**STAY WARM, STAY WELL**

**FREE TRAINING FOR FRONT LINE STAFF**

Fuel poverty is a major problem in Scotland. More than one in four people can’t afford to heat their homes to an adequate level. For those living in fuel poverty, the consequences are ill health, discomfort and debt. This often means choosing between heating and eating.

Energy Action Scotland (EAS) campaigns for an end to fuel poverty and works to turn cold, damp houses into warm, dry homes. EAS has recently secured funding from OVO,to provide training, free of charge, to front line staff responsible for looking after the health, wellbeing, and social welfare of vulnerable people. This energy efficiency training will enable a range of organisations to provide appropriate and effective advice and information to clients, helping them to obtain all the help and support that’s available.

The following free training is available:

* **One day fuel poverty/energy efficiency training**   
    
  **We are delivering this course online utilising Microsoft Teams. Places are available on a first come, first served basis. The course will cover:**
* Introduction to EAS and the Stay Warm, Stay Well project
* Fuel poverty– causes and effects
* Cold damp homes and health impacts
* Condensation dampness
* Energy efficiency
* Heat loss in the home
* Paying for fuel and fuel debt issues
* Sourcing help and effective signposting
* Tariffs and switching

This course is being delivered in two parts. Participants must attend both sessions to be eligible to receive a certificate for Continued Personal Development (CPD) and be eligible for the Energy Awareness, City & Guilds (Level 3) training - see below.

* **One week Energy Awareness, City & Guilds (Level 3)**   
    
  **A limited number of places will be available only to those completing the one-day training. This will be an e-learning course with an online exam. Successful candidates will receive a City & Guilds Certificate which can be used for Continued Personal Development (CPD) purposes.**

Do you know someone who is cold at home or who struggles to afford their fuel bills? If so, this free training can help you to find solutions.

Please click on your preferred date on the list below which will take you to the appropriate Eventbrite booking page to reserve your place. Please note that each session is limited to 35 places so if your first choice is not available, please try another option.

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| **Dates** |
| [Tuesday 8 November 2022](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2F1-stay-warm-stay-well-2022-tickets-439048334387&data=05%7C01%7CDouglas.Crawford%40highland.gov.uk%7Cf70fa6f7167547596a0208dab0f49118%7C89f0b56e6d164fe89dba176fa940f7c9%7C0%7C0%7C638016861696730199%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=ltKg49YEJSvTVFd2qMhUwWRh%2F357%2FL7Nyhae3ET%2FIvA%3D&reserved=0) |
| [Thursday 10 November 2022](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2F2-stay-warm-stay-well-2022-tickets-440328352957&data=05%7C01%7CDouglas.Crawford%40highland.gov.uk%7Cf70fa6f7167547596a0208dab0f49118%7C89f0b56e6d164fe89dba176fa940f7c9%7C0%7C0%7C638016861696730199%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=V9oM1UXgleh96063x1VMzHNX7mqA7MHh7PfjT%2B62cGg%3D&reserved=0) |
| [Tuesday 15 November 2022](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2F3-stay-warm-stay-well-2022-tickets-440808338607&data=05%7C01%7CDouglas.Crawford%40highland.gov.uk%7Cf70fa6f7167547596a0208dab0f49118%7C89f0b56e6d164fe89dba176fa940f7c9%7C0%7C0%7C638016861696730199%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=9v%2BNaSsb6y8oj2fiKpr1iVfEPoZPzQh3shBC6TbsTwE%3D&reserved=0) |
| [Tuesday 22 November 2022](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2F4-stay-warm-stay-well-2022-tickets-440809130977&data=05%7C01%7CDouglas.Crawford%40highland.gov.uk%7Cf70fa6f7167547596a0208dab0f49118%7C89f0b56e6d164fe89dba176fa940f7c9%7C0%7C0%7C638016861696730199%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=%2BYK4wzdwJBnLQXhnAlRoWUTckDYnpg7yzsN4OkM%2BQYY%3D&reserved=0) |
| [Thursday 24 November 2022](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2F5-stay-warm-stay-well-2022-tickets-440809361667&data=05%7C01%7CDouglas.Crawford%40highland.gov.uk%7Cf70fa6f7167547596a0208dab0f49118%7C89f0b56e6d164fe89dba176fa940f7c9%7C0%7C0%7C638016861696730199%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=azz0ZN0m5umMJFlyFiRLazFZKfUnVHt1PDAdQyKk0sQ%3D&reserved=0) |
| [Tuesday 29 November 2022](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2F6-stay-warm-stay-well-2022-tickets-440809552237&data=05%7C01%7CDouglas.Crawford%40highland.gov.uk%7Cf70fa6f7167547596a0208dab0f49118%7C89f0b56e6d164fe89dba176fa940f7c9%7C0%7C0%7C638016861696730199%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=qwVDPIFFi3QnYnuepyf6%2B7VMSdnLGCOg2JHFoFujrM4%3D&reserved=0) |
| [Wednesday 30 November 2022](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2F7-stay-warm-stay-well-2022-tickets-440809772897&data=05%7C01%7CDouglas.Crawford%40highland.gov.uk%7Cf70fa6f7167547596a0208dab0f49118%7C89f0b56e6d164fe89dba176fa940f7c9%7C0%7C0%7C638016861696730199%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=Gtn0qRJ3nSr622S%2Bw9OAII8dqG1sBjN2DJzDz5HoYzE%3D&reserved=0) |
| [Thursday 1 December 2022](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2F8-stay-warm-stay-well-2022-tickets-440810154037&data=05%7C01%7CDouglas.Crawford%40highland.gov.uk%7Cf70fa6f7167547596a0208dab0f49118%7C89f0b56e6d164fe89dba176fa940f7c9%7C0%7C0%7C638016861696730199%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=u%2Fc8AVtdtwP1Erlp91VwmpUpygnfAx0XG%2FyVlNeGZXs%3D&reserved=0) |
| [Tuesday 6 December 2022](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2F9-stay-warm-stay-well-2022-tickets-440810464967&data=05%7C01%7CDouglas.Crawford%40highland.gov.uk%7Cf70fa6f7167547596a0208dab0f49118%7C89f0b56e6d164fe89dba176fa940f7c9%7C0%7C0%7C638016861696730199%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=jDCykRlwZoOlV21zaI3rfJarP6dqGU1Gz37%2Fv3Lliz8%3D&reserved=0) |
| [Wednesday 7 December 2022](https://eur02.safelinks.protection.outlook.com/?url=https%3A%2F%2Fwww.eventbrite.co.uk%2Fe%2F10-stay-warm-stay-well-2022-tickets-440811648507&data=05%7C01%7CDouglas.Crawford%40highland.gov.uk%7Cf70fa6f7167547596a0208dab0f49118%7C89f0b56e6d164fe89dba176fa940f7c9%7C0%7C0%7C638016861696730199%7CUnknown%7CTWFpbGZsb3d8eyJWIjoiMC4wLjAwMDAiLCJQIjoiV2luMzIiLCJBTiI6Ik1haWwiLCJXVCI6Mn0%3D%7C3000%7C%7C%7C&sdata=r4Jycug6pZNI6FGhx0BnwJFqWRg%2FcTL9lbxMwsmYmNg%3D&reserved=0) |

If you have already been on a Stay Warm, Stay Well course **please forward this email to any staff, colleagues, and contacts who you think might benefit too.**