – GHB/GBL and Chemsex – Bitesize Module – 1:00–1:30pm
- **Wednesday 18th June** – Introduction to Motivational Interviewing In Addictions – 10:00am–12:00pm
- **Wednesday 18th June** – Stimulants – Bitesize Module – 1:00–1:30pm
- **Thursday 19th June** – Alcohol Brief Interventions – 10:00–11:30am
- **Thursday 19th June** – Naloxone Training – 1:00–2:00pm
- **Tuesday 24th June** – Co-existing Mental Health and Substance Use – 10:00am–12:00pm
- **Tuesday 24th June** – Ketamine – Bitesize Module – 1:00–1:30pm
- **Wednesday 25th June** – Introduction to Gambling Awareness – 1:00–2:00pm
- **Thursday 26th June** – Common Medicines used in Substance Use Treatment – 10:00–11:30am
- **Thursday 26th June** – Cocaine & Crack Cocaine – Bitesize Module – 1:00–1:30pm

TRAINING PROGRAMME

July 2025

- Tuesday 1st July – Basic Alcohol Awareness – 10:00–11:30am
- Tuesday 1st July – Young People & Substance Use – 3:00–5:00pm
- Wednesday 2nd July – Harm Reduction – 10:00–11:30am
- Wednesday 2nd July – MDMA/Ecstasy – Bitesize Module – 1:00–1:30pm
- Thursday 3rd July – Dependency on Prescription Drugs – 10:00–11:30am
- Tuesday 8th July – Substance Use & Its Impact on Physical Health – 10:00–11:30am
- Tuesday 8th July – Opioids – Bitesize Module – 1:00–1:30pm
- Wednesday 9th July – Cannabis – Bitesize Module – 1:00–1:30pm
- Thursday 10th July – Basic Drug Awareness – 10:00–11:30am
- Thursday 10th July – GHB/GBL and chemsex – Bitesize Module – 1:00–1:30pm
- Wednesday 16th July – Introduction to Motivational Interviewing In Addictions – 10:00am–12:00pm
- Wednesday 16th July – Stimulants – Bitesize Module – 1:00–1:30pm
- Thursday 17th July – Alcohol Brief Interventions – 10:00–11:30am
- Thursday 17th July – Naloxone Training – 1:00–2:00pm
- Tuesday 22nd July – Co-existing Mental Health and Substance Use – 10:00am–12:00pm
- Tuesday 22nd July – Ketamine – Bitesize Module – 1:00–1:30pm
- Wednesday 23rd July – Introduction to Gambling Awareness – 1:00–2:00pm
- Thursday 24th July – Common Medicines used in Substance Use Treatment – 10:00–11:30am
- Thursday 24th July – Cocaine & Crack Cocaine – Bitesize Module – 1:00–1:30pm

TRAINING PROGRAMME

August 2025

- **Tuesday 5th August** – Basic Alcohol Awareness – 10:00–11:30am
- **Tuesday 5th August** – Young People & Substance Use – 3:00–5:00pm
- **Wednesday 6th August** – Harm Reduction – 10:00–11:30am
- **Wednesday 6th August** – MDMA/Ecstasy – Bitesize Module – 1:00–1:30pm
- **Thursday 7th August** – Dependency on Prescription Drugs – 10:00–11:30am
- **Tuesday 12th August** – Substance Use & Its Impact on Physical Health – 10:00–11:30am
- **Tuesday 12th August** – Opioids – Bitesize Module – 1:00–1:30pm
- **Wednesday 13th August** – Cannabis – Bitesize Module – 1:00–1:30pm
- **Thursday 14th August** – Basic Drug Awareness – 10:00–11:30am
- **Thursday 14th August** – GHB/GBL and chemsex – Bitesize Module – 1:00–1:30pm
- **Wednesday 20th August** – Introduction to Motivational Interviewing In Addictions – 10:00am–12:00pm
- **Wednesday 20th August** – Stimulants – Bitesize Module – 1:00–1:30pm
- **Thursday 21st August** – Alcohol Brief Interventions – 10:00–11:30am
- **Thursday 21st August** – Naloxone Training – 1:00–2:00pm
- **Tuesday 26th August** – Co-existing Mental Health and Substance Use – 10:00am–12:00pm
- **Tuesday 26th August** – Ketamine – Bitesize Module – 1:00–1:30pm
- **Wednesday 27th August** – Introduction to Gambling Awareness – 1:00–2:00pm
- **Thursday 28th August** – Common Medicines used in Substance Use Treatment – 10:00–11:30am
- **Thursday 28th August** – Cocaine & Crack Cocaine – Bitesize Module – 1:00–1:30pm

TRAINING PROGRAMME

September 2025

- Tuesday 2nd September – Basic Alcohol Awareness – 10:00–11:30am
- Tuesday 2nd September – Young People & Substance Use – 3:00–5:00pm
- Wednesday 3rd September – Harm Reduction – 10:00–11:30am
- Wednesday 3rd September – MDMA/Ecstasy – Bitesize Module – 1:00–1:30pm
- Thursday 4th September – Dependency on Prescription Drugs – 10:00–11:30am
- Tuesday 9th September – Substance Use & Its Impact on Physical Health – 10:00–11:30am
- Tuesday 9th September – Opioids – Bitesize Module – 1:00–1:30pm
- Wednesday 10th September – Cannabis – Bitesize Module – 1:00–1:30pm
- Thursday 11th September – Basic Drug Awareness – 10:00–11:30am
- Thursday 11th September – GHB/GBL and Chemsex – Bitesize Module – 1:00–1:30pm
- Wednesday 17th September – Introduction to Motivational Interviewing In Addictions – 10:00am–12:00pm
- Wednesday 17th September – Stimulants – Bitesize Module – 1:00–1:30pm
- Thursday 18th September – Alcohol Brief Interventions – 10:00–11:30am
- Thursday 18th September – Naloxone Training – 1:00–2:00pm
- Tuesday 23rd September – Co-existing Mental Health and Substance Use – 10:00am–12:00pm
- Tuesday 23rd September – Ketamine – Bitesize Module – 1:00–1:30pm
- Wednesday 24th September – Introduction to Gambling Awareness – 1:00–2:00pm
- Thursday 25th September – Common Medicines used in Substance Use Treatment – 10:00–11:30am
- Thursday 25th September – Cocaine & Crack Cocaine – Bitesize Module – 1:00–1:30pm

TRAINING PROGRAMME

October 2025

- Wednesday 1st October – Harm Reduction – 10:00–11:30am
- Wednesday 1st October – MDMA/Ecstasy – Bitesize Module – 1:00–1:30pm
- Thursday 2nd October – Dependency on Prescription Drugs – 10:00–11:30am
- Tuesday 7th October – Basic Alcohol Awareness – 10:00–11:30am
- Tuesday 7th October – Young People & Substance Use – 3:00–5:00pm
- Wednesday 8th October – Cannabis – Bitesize Module – 1:00–1:30pm
- Thursday 9th October – Basic Drug Awareness – 10:00–11:30am
- Thursday 9th October – GHB/GBL and chemsex – Bitesize Module – 1:00–1:30pm
- Tuesday 14th October – Substance Use & Its Impact on Physical Health – 10:00–11:30am
- Tuesday 14th October – Opioids – Bitesize Module – 1:00–1:30pm
- Wednesday 15th October – Introduction to Motivational Interviewing In Addictions – 10:00am–12:00pm
- Wednesday 15th October – Stimulants – Bitesize Module – 1:00–1:30pm
- Thursday 16th October – Alcohol Brief Interventions – 10:00–11:30am
- Thursday 16th October – Naloxone Training – 1:00–2:00pm
- Wednesday 22nd October – Introduction to Gambling Awareness – 1:00–2:00pm
- Thursday 23rd October – Common Medicines used in Substance Use Treatment – 10:00–11:30am
- Thursday 23rd October – Cocaine & Crack Cocaine – Bitesize Module – 1:00–1:30pm
- Tuesday 28th October – Co-existing Mental Health and Substance Use – 10:00am–12:00pm
- Tuesday 28th October – Ketamine – Bitesize Module – 1:00–1:30pm

TRAINING PROGRAMME

November 2025

- Tuesday 4th November – Basic Alcohol Awareness – 10:00–11:30am
- Tuesday 4th November – Young People & Substance Use – 3:00–5:00pm
- Wednesday 5th November – Harm Reduction – 10:00–11:30am
- Wednesday 5th November – MDMA/Ecstasy – Bitesize Module – 1:00–1:30pm
- Thursday 6th November – Dependency on Prescription Drugs – 10:00–11:30am
- Tuesday 11th November – Substance Use & Its Impact on Physical Health – 10:00–11:30am
- Tuesday 11th November – Opioids – Bitesize Module – 1:00–1:30pm
- Wednesday 12th November – Cannabis – Bitesize Module – 1:00–1:30pm
- Thursday 13th November – Basic Drug Awareness – 10:00–11:30am
- Thursday 13th November – GHB/GBL and Chemsex – Bitesize Module – 1:00–1:30pm
- Wednesday 19th November – Introduction to Motivational Interviewing In Addictions – 10:00am–12:00pm
- Wednesday 19th November – Stimulants – Bitesize Module – 1:00–1:30pm
- Thursday 20th November – Alcohol Brief Interventions – 10:00–11:30am
- Thursday 20th November – Naloxone Training – 1:00–2:00pm
- Tuesday 25th November – Co-existing Mental Health and Substance Use – 10:00am–12:00pm
- Tuesday 25th November – Ketamine – Bitesize Module – 1:00–1:30pm
- Wednesday 26th November – Introduction to Gambling Awareness – 1:00–2:00pm
- Thursday 27th November – Common Medicines used in Substance Use Treatment – 10:00–11:30am
- Thursday 27th November – Cocaine & Crack Cocaine – Bitesize Module – 1:00–1:30pm

TRAINING PROGRAMME

December 2025

- Tuesday 2nd December – Basic Alcohol Awareness – 10:00–11:30am
- Tuesday 2nd December – Young People & Substance Use – 3:00–5:00pm
- Wednesday 3rd December – Harm Reduction – 10:00–11:30am
- Wednesday 3rd December – MDMA/Ecstasy – Bitesize Module – 1:00–1:30pm
- Thursday 4th December – Dependency on Prescription Drugs – 10:00–11:30am
- Tuesday 9th December – Substance Use & Its Impact on Physical Health – 10:00–11:30am
- Tuesday 9th December – Opioids – Bitesize Module – 1:00–1:30pm
- Wednesday 10th December – Cannabis – Bitesize Module – 1:00–1:30pm
- Thursday 11th December – Basic Drug Awareness – 10:00–11:30am
- Thursday 11th December – GHB/GBL and Chemsex – Bitesize Module – 1:00–1:30pm
- Wednesday 17th December – Introduction to Motivational Interviewing In Addictions – 10:00am–12:00pm
- Wednesday 17th December – Stimulants – Bitesize Module – 1:00–1:30pm
- Thursday 18th December – Alcohol Brief Interventions – 10:00–11:30am
- Thursday 18th December – Naloxone Training – 1:00–2:00pm
- Tuesday 23rd December – Co-existing Mental Health and Substance Use – 10:00am–12:00pm
- Tuesday 23rd December – Ketamine – Bitesize Module – 1:00–1:30pm
- Wednesday 24th December – Introduction to Gambling Awareness – 1:00–2:00pm

TRAINING PROGRAMME

January 2026

- Tuesday 6th January – Basic Alcohol Awareness – 10:00–11:30am
- Tuesday 6th January – Young People & Substance Use – 3:00–5:00pm
- Wednesday 7th January – Harm Reduction – 10:00–11:30am
- Wednesday 7th January – MDMA/Ecstasy – Bitesize Module – 1:00–1:30pm
- Thursday 8th January – Basic Drug Awareness – 10:00–11:30am
- Thursday 8th January – GHB/GBL and chemsex – Bitesize Module – 1:00–1:30pm
- Tuesday 13th January – Substance Use & Its Impact on Physical Health – 10:00–11:30am
- Tuesday 13th January – Opioids – Bitesize Module – 1:00–1:30pm
- Wednesday 14th January – Cannabis – Bitesize Module – 1:00–1:30pm
- Thursday 15th January – Alcohol Brief Interventions – 10:00–11:30am
- Thursday 15th January – Naloxone Training – 1:00–2:00pm
- Wednesday 21st January – Introduction to Motivational Interviewing In Addictions – 10:00am–12:00pm
- Wednesday 21st January – Stimulants – Bitesize Module – 1:00–1:30pm
- Thursday 22nd January – Common Medicines used in Substance Use Treatment – 10:00–11:30am
- Thursday 22nd January – Cocaine & Crack Cocaine – Bitesize Module – 1:00–1:30pm
- Tuesday 27th January – Co-existing Mental Health and Substance Use – 10:00am–12:00pm
- Tuesday 27th January – Ketamine – Bitesize Module – 1:00–1:30pm
- Wednesday 28th January – Introduction to Gambling Awareness – 1:00–2:00pm

TRAINING PROGRAMME

February 2026

- Tuesday 3rd February – Basic Alcohol Awareness – 10:00–11:30am
- Tuesday 3rd February – Young People & Substance Use – 3:00–5:00pm
- Wednesday 4th February – Harm Reduction – 10:00–11:30am
- Wednesday 4th February – MDMA/Ecstasy – Bitesize Module – 1:00–1:30pm
- Thursday 5th February – Dependency on Prescription Drugs – 10:00–11:30am
- Tuesday 10th February – Substance Use & Its Impact on Physical Health – 10:00–11:30am
- Tuesday 10th February – Opioids – Bitesize Module – 1:00–1:30pm
- Wednesday 11th February – Cannabis – Bitesize Module – 1:00–1:30pm
- Thursday 12th February – Basic Drug Awareness – 10:00–11:30am
- Thursday 12th February – GHB/GBL and chemsex – Bitesize Module – 1:00–1:30pm
- Wednesday 18th February – Introduction to Motivational Interviewing In Addictions – 10:00am–12:00pm
- Wednesday 18th February – Stimulants – Bitesize Module – 1:00–1:30pm
- Thursday 19th February – Alcohol Brief Interventions – 10:00–11:30am
- Thursday 19th February – Naloxone Training – 1:00–2:00pm
- Tuesday 24th February – Co-existing Mental Health and Substance Use – 10:00am–12:00pm
- Tuesday 24th February – Ketamine – Bitesize Module – 1:00–1:30pm
- Wednesday 25th February – Introduction to Gambling Awareness – 1:00–2:00pm
- Thursday 26th February – Common Medicines used in Substance Use Treatment – 10:00–11:30am
- Thursday 26th February – Cocaine & Crack Cocaine – Bitesize Module – 1:00–1:30pm

TRAINING PROGRAMME

March 2026

- Tuesday 3rd March – Basic Alcohol Awareness – 10:00–11:30am
- Tuesday 3rd March – Young People & Substance Use – 3:00–5:00pm
- Wednesday 4th March – Harm Reduction – 10:00–11:30am
- Wednesday 4th March – MDMA/Ecstasy – Bitesize Module – 1:00–1:30pm
- Thursday 5th March – Dependency on Prescription Drugs – 10:00–11:30am
- Tuesday 10th March – Substance Use & Its Impact on Physical Health – 10:00–11:30am
- Tuesday 10th March – Opioids – Bitesize Module – 1:00–1:30pm
- Wednesday 11th March – Cannabis – Bitesize Module – 1:00–1:30pm
- Thursday 12th March – Basic Drug Awareness – 10:00–11:30am
- Thursday 12th March – GHB/GBL and chemsex – Bitesize Module – 1:00–1:30pm
- Wednesday 18th March – Introduction to Motivational Interviewing In Addictions – 10:00am–12:00pm
- Wednesday 18th March – Stimulants – Bitesize Module – 1:00–1:30pm
- Thursday 19th March – Alcohol Brief Interventions – 10:00–11:30am
- Thursday 19th March – Naloxone Training – 1:00–2:00pm
- Tuesday 24th March – Co-existing Mental Health and Substance Use – 10:00am–12:00pm
- Tuesday 24th March – Ketamine – Bitesize Module – 1:00–1:30pm
- Wednesday 25th March – Introduction to Gambling Awareness – 1:00–2:00pm
- Thursday 26th March – Common Medicines used in Substance Use Treatment – 10:00–11:30am
- Thursday 26th March – Cocaine & Crack Cocaine – Bitesize Module – 1:00–1:30pm

CNWL VALUES

CNWL's Vision

Wellbeing for life: We work in partnership with all who use our services to improve health and wellbeing. Together we look at ways of improving an individual's quality of life, through high quality healthcare and personal support

CNWL's Values

Compassion: Our staff will be led by compassion and embody the values of care outlined in our Staff Charter.

Respect: We will respect and value the diversity of our patients, service users and staff, to create a respectful and inclusive environment, which recognises the uniqueness of each individual.

Empowerment: We will involve, inform and empower our patients, service users, carers and their families to take an active role in the management of their illness and adopt recovery principles. We will ensure our staff receive appropriate direction and support, to enable them to develop and grow.

Partnership: We will work closely with our many partners to ensure that our combined efforts are focused on achieving the best possible outcomes for the people we serve.



TRAINING FAQ

Frequently Asked Questions



1. How do I access the training sessions?

Once you register via Eventbrite, you will receive a confirmation email. A Microsoft Teams link will be sent to you prior to the session.

2. Do I need to have my camera on?

Yes please — we ask all participants to have their cameras on during the session where possible. This helps create a more engaging and interactive learning environment.

3. Can I join from anywhere?

Absolutely! All sessions are delivered online via Microsoft Teams, unless stated otherwise. You can join from any location with a stable internet connection.

4. Is face-to-face training available?

Yes. While most of our sessions are online, we also offer face-to-face and bespoke training packages upon request. Please contact us to discuss your needs.

5. Will I receive a certificate?

Yes — participants will receive a CPD certificate upon full attendance and completion of the feedback form.

6. What if I can't attend after registering?

Please cancel your Eventbrite booking or notify us as soon as possible so your place can be offered to someone else.

7. Why was my training session cancelled?

Occasionally, training may be cancelled due to trainer sickness or if fewer than five participants are registered. If this happens, you will be notified and offered an alternative date where possible.

8. Who do I contact with questions or to arrange bespoke training?

You can reach Stefani Nagpal at:

✉ stefani.nagpal1@nhs.net

☎ 07355 023355