

Training Calendar

June - September 2026

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

Welcome to the CAVDAS Free Training Calendar

Due to how the CAVDAS bitesize information sessions were received, we have scheduled some more as part of our offer

Alongside our face-to-face training, we are introducing a range of short, one-hour online sessions. They will focus on a single topic and are intended to provide clear, practical information, with time for questions and discussion, rather than in-depth training.

The bitesize sessions are organised into themed series, including:

Substance-specific sessions - focusing on individual substances and their associated considerations

CAVDAS Service provision - offering insight into available services, referral pathways, whilst exploring how we can work together.

We hope this approach will make it easier for professionals to engage with learning opportunities that fit around busy workloads, while still supporting confident, informed practice.

How to Book

- Each page gives course details, location, and timings. Please read carefully and identify courses that suit your needs.
- Courses are ordered by date
- Discuss attendance at your preferred training with your line manager and obtain their approval.
- Book your place using the Eventbrite link with your work email. (Hover over the desired link and click to register.)
- **Ensure all training details are entered into your work calendar.**
- If you need to cancel or have any queries, please email training@cavdas.com as soon as possible.
- 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.

Responding to Opioid Overdose

Naloxone Administration

Delivered by CAVDAS

This one and half hour session teaches participants how to recognise the signs of an opiate overdose and administer both the injectable & nasal version of the life saving medication, Naloxone.

Course content covers

- What Is Naloxone?
- Who is most at risk of overdose
- Signs of an opiate overdose
- Responding to an overdose.
- Teach how to administer both IM Prenoxad & nasal Pebble

Attendees are issued with a kit to carry on their person upon completion of training. Some details will be needed to register your kit on our harm reduction database; NEO.



The Vale - 2-10 Holton Rd

Thursday 11th June - 10am - 11:30am

[Link to Book](#)

[Naloxone Training](#)

Cardiff – St Andrews

Monday 29th June - 14pm - 15:30pm

[Link to Book](#)

[Naloxone Training](#)

Y-Lanfa - Cardiff Bay

Thursday 2nd July - 10am - 11:30am

[Link to Book](#)

[Naloxone Training](#)

Beyond Needles

Safer Injecting & Harm Reduction

Delivered by CAVDAS

This course reflects the recent rebranding of Needle and Syringe Programmes (NSPs) into Harm Reduction Hubs whilst emphasising the importance of building strong therapeutic relationships as a foundation for effective engagement and support.

It equips professionals with the knowledge, skills, and confidence to provide effective harm reduction advice, support safer injecting practices, and respond appropriately to related risks and incidents.

Course content covers

- Understand the role of Harm Reduction Hubs and the value of therapeutic relationships
- Identify and advise on appropriate harm reduction equipment and safer injecting practices
- Recognise and respond to injecting-related risks and complications
- Apply appropriate responses to incidents, including needle stick injuries



Cardiff - St Andrews

Wednesday 17th June 2026

10am – 4pm

[Link to Book](#)

[Beyond Needles Training](#)

The Vale 2 - 10 Holton Rd

Tuesday 22nd September 2026

10am – 4pm

[Link to Book](#)

[Beyond Needles Training](#)

Exploring Ketamine Use Harm Reduction & Best Practice

Delivered by CAVDAS

This session is designed for professionals working with individuals who use ketamine. It provides an overview of ketamine, including its patterns of use and effects.

Participants will gain practical knowledge of the associated risks and learn how to support individuals in making informed decisions.

The training also covers harm reduction strategies, equipping professionals to promote safer use and support those affected.

Learning Outcomes

- Recall patterns of use, effects and forms of ketamine
- Identify common methods of use - ROA
- Highlight the risks of ketamine use and their impacts
- Encourage informed and responsible decision-making for those that decide to use
- Promote harm reduction strategies for safer use
- Identify how to support those affected by ketamine use.



Cardiff - St Andrews

Tuesday 30th June 2026

10am - 4:30pm

[Link To Book](#)

[Exploring Ketamine Use Training](#)

Cardiff - St Andrews

Tuesday 21st July 2026

10am - 4:30pm

[Link To Book](#)

[Exploring Ketamine Use Training](#)

Substance Awareness & Harm Reduction

Delivered by CAVDAS

This training is for professionals not directly involved in substance use services who want to gain a strong foundation in substance use. Participants will develop knowledge and practical insights to better support and inform their work with individuals impacted by drug use.

Learning Outcomes

- Explore harm reduction as an approach & interventions available
- Understand drug categories and their effect on the body & central nervous system
- Explore the model drug, set & setting to assess risk & frame conversations
- Identify key information attached to individual substances including effects, associated risks & harm reduction strategies.



Cardiff - St Andrews

Tuesday 7th July - 10am - 4:30pm

[Link To Book](#)

[Substance Awareness & Harm Reduction Training](#)

The Vale - 2-10 Holton Rd

Tuesday 11th August 2026 - 10am - 4:30pm

[Link To Book](#)

[Substance Awareness & Harm Reduction Training](#)

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 8th July 2026

9:30 - 4:30pm

[Link to book](#)

[Growing up & Growing Wise Training](#)

Experience of Addiction

Delivered in collaboration with Cardiff & Vale Recovery & Wellbeing College

CAVDAS has partnered with the Recovery and Wellbeing Colleges to co-produce this course, drawing on lived experience of addiction.

It creates a safe, open space to share experiences, highlighting the strength and value of peer support in building connection, reducing stigma, and supporting recovery journeys.

The course is open to anyone currently using or who has previously used mental health services, their carers, Health Board staff, and individuals working in mental health across Local Authority and third sector organisations.

Please note: whilst CAVDAS co-deliver this course alongside the college, we do not handle any course bookings, please register with the college if you are interested in attending.



Cardiff and Vale
Recovery &
Wellbeing College



The course is delivered over two morning sessions at the Caniad offices in Neville St on:

Thursday 9th July 2026

Thursday 17th July 2026

Both sessions are scheduled 10am - 1pm

To register as a Recovery College student please click [here](#) and then book on to the course through the college.

Cavdas Bitesize Information Sessions

Service Spotlight - Delivered by the FCO Team

There is a wide range of support available within CAVDAS. Each session will focus on a single service within, or closely associated with, CAVDAS.

Participants will gain clear insight into roles and responsibilities, helping to build a better understanding of the support available and how it can be accessed.

We will also highlight digital tools that provide practical resources to support treatment and recovery.

Additionally, the sessions offer an opportunity to explore potential collaboration and partnership working.

Sessions will be delivered online via Microsoft Teams, with presentation materials shared for future reference.



Family & Concerned Other (FCO)_ Service Spotlight

Thursday 16th July 2026

12 - 13pm

We apologise for cancelling the session scheduled in May and hope you can attend this new date

Joining Instructions shared closer to scheduled date.

Cavdas Bitesize Information Sessions

Substance Spotlight

The substance-specific sessions are short, interactive information sessions focused on a single substance.

Each session provides a practical overview of what the substance is, who is commonly using it, and its typical effects on behaviour.

We will discuss associated risks and identify harm reduction advice to help mitigate those in practice.

Time for questions and discussion is built into each session, allowing participants to clarify learning and link the information to their own roles.

Sessions will be delivered online via Microsoft Teams, with presentation materials shared for future reference.



Ketamine Spotlight

Wednesday August 12th 2026

12pm - 1pm

Cannabinoids Spotlight

Wednesday 23rd September 2026

11am - 12pm

Blood Borne Virus Awareness

Delivered by The Hep C Trust

This training aims to provide a basic understanding of hepatitis b, hepatitis c and HIV & equip staff with the skills & confidence to support individuals through testing & treatment.

A section of this course is around performing & recording of DBST's, please discuss attendance with your line managers to ensure this area of professional development is relevant to your role.

The course covers the following areas:

- What are blood borne viruses?
- What are the impacts of blood borne viruses?
- What can you do to support people who are at risk of infection?
- How to perform a dry blood spot test



Cardiff - St Andrews

Friday 14th August 2026

10am - 4pm

[Link To Book](#)

[BBV Awareness Training](#)

The Highs & Lows of Stimulants

Tools to Respond to Use

Delivered by CAVDAS

This session equips staff with the knowledge, skills, and confidence to support individuals who use stimulant drugs, using evidence-based, harm reduction, and trauma-informed approaches. Participants will explore the effects and risks of stimulant use and develop practical strategies to improve engagement and provide appropriate support.

Learning Outcomes

- Understand stimulant substances, including their effects, patterns of use, and associated risks.
- Recognise the physical, mental, and social health impacts of stimulant use.
- Identify practical harm reduction strategies to support individuals who use stimulants.
- Develop confidence in delivering brief interventions and tailored support.

Cardiff - St Andrews

Tuesday 8th September - 10am - 4:30pm

[Link To Book](#)

[The Highs & Lows of Stimulants Training](#)

Breaking Free Online(BFO)

Delivered by Lifeworks

BFO is a comprehensive digital treatment and recovery programme that will allow people to access practical resources & evidence based coping strategies 24/7.

CAVDAS have purchased a BFO license for Cardiff & the Vale and would like to share this resource with you to offer out to those you support around substance use related issues.

The programme is proven to be more beneficial when undertaken alongside the support of a staff member.

For this reason, training is available for those working alongside service users, so they can understand how the programme works, and how they can utilise this within the support offered.



Online

Tuesday 15th September 2026

10 - 12pm

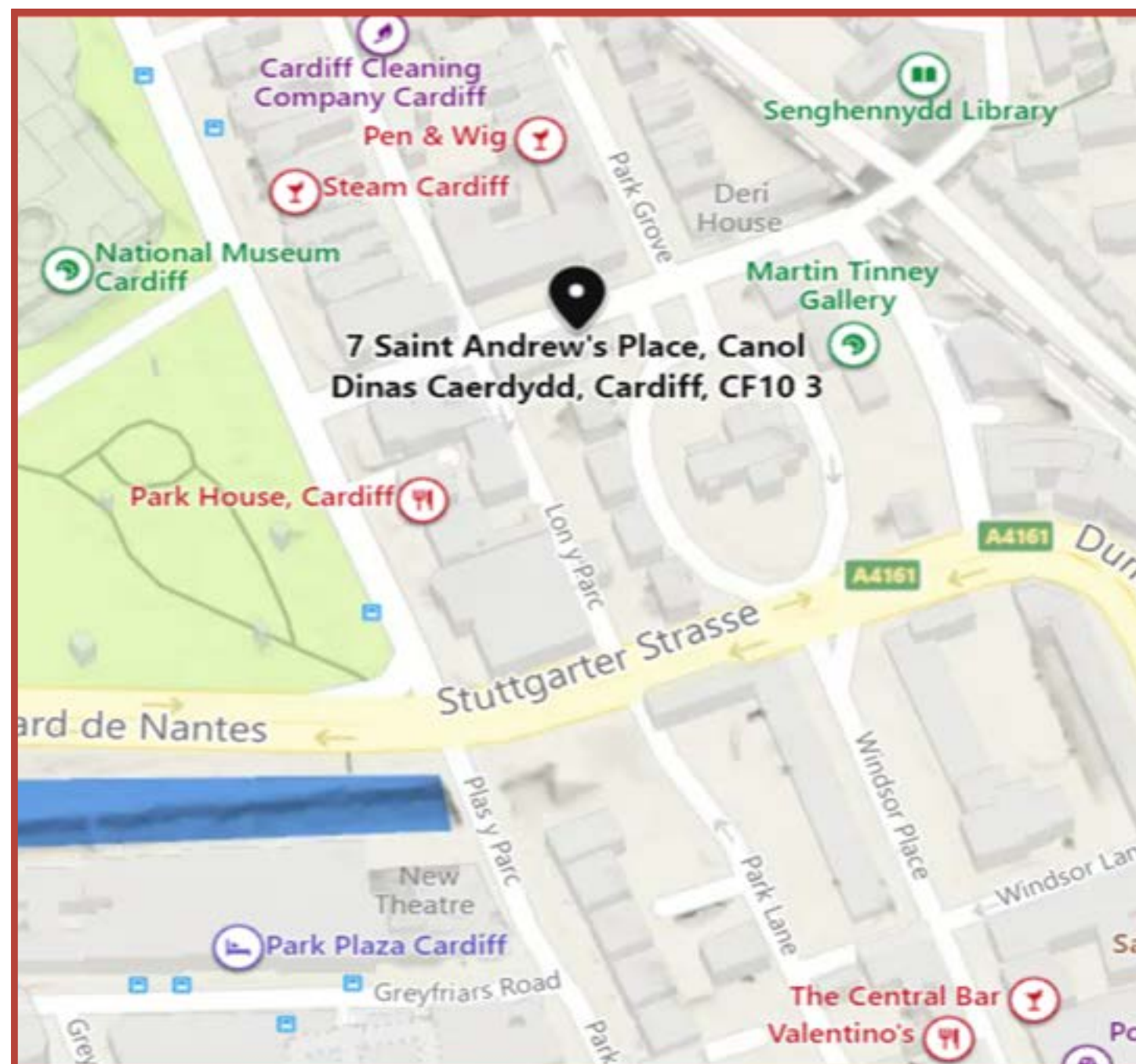
[Link to Book](#)

[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.

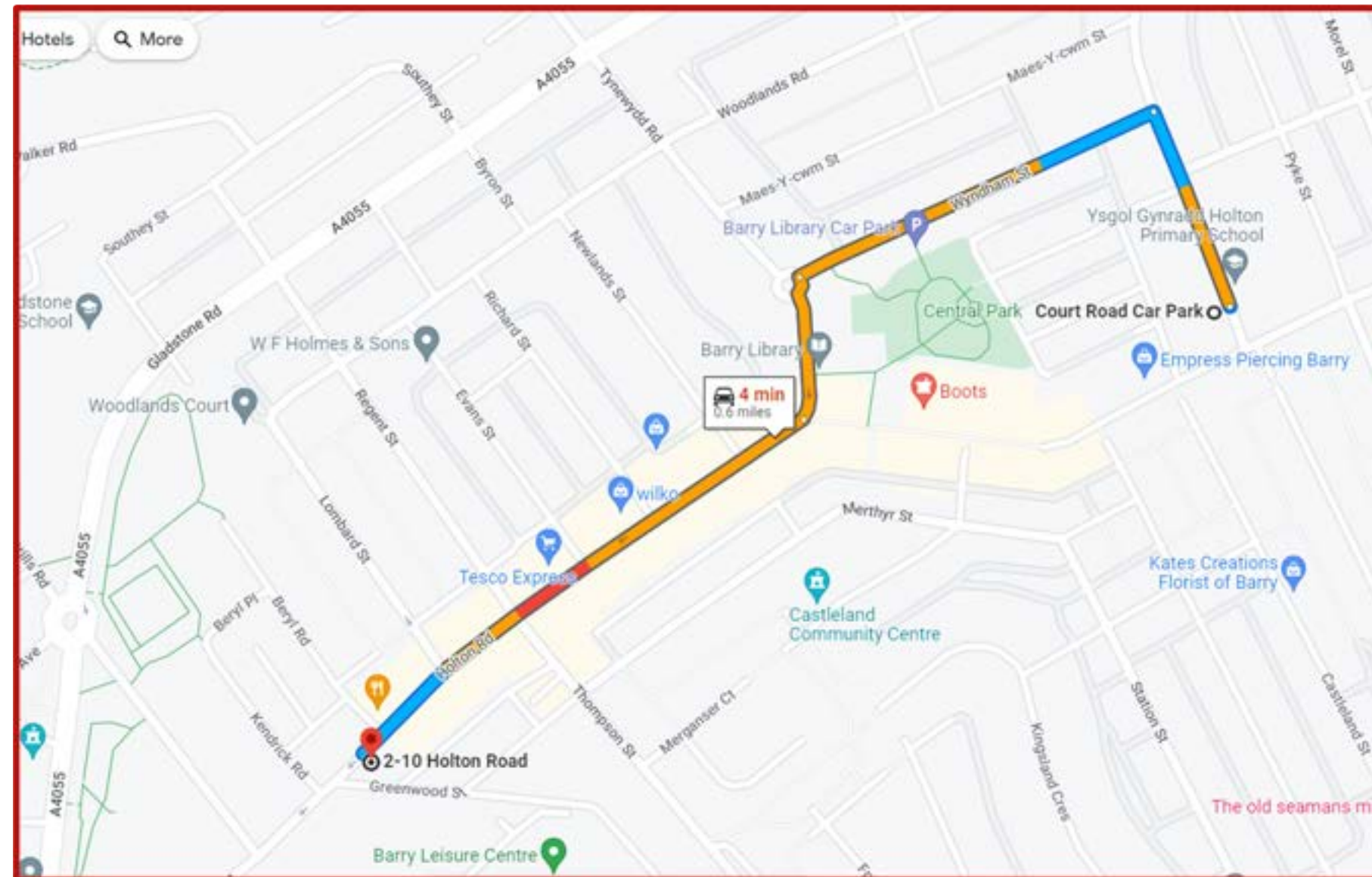


Cardiff 7 St Andrews Place, CF103BE

Please note there are no parking facilities on site. Dumfries Place NCP, CF10 3FN, is a 2-minute walk from our offices. There are also pay as you go parking spaces around the area.

Queen St Train station is a 10 minute walk from the office

There are facilities on site to heat any food bought for lunch, there are also multiple food outlets within walking distance of our offices.

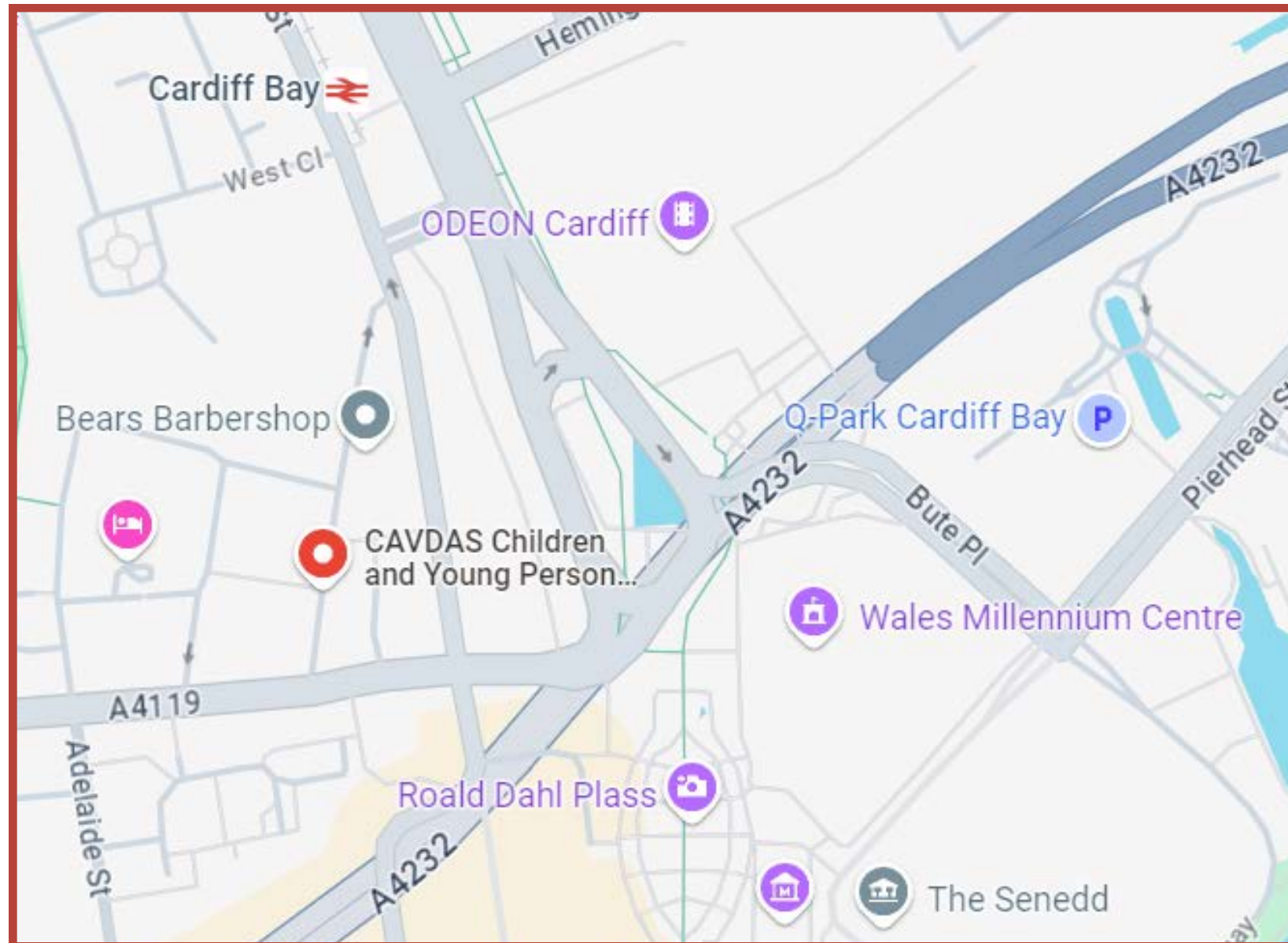


The Vale 2-10 Holton Rd, CF634HD

Please note, there are no parking facilities on site. Court Road Multi storey carpark, CF63 4HG, is a few minutes walk from our offices.

Barry Docks train station is a 15 minute walk from the office

There are facilities on site to heat any food bought for lunch, there are also multiple food outlets within walking distance of our offices.



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

There are pay as you go spaces in
the area for parking.

Cardiff Bay train station is a 5 minute
walk from the office

There are facilities on site to heat any
food bought for lunch, there are also
multiple food outlets within walking
distance.