

CAVDAS **Training Calendar**

October - December 2026

All sessions are free to those working or volunteering across Cardiff & the Vale

Welcome to This Quarter's Learning & Development Programme



This quarter we're doing things a little differently.

Previously, training opportunities were delivered separately for CAVDAS staff and colleagues from partner organisations. Going forward, we're bringing learners together to create more opportunities for networking, collaboration, and shared learning across services.

We hope that training provides not only the opportunity to develop knowledge and skills, but also to build connections, share experiences, and learn from colleagues working in different roles and organisations across Cardiff and the Vale.

To make training more accessible, this quarter's programme includes a mix of:

- Face-to-face and online sessions
- Full-day and shorter bite-sized learning opportunities
- Awareness, skills-based, and specialist training topics

A Friendly Reminder

Course bookings and attendance are monitored to help us make the best use of available training places.

If you are unable to attend a course you have booked onto, please let us know at least 48 hours in advance so that we can offer your place to someone else.

Thank you for helping us maximise learning opportunities across the partnership.

How to Book



Each page gives course details, location, and timings. Please read carefully and identify courses that suit your needs.

- 1 Courses are ordered by date
- 2 Discuss attendance at your preferred training with your line manager and obtain their approval.
- 3 Book your place using the Eventbrite link with your work email. (Hover over the desired link and click to register.)
- 4 Ensure all training details are entered into your work calendar.
- 5 If you need to cancel or have any queries, please email training@cavdas.com as soon as possible. or within 48 hours of scheduled delivery
- 6 Attend the training and complete any required evaluation

New: As part of the booking process, your manager's name must be provided to confirm authorisation. If you fail to attend without notifying the L&D team, your manager will be contacted.

Cannabis and Other Cannabinoids

Delivered by KFx Training



Although cannabis is the most widely-used illicit drug in the UK, many workers are under-confident when discussing it. This course rectifies this situation, providing the first detailed training on all aspects of cannabis use.

The updated course includes exploration of THC v CBD, emergent issues such as BHO and vape, and looks at SCRsA. It looks at harm reduction and dependency. This course is aimed at workers engaging with cannabis users. This includes young recreational users through to more entrenched users.

Learning Outcomes

By the end of the course, participants will:

- Be familiar with types of cannabis, and the variances in strength and quality
- Be aware of emergent trends including BHO, CBD oil and vaping
- Understand cannabis risks and how to address these
- Understand cannabis dependency and how to respond to this
- Be able to implement harm reduction strategies with users
- Be more confident in discussing cannabis with users
- Be able to understand the legal framework as applied to cannabis
- Understand in more detail the interface between cannabis and mental health
- Be aware of key differences between plant-derived (phyto-cannabinoids) and Synthetic Cannabinoids.

Online

Tuesday 6th October 2026

09:00 – 17:00

Link To Book

[Cannabis and other
Cannabinoids](#)

Growing Up & Growing Wise

Supporting Young People Around Drugs & Alcohol

Delivered by the CAVDAS CYP Team



The CAVDAS Children & Young People's Team are proud to offer this one-day training course, designed to enhance understanding of substance use in the context of children and young people.

The training is aimed at professionals working with children and young people who want to develop their knowledge and confidence in responding to substance use.

The team will bring their practical experience and specialist knowledge to the session, guiding participants through key topics, discussions, and real-world examples.

At the end of the session, attendees should be able to:

- Understand some reasons why young people use substances.
- Understand how the changing world could impact trends in substance use.
- Understand the effects of different substances.
- Identify some key harm reduction messages around these substances.
- Understand how to refer into CAVDAS.

Y-Lanfa - Cardiff Bay

Wednesday 7th October 2026

10:00 - 16:00

Link to book

[Growing up & Growing Wise Training](#)

Substance Awareness & Harm Reduction – 1 Day Course

Delivered by CAVDAS



This one-day training is designed for professionals whose role brings them into contact with substance use, but who do not work directly within specialist substance use services.

It provides a strong foundation in drug and alcohol awareness, helping participants develop the knowledge, confidence, and practical understanding needed to enhance their support and inform their work with individuals affected by substance use.

Learning Outcomes

By the end of this training, participants will be able to:

- Explore harm reduction as an approach and identify a range of harm reduction interventions.
- Understand the main drug categories and their effects on the body and central nervous system.
- Explore the Drug, Set and Setting model and use it to assess risk and inform conversations about substance use.
- Identify key information relating to individual substances, including effects, associated risks, and harm reduction strategies.

Cardiff – St Andrews

Thursday 22nd October 2026

10:00 – 16:30

Link To Book

[Substance Awareness & Harm Reduction Training](#)

Substance Awareness & Harm Reduction (2 day)

Delivered by Rachel Martin-Suarez



This two-day training is designed for professionals working directly within substance use services who want to develop a deeper understanding of the fundamentals of substance use.

Working through each drug category, participants will explore commonly used substances, their effects and associated risks, and the treatment and intervention options available to support individuals.

The course combines theory and practical application to strengthen knowledge, confidence, and informed decision-making in practice.

Learning Outcomes

By the end of this training, participants will be able to:

- Understand the different categories of substances using the Drugs Wheel.
- Identify common substances, their effects, and associated risks.
- Explore evidence-informed harm reduction strategies relevant to different substances.
- Understand how substances affect the body and central nervous system.
- Recognise the treatment and intervention options available to support individuals experiencing substance-related difficulties.

Cardiff – St Andrews

Monday 2nd & Monday 16th November
2026

10:00 – 16:30

Link To Book

[Substance Awareness & Harm
Reduction Training](#)

Exploring Ketamine Use – Harm Reduction & Best Practice

Delivered by CAVDAS



This training is designed for professionals who work with individuals affected by ketamine use and want to develop their knowledge and confidence in responding effectively.

Participants will explore ketamine in greater depth, including patterns of use, effects, associated risks, and the impact ketamine can have on physical health and wellbeing. The course also examines practical harm reduction approaches and support options, helping professionals provide informed, person-centred advice and interventions.

Learning Outcomes

By the end of this training, participants will be able to:

- Understand patterns of ketamine use, its effects, and the different forms in which it is commonly encountered.
- Identify common routes of administration and how these may influence risks and harms.
- Recognise the short and long-term risks associated with ketamine use, including impacts on physical and mental health.
- Explore strategies that support informed decision-making around substance use.
- Identify and promote harm reduction approaches that can reduce the risk of ketamine-related harm.
- Recognise ways to support individuals affected by ketamine use and signpost to appropriate interventions and services.

Cardiff – St Andrews

Wednesday 4th November 2026

10:00 – 16:00

Link To Book

[Exploring Ketamine Use Training](#)

Substance Spotlight Information Sessions

Delivered by CAVDAS



These short, interactive awareness sessions are designed for professionals who may encounter substance use within their role and would like to develop their knowledge of specific substances. Each session provides a practical overview of a substance, including who commonly uses it, its effects, associated risks, and the impact it can have on individuals.

Participants will explore key harm reduction messages and practical approaches that can help reduce the risks associated with substance use, while building confidence in responding to related issues within their role. Time for questions, discussion, and reflection is built into each session, allowing participants to link the learning to their own practice and professional experiences.

The sessions are delivered online via Microsoft Teams, with presentation materials shared afterwards for future reference. We hope that the shorter format makes these sessions more accessible for busy professionals, providing a flexible way to develop knowledge and skills without committing to a full-day course.

Ketamine Spotlight

Wednesday 11th November 10:00–11:00

[Link to book](#)

[Bitesize Session – Ketamine & Harm reduction](#)

Beyond the High – Comedowns, Crashes and Withdrawals

Wednesday 16th December 10:00–11:00

[Link to book](#)

[Bitesize Session – Beyond the High, Comedown, Crashes & Withdrawal](#)

Breaking Free Online(BFO)

Delivered by Lifeworks



Breaking Free Online (BFO) is a comprehensive digital treatment and recovery programme that provides access to evidence-based resources, interventions, and coping strategies 24 hours a day, 7 days a week. The platform supports individuals experiencing challenges related to substance use, helping them build knowledge, develop practical skills, and work towards positive change at their own pace.

CAVDAS has purchased a licence for use across Cardiff and the Vale, meaning the programme can be offered free of charge to anyone living in the area who may benefit from additional support around substance use. Professionals can request an access code and incorporate BFO into the support they already provide, offering individuals access to digital resources alongside existing services and interventions.

Research suggests that digital programmes are most effective when used alongside support from a trusted professional. To support this, training is available for staff and partner organisations who work with individuals affected by substance use. The training provides an overview of the programme, demonstrates how it can be used within support and recovery planning, and explores ways to integrate BFO into ongoing work with clients.

Whether used as a standalone resource or alongside structured support, BFO offers an additional evidence-based tool that professionals can utilise to enhance the support available to people across Cardiff and the Vale.

Online

Wednesday 18th November 2026

13:00 – 15:00

Link to Book

[BFO Training](#)

All training is online and joining instructions will be sent out closer to the date. Access codes to the platform will also be shared.

For colleagues with access to the shared drive
A body of resources related to BFO can be found **here**

For colleagues in partner services, please ask for the CAVDAS stakeholder toolkit.

Beyond Needles – Safer Injecting & Harm Reduction

Delivered by CAVDAS



This training is designed for professionals who work with people who inject drugs and want to develop their knowledge, skills, and confidence in delivering effective harm reduction interventions.

Participants will explore safer injecting practices, appropriate harm reduction equipment, common injecting-related risks, and the practical steps that can be taken to reduce harm and improve health outcomes.

The course also examines the evolving role of Harm Reduction Hubs and the importance of building positive therapeutic relationships that encourage engagement, trust, and access to wider support.

Learning Outcomes

By the end of this training, participants will be able to:

- Understand the role of Harm Reduction Hubs and the importance of therapeutic relationships in supporting engagement.
- Identify appropriate harm reduction equipment and provide advice on safer injecting practices.
- Recognise common injecting-related risks, complications, and associated harms.
- Apply appropriate responses to incidents, including needle stick injuries.
- Explore opportunities to promote wider health, treatment, and recovery support through harm reduction contacts.

Cardiff – St Andrews

Wednesday 25th November

10:00–16:00

Link to Book

[Beyond Needles Training](#)

Understanding & Supporting ChemSex

Delivered by Rachel Martin-Suarez



This course is aimed at professionals who work with, or may support, individuals engaged in ChemSex. Recently updated to reflect current evidence and emerging trends, the training moves beyond awareness raising and focuses on developing the knowledge, confidence, and practical skills needed to support individuals safely, effectively, and without judgement.

Participants will explore the substances commonly associated with ChemSex, the risks and challenges individuals may experience, and practical approaches to harm reduction, consent, personal safety, and support pathways. The course is designed to help professionals have informed, non-judgemental conversations and respond confidently to the needs of those engaged in ChemSex.

Learning Outcomes

By the end of this training, participants will be able to:

- Understand the ChemSex subculture and the substances commonly associated with it.
- Explore the motivations, behaviours, and experiences linked to ChemSex.
- Recognise the physical, psychological, social, and sexual health risks associated with ChemSex.
- Discuss personal safety, vulnerability, boundaries, and consent within the context of ChemSex.
- Identify practical harm reduction strategies that can reduce the risk of harm.
- Develop confidence in supporting individuals engaged in ChemSex through informed, non-judgemental conversations.
- Recognise appropriate services and referral pathways for additional support.

Cardiff – St Andrews

Tuesday 1st December 2026

10:00 – 16:00

Link to book

[Chemsex & Sexual Health Training](#)

Responding to Opioid Overdose Naloxone Administration

Delivered by CAVDAS



This course is aimed at professionals who may come into contact with individuals at risk of opioid overdose and want to develop the knowledge, confidence, and practical skills needed to respond effectively in an emergency.

Participants will learn how to recognise the signs of an opioid overdose, understand who may be at increased risk, and take appropriate action whilst awaiting emergency medical assistance.

The training includes practical instruction on the administration of both injectable (Prenoxad) and nasal (Pebble) naloxone, equipping participants with the skills to potentially save a life.

Upon completion of the training, participants will receive a naloxone kit to carry with them. Basic information will be collected to register the kit on NEO, our harm reduction database.

Learning Outcomes

By the end of this training, participants will be able to:

- Understand what naloxone is and how it works.
- Identify factors that may increase the risk of opioid overdose.
- Recognise the signs and symptoms of an opioid overdose.
- Apply appropriate responses when responding to an overdose situation.
- Demonstrate how to administer both injectable Prenoxad and nasal Pebble naloxone safely and effectively.

The Vale – 2-10 Holton Rd

Thursday 3rd December 10:00–11:30

[Link to Book](#)

[Naloxone Training](#)

St Andrews – Cardiff

Monday 7th December 12:00–13:30

[Link to Book](#)

[Naloxone Training](#)

Blood Borne Virus Awareness Delivered by The Hep C Trust



This course is aimed at professionals who work with individuals at risk of, or affected by, blood borne viruses (BBVs) and want to develop the knowledge, confidence, and practical skills needed to support testing, treatment, and prevention.

Participants will explore the key blood borne viruses, including hepatitis B, hepatitis C, and HIV, gaining an understanding of transmission routes, associated health impacts, and the importance of early identification and treatment. The course also examines how professionals can support individuals at risk of infection through education, harm reduction, testing, and engagement with healthcare services.

A practical element of the training focuses on the use of Dry Blood Spot Testing (DBST), including how to perform and record tests appropriately. As this aspect of the course may not be relevant to all roles, participants are encouraged to discuss attendance with their line manager before booking.

Learning Outcomes

By the end of this training, participants will be able to:

- Understand what blood borne viruses are and how they are transmitted.
- Recognise the health impacts of hepatitis B, hepatitis C, and HIV.
- Identify ways to support individuals at risk of blood borne virus infection.
- Understand the role of testing, treatment, and prevention in reducing harm.
- Demonstrate how to perform and record a Dry Blood Spot Test (DBST) appropriately.

Cardiff – St Andrews

Friday 18th December 2026

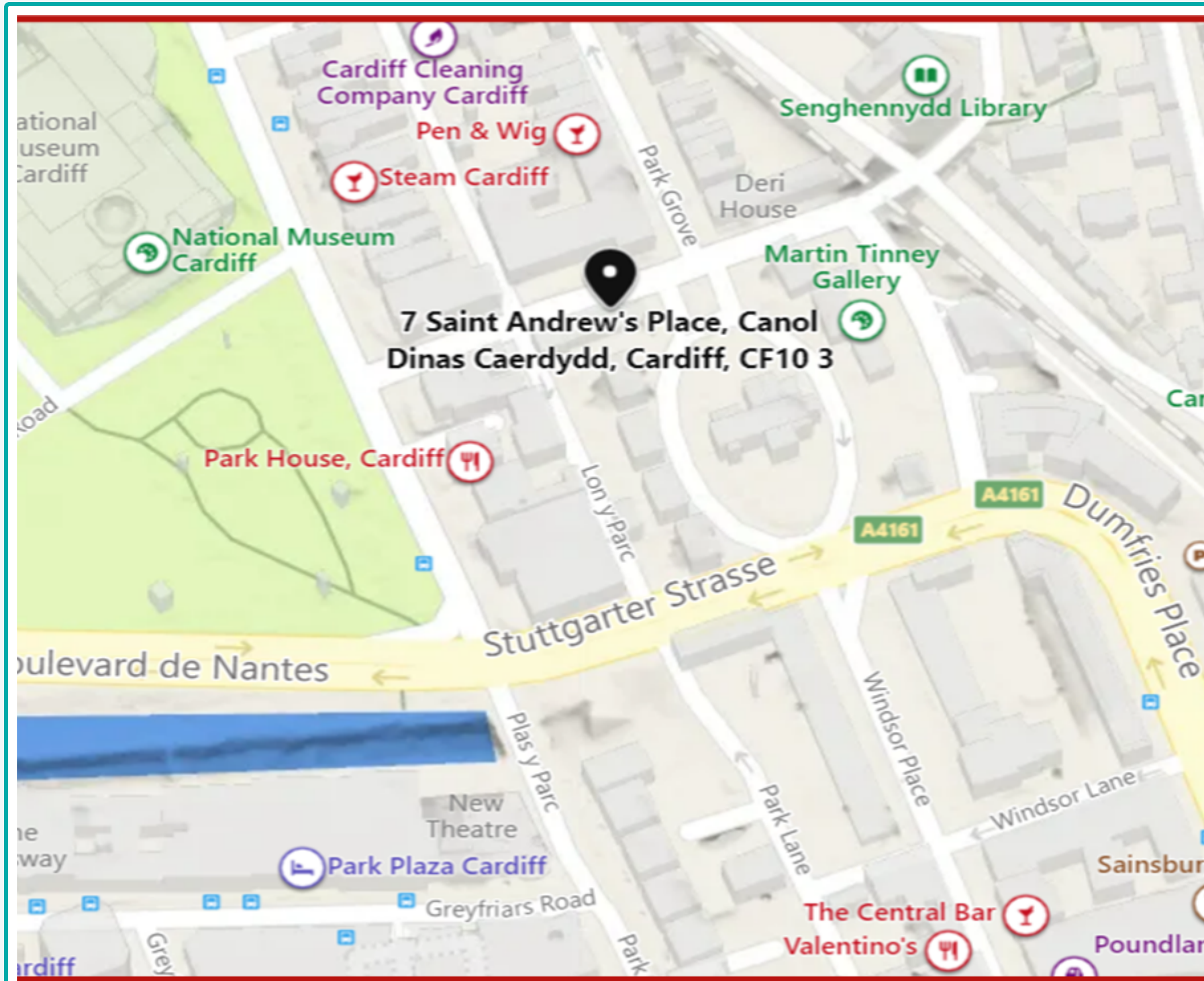
10:00–16:00

[Link to Book](#)

[BBV Awareness Training](#)

Cardiff St Andrews

LOCATION & TRAVEL



ADDRESS

7 St Andrews Place, Cardiff, CF10 3BE

PARKING

No on-site parking. Dumfries Place NCP, CF10 3FN, 2-minute walk. Pay as you go spaces available nearby.

TRANSPORT

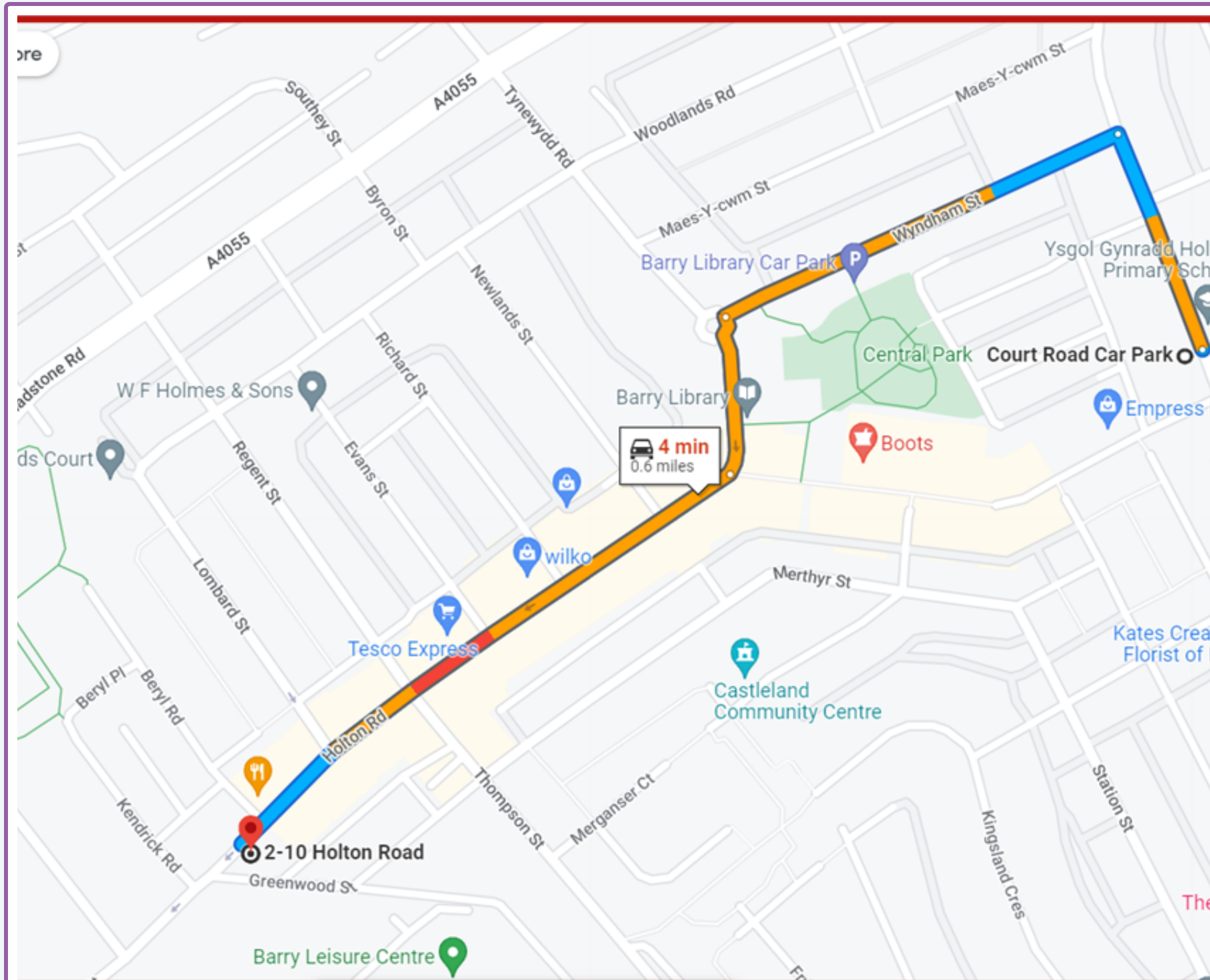
Queen Street Train station, 10-minute walk

FOOD

On-site heating facilities for lunch. Multiple food outlets within walking distance.

The Vale

LOCATION & TRAVEL



ADDRESS

2-10 Holton Rd, CF63 4HD

PARKING

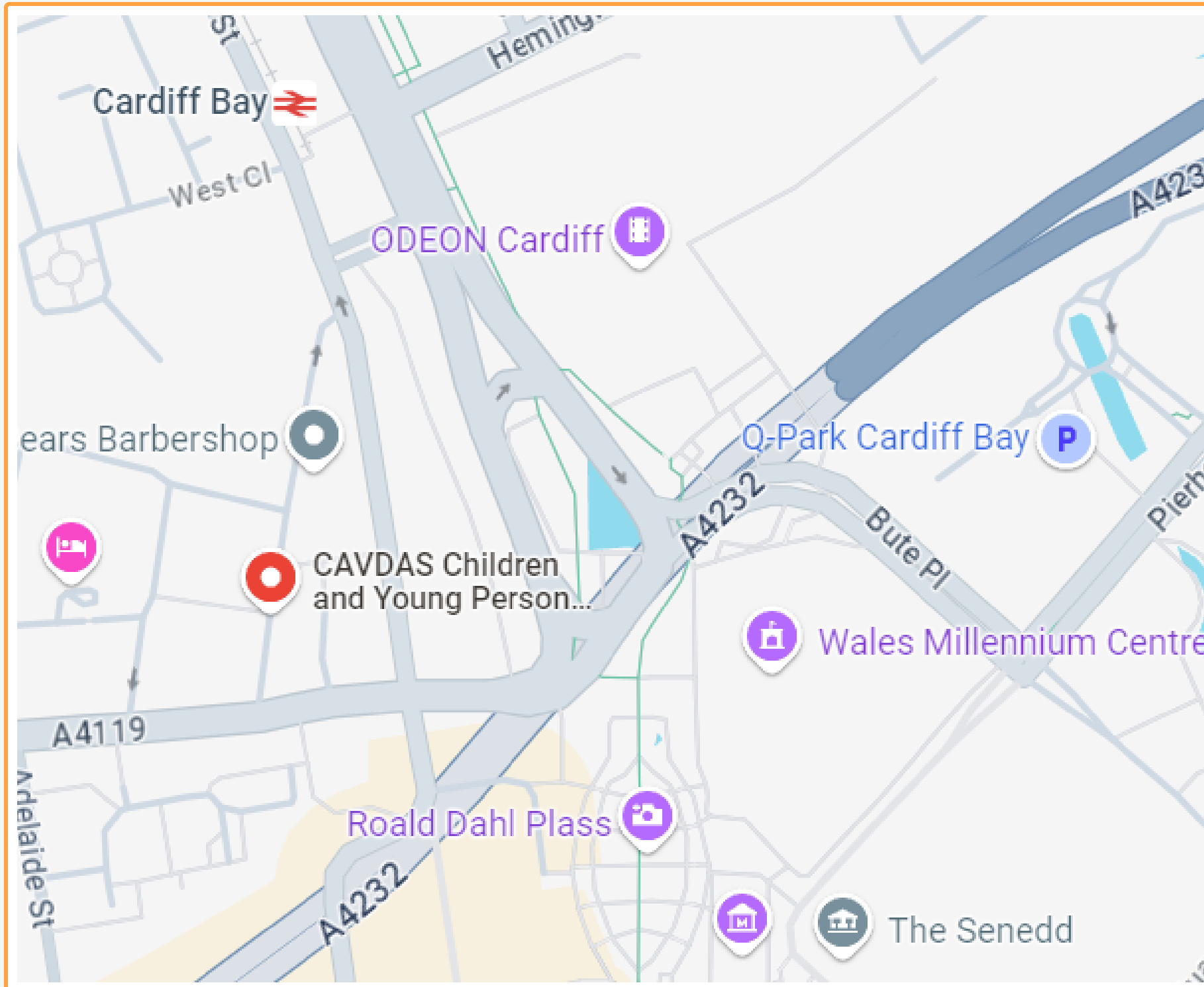
No on-site parking. Court Road Multi storey carpark, CF63 4HG, few minutes walk

TRANSPORT

Barry Docks train station, 15-minute walk

FOOD

On-site heating facilities for lunch. Multiple food outlets within walking distance.



ADDRESS

St Claire Court, 3-11 West Bute Street, CF10 5EN. Children & Young Person's Base.

PARKING

Pay as you go spaces in the area

TRANSPORT

Cardiff Bay train station, 5-minute walk

FOOD

On-site heating facilities for lunch. Multiple food outlets within walking distance.