



Training & Development weekend 8-10 June 2018 FULL WORKSHOP DESCRIPTIONS

1. Multi Incident Scenario

*Instructors: Fire Service College/WFS
Operational personnel only/All day Saturday*

This is a whole day's experience, making full use of the college's extensive fire ground facilities. Incidents may involve domestic premises, industrial and basement scenarios in two and four pump exercises. Delegates will demonstrate their situational awareness and gain a good understanding of the factors that are likely to influence the way they make decisions.

Pump crews will be designated according to ability and experience, therefore delegates will be asked to state their level of operational experience at the time of booking. If you are new in role or thinking about progression then this workshop is for you.

2. Fire Behaviour

*Instructors: WFS/Fire Service College
Open to all delegates/3 hour session*

Ever wanted to see how a fire develops? Join us in our fire behaviour unit and gain an understanding of the characteristics, development, and behaviour of a compartment fire. You will see first-hand the typical combustion process within a fire compartment and the contribution to fire development provided by the elements of the structure. Whilst wearing breathing apparatus you will sit within the compartment whilst listening to a running commentary from experienced training staff. You will also have the opportunity to observe from a safe position the characteristics and effects of flashover and a backdraft. This workshop is open to both operational and non-operational staff.

3. Urban Search and Rescue (USAR)

*Instructor: Jim Gilbert
Open to all delegates/3 hour session*

This workshop is open to all delegates and is partly classroom based, giving an insight into the UK's USAR capability. It is followed by a practical demonstration by the search and rescue dogs and delegates, if they choose, will have an opportunity to take part and be the live casualty. This will involve wearing Personal Protective Equipment and crawling through tunnels and small spaces into the heart of the rubble pile to experience the incident first hand.

4. Incident Command *(Sim Suite)*

*Instructors: Serena Benassi LFB/Fire Service College/WFS
Open to all delegates/3 hour session*

Following some Incident Command input, delegates have the opportunity to play out scenarios in the Fire Service College Simulation Suite and test leadership capability, making key decisions about actions to be taken to ensure that the situation and casualties are managed effectively and safely. Scenarios are available at all levels, no experience of Incident Command is required.

5. Be a Firefighter

*Instructors :Wayne Johnson LFB/WFS
Open to all delegates/3 hour session*

This is a 3 hour experience giving delegates an opportunity "to have a go" at many aspects of the role of the firefighter. Once donned in fire kit you can ride on the fire engine to attend incidents and deal with a variety of challenges including search and rescue in a safe air environment wearing breathing apparatus. This is a practical session where you will be able to get your hands on kit, work on the fire ground and experience team building exercises out on the fire ground . PPE kit will be provided - please complete size section on booking form.

6. Drive an appliance

*Instructors: Neil Withers/Lara Richardson
Open to all delegates/3 hour session*

Here is your chance to test your driving skills at the wheel of the fire engine. Always a popular and thrilling experience!

7. Reducing stress and sleeping well

*Facilitator: Heather Darwall-Smith (What is stress.co.uk)
Open to all delegates/3 hour session*

Our bodies were designed with an innate need for daily, deep rest and relaxation. It refreshes and rejuvenates us for the day ahead. However, many people suffer through night after night of disruptive sleep. If that's you, this is a workshop to help improve your sleep. The session will cover:

1. What is stress and how it impacts on our sleep
2. Shift workers – maximise those zzzzz's
3. Nutrition and sleep
4. Reclaim your bed. How melatonin production throws off circadian rhythms
5. What works for you?

8. Recognising and Dealing with Post Traumatic Stress Disorder (PTSD) in the Fire and Rescue Service

*Facilitator: Shilla Patel, LFB
Open to all delegates/3 hour session*

This interactive workshop, will explore how and when PTSD may occur, the signs and symptoms to look out for, how to cope with PTSD and the support available. The workshop will place particular emphasis on dealing with traumatic events in the Fire and Rescue Service, with the use of case studies. There will also be a panel consisting of a number of mental health charities, who will provide some invaluable guidance and support, with opportunities for you to ask questions. These include the charities, PTSD, MIND and the Firefighter Charity. The aim is to provide delegates with an introduction to the mental health condition, Post Traumatic Stress Disorder, in order to be able to effectively recognise and deal with the condition.

9. Authentic Conversations

Facilitator: John Parkinson, Lancashire FRS

Open to all delegates/3 hour session

This innovative workshop offers you an insight into the communication styles that you and those around you sometimes use. With a focus on enhancing effective communication and building healthy relationships this interactive session will allow you to identify and overcome any barriers to communication that may exist in your eyes. It utilises the theory of Transactional Analysis to provide learners with a new perspective and self-reflection opportunity to understand the interactions that take place when they are communicating with others.

The nature of the workshop allows you to explore with others your experiences and will provide you with tools and techniques to improve both your confidence and competence when communicating. This course is for you if you wish to experience new perspectives, understand yourself before understanding others, raise awareness of what motivates people, learn from other learners, increase self-reflection skills, improve team effectiveness, develop your personal skills.

10. Public Speaking

Facilitator: Angela Hammonds, Lancashire FRS

Open to all delegates/3 hour session

Want to change how you feel about public speaking? Would you like to speak in front of a group with ease and confidence? I want to help you feel more at ease when you are the centre of attention. On this public speaking workshop, you really can change the way you speak and feel in front of people. Even if you have been scared for years, you can learn how to be more self-confident. If you can start to relax around public speaking you can actually start to focus on your objective to why you are standing in front of all those people. Many people who have struggled with public speaking for a long time want to change how they feel about being the centre of attention. The areas we will focus on during the workshop are.

- Building your leadership role
- Having the ability to be clear & focussed
- Objectives and Audiences
- Brief lesson planning
- Making a difference

I will make this as interactive as possible, there will be no death by power point and I won't talk at you-each one of you will have the opportunity to put together a simple but short presentation at the end of the session. Please don't let this put you off ! #Embracethemoment

11. Fire Control - 'have a go' session

Facilitator:- Jessica Grayson, South Yorkshire FRS

Open to all delegates/3 hour session

'What is Fire Control' - this is an opportunity to find out. The aims of the workshop are to:-

- Listen to recorded 999 calls from various Fire Services including some fire survival guidance calls
- Answering simulated fire calls and mobilising to them using the Systel training system

- Using the hand held radios to receive informative messages from the simulated fire ground and adding them to the incident log

This workshop is open to all delegates and will give an understanding into what Fire Control do and how crews are mobilised to an incident.

12. Fire Investigation

Facilitator: Matt Jones, South Wales FRS

Open to all delegates/3 hour session

Overview of Fire Investigation, covering Matt's 14 years as a Fire Investigation Dog Handler (The Fire Investigators Best Friend) , which have some funny and touching stories. Followed by a case study of the Cwmbran tragedy, which resulted in 3 generations from the same family being murdered.

13. Advanced Trauma

Facilitator: Jason Sadler, Welsh Ambulance Service NHS Trust

Operational personnel only/3 hour session

A fantastic opportunity to further expand your knowledge around Spinal injuries, this will be a very practical session, starting with the 'theory and mechanism' around spinal injuries and moving onto using a wide range of 'immobilisation' equipment currently used by NHS Ambulance Services. This will be for 'familiarisation only'

14. Abseiling

Instructors: Devon & Somerset FRS

Open to all delegates/1.5 hour session

This is an opportunity to gain an understanding of some of the incidents and rescues carried out by our specialist rescue teams. The experienced instructors will talk you through the equipment and give you the opportunity to abseil down the tower. If you have never tried it but have always wanted to, this is your chance

15. Menopause

Facilitator: Tanith Lee - Mrs Menopause

Open to all delegates/1.5 hour session

Tanith discovered at the age of 38, she was starting the menopause. Hear more of Tanith's story and why she created Mrs Menopause. Understand the what and why of menopause, why do women get symptoms, how it can affect women in the workplace (operational/non operational). Discover the new menopause mindset, debunk the common myths and understand the different ways to support a women during this time. Diet, exercise and what really works.

16. A Basic understanding of Islam

Facilitator: Robin Whittington, Fire Service College

Open to all delegates/1.5 hour session

An opportunity for delegates to gain a basic understanding of Islam

- **Myths and Truths of Islam**
- **Following Islam in the workplace**
- **The Five Pillars of Islam**
- **Sunni & Shia the differences**

17. First Aid Basic Skills and DeFib Training

Facilitator: Jason Sadler, Welsh Ambulance Service NHS Trust

Open to all delegates/1.5 hour session

This is an exciting opportunity to enhance your basic First Aid knowledge. The session will be very relaxed and informal, based around the 'Adult Cardiac Arrest' scenario. The session will be tailored around the candidates taking part enabling them to learn the theory of 'why we do what we do' and take part practically using training manikins and training AED's. You will also have the opportunity to ask any First Aid related questions.

18. Firefighter Fitness Test

Facilitator: Caroline Sturgess, Lancashire FRS

Open to all delegates/1.5 hour session

This workshop is aimed to support and empower you with information on each of the current standards, providing you with the knowledge to maintain and improve fitness. This workshop will also offer the opportunity to take part in the Firefit Drill Ground Assessment with the support of an all-female peer group. Results will be issued to you in confidence with tips to help improve where and if necessary.

19. Women in Leadership in UK Fire

Facilitator: Dr Sabrina Cohen-Hatton

Open to all delegates/1.5 hour session

A workshop on Women in Leadership in UK Fire including

- **Unconscious bias**
- **Gender differences in success and likeability**
- **Societal expectations and stereotypes**
- **The psychology behind some of these phenomena**

Sabrina will share some of her experiences in these areas and facilitate a group discussion.

20. Road Traffic Collision (RTC)

Instructors: Robin Whittington, Fire Service College

Operational personnel only/2.5 hour session

A practical RTC input session for operational delegates, in which they can get hands on with the equipment. It is suitable for all levels of operational staff. Delegates will need to attend the RTC familiarisation on Friday afternoon and supply their own PPE including eye protection.

21. Creating inclusion in the Fire and Rescue Service

Facilitator: Shilla Patel, LFB

Open to all delegates/2.5 hours

This interactive and engaging workshop will help you understand what diversity and inclusion are, and why they are critical to the Fire and Rescue Service. You will have the opportunity to develop a working definition of inclusion and diversity, and how it applies to your organisations. The workshop will also delve into the use of inclusive language, communication and behaviours. There will be ample opportunities to share good practice through open discussions and case studies. The aim is to provide you with opportunities to explore and discuss how we can create a more inclusive Fire and Rescue Service

22. Dementia Friends

Facilitator: Jane Williams, Lancashire FRS

Open to all delegates/1 hour session

Want to know more about dementia and how we can all support people living with the condition? This is not just relevant to our workplace but can also be about supporting family, friends, neighbours etc. The awareness session, which has been produced by the Alzheimer's Society provides information that explains certain behaviours and helps to make sense of how we can react. There are already nearly 2.5 million people in the UK who are Dementia Friends and the ambition is to make as many people as possible a friend so that we can build Dementia Friendly Communities and raise awareness about Dementia. Come along to this fun, one hour session to find out more. You will not only leave the session as a Dementia Friend but you will also be provided with a Dementia Friend badge to wear with pride and can go back to your workplace and spread the word and help create even more Dementia Friends.

23. XVR incident Command

Instructors: Derbyshire FRS

Open to all delegates/1.5 hour session

This is an opportunity for delegates to experience the role of Incident Commander at either Level one or Level two. There will be a range of different incident types for you to experience. You can be either an experienced Incident Commander already or you may be wanting to try this role for the first time. The instructors will be there to coach and support you whilst also involving other delegates in your decision making process. The instructors use XVR which is a virtual reality simulation so this will be carried out in a classroom and not on the fire ground.

Facilitated by Derbyshire Fire & Rescue Service.

24. Interviewing Techniques

Facilitator: Mary-Anne Oates, LFB

Open to all delegates/2.5 hour session

Thinking of applying for a job or do you want to understand more about assessment processes and how to prepare for them? Then this is the workshop for you. This will include a mix of theory and practical skills sessions/role plays.

25. Fire Control Room - Learning and improving

Facilitator: Joanne Smith, LFB

Open to fire control personnel/2 hour session

This workshop will focus on national learning for Control rooms with honest discussion regarding incidents, outcomes and discuss ways to improve together following on from lessons learnt. Practical exercise aims to explore and provide an awareness of considerations when supervising or managing a fire control room

26. Fitness for Women

Facilitator: Caroline Sturgess, Lancashire FRS

Open to all delegates/1.5 hour session

Body Balance, Stability, Mobility and Mindfulness are the pathways to achieve a stronger healthier happier body for life. This practical workshop will provide you with the opportunity to try out a variety of activities lead by experienced PTI's. This workshop is aimed to provide you with a wealth of information to develop strength, flexibility and lean muscle tone. The workshop is open for all fitness abilities and you don't need to have great co-ordination. All you'll need is your gym kit (or loose comfortable clothing), a towel and a drink. Finishing the weekend off leaving you feeling invigorated with a calming mindfulness session at the end.

27. An UN-usual Career, fire fighting in the UN

Facilitator: Robin Stenhouse, UN

Open to all delegates/1.5 hour session

Robin previously served in two municipal fire brigades in the UK and one Airport Fire Service. He loved the diversity of people and situations faced. In 2010 Robin joined the United Nations (UN) with MONUSCO, in the DR Congo and has since worked across four different UN Field Missions. In doing so, facing challenges, good days and some very bad days. He has worked with some incredible colleagues from a hugely diverse background but never worked with a Female Fire Officer, working at the International level.

The UN Secretary General (SG) committed the UN to gender parity, a call that echoes his personal core beliefs. While providing a narrative of his career within the UN as a Fire Officer, Robin would look to educate on the greater work carried out by the UN and possibly encourage people to consider the UN as a career option. Understanding the rules of the UN, how to apply, contract types, duty stations and how life is for staff members are all issues that can be incredibly hard, from the outside.

28. National Inter-agency Liaison Officer (NILO)

Instructor: Peter Curtin, LFB

Open to all delegates/1.5 hour session

The National Inter-agency Liaison Officer (NILO) is a tactical adviser who supports multi-agency operations at terrorist or other critical incidents including firearms, CBRN(e) and public order. The primary role is to reduce risk to staff, other emergency service responders and the public, whilst assisting in the safe resolution of incidents. NILOs receive additional specialist training to give them an in-depth knowledge of other service's capabilities and procedures. To date there are NILOs in every FRS within the UK and across the Health Service, Police Forces and MOD.

Workshop Aim – To provide an insight into the role of the NILO, Counter Terrorist network and current terrorist attack methodology.

Objectives; by the end of the workshop you will be able to:

- **Identify the role of the NILO and the aspects of the role**
- **State the requirements of the NILO initial training course**
- **Understand the Counter Terrorist (CT) network within the UK and be aware of Contest strategy and ‘Stay Safe’ advice**
- **Understand current terrorist attack methods and responder considerations**
- **Identify lessons learned for initial responders and officers following Westminster and Borough Market terrorist attacks**