


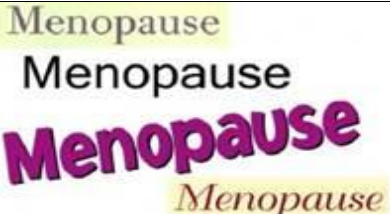



Training Calendar



FREE for anyone living or working in County Durham October to December 2020

Due to Social Distancing Guidelines we are not yet back to training in person, currently all of our training is being delivered via MS Teams. Book at <https://www.wellbeingforlife.net/training-courses/>

	<h3>Healthy Lives: Food for Thought</h3> <p>In light of the Government's Obesity Strategy this course looks at health and weight loss and how we can navigate our way through so many conflicting messages. This course will explore our understanding of health; consider the basic psychology of weight loss; be aware of other factors affecting health; and identify tools to put things into practice.</p>	
6 th October 2020	9:30pm until 12:30	Microsoft Teams
22 nd October 2020	1:30pm until 4:30pm	Microsoft Teams
3 rd November 2020	1:30pm until 4:30pm	Microsoft Teams
27 th November 2020	9:30am until 12:30pm	Microsoft Teams
	<h3>An Insight into Menopause</h3> <p>Menopause is a normal condition that all women experience as they age. This short course gives an overview of the menopause, signs, symptoms, treatment and survival!</p>	
7 th October 2020	2:00pm until 4:00pm	Microsoft Teams
15 th October 2020	10:00am until 12:00pm	Microsoft Teams
4 th November 2020	10:00am until 12:00pm	Microsoft Teams
19 th November 2020	2:00pm until 4:00pm	Microsoft Teams
4 th December 2020	10:00am until 12:00pm	Microsoft Teams
	<h3>Physical Activity – Basics to Getting Started</h3> <p>This is a new course aimed at individuals or those who support individuals to understand the basics to getting started with exercise. The session will explore the reasons we don't want exercise and how to help; to recognise the benefits of exercise; to develop ideas and techniques to begin to exercise; to know how to monitor the intensity you work at and goal setting techniques; and to explore ways to progress your exercise. No Lycra is required for this session.</p>	
8 th October 2020	10:00am until 12:00pm	Microsoft Teams
21 st October 2020	2:00pm until 4:00pm	Microsoft Teams
2 nd November 2020	10:00am until 12:00pm	Microsoft Teams
18 th November 2020	2:00pm until 4:00pm	Microsoft Teams
2 nd December 2020	10:00am until 12:00pm	Microsoft Teams
16 th December 2020	2:00pm until 4:00pm	Microsoft Teams



Basic Diabetes Awareness

This course will provide participants with an understanding of pre-diabetes, type 1 and type 2 diabetes. It will explore prevention, detection and complications associated with diabetes and how making healthier lifestyle choices could help improve outcomes.

14 th October 2020	2:00pm until 4:00pm	Microsoft Teams
5 th November 2020	2:00pm until 4:00pm	Microsoft Teams

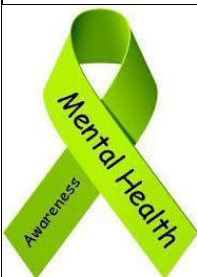
Building Personal Resilience to Change



As we come to terms with the “new normal” there has never been a more important time to identify ways to build your resilience to change.

Resilience is being able to sustain successful performance and well-being when facing adverse conditions. This 2 ½ hour training session is a self-reflective interactive sessions which aims to identify ways to build your personal resilience; identify what your strengths are and how to apply them; be able to assess what you can and cannot influence; and consider your support networks and self-care mechanisms.

8 th October 2020	9:30am until 12:00pm	Microsoft Teams
21 st October 2020	1:00pm until 3:30pm	Microsoft Teams
27 th October 2020	10:00am until 12:30pm	Microsoft Teams
29 th October 2020	1:00pm until 3:30pm	Microsoft Teams
5 th November 2020	1:00pm until 3:30pm	Microsoft Teams
9 th November 2020	10:00am until 12:30pm	Microsoft Teams
11 th November 2020	2:00pm until 4:30pm	Microsoft Teams
13 th November 2020	1:30am until 4:00pm	Microsoft Teams
18 th November 2020	10:00am until 12:30pm	Microsoft Teams
26 th November 2020	2:00pm until 4:30pm	Microsoft Teams
1 st December 2020	10:00am until 12:30pm	Microsoft Teams
3 rd December 2020	10:00am until 12:30pm	Microsoft Teams
17 th December 2020	1:30am until 4:00pm	Microsoft Teams



Basic Mental Health Awareness

The aim of this course is to improve your awareness about mental health and know what the signs of poor mental health are and how to support people to improve their mental health. During the session we will explore the difference between mental health and mental illness, identify the signs and symptoms of mental health conditions. Explore the key facts and myths about mental health conditions and understand the impact of stigma. It will also identify key resources for support.

7 th October 2020	12:30 until 3:30pm	Microsoft Teams
9 th October 2020	9:30am until 12:30pm	Microsoft Teams
23 rd October 2020	9:30am until 12:30pm	Microsoft Teams
4 th November 2020	9:30am until 12:30pm	Microsoft Teams

16 th November 2020	9:30am until 12:30pm	Microsoft Teams
24 th November 2020	9:30am until 12:30pm	Microsoft Teams
2 nd December 2020	1:00pm until 4:00pm	Microsoft Teams
10 th December 2020	1:00pm until 4:00pm	Microsoft Teams

*****NEW***** Launching our new training booking website <https://www.wellbeingforlife.net/training-courses/>

We are no longer using HITS booking system, if you want to attend any of our training you can find it on the website and you will need to register as a new learner to book your place.

Once registered you will be able to see your **User Dashboard**, here you will see details of all your training previously attended (through the new system) and courses you are booked on in the future, as well as the course slides and certificates for courses you have attended. You can manage your account details and password and even cancel your attendance through your User Dashboard as well.

Once you have booked onto a session you will be emailed the MS Teams joining link for the session and some useful information about using MS Teams

You will need MS Teams to be able to attend any of these sessions – contact us for more information

Enquiries contact: cdda-tr.CBS@nhs.net
 Freephone: 0800 8766 887

Disclaimer: We reserve the right to reschedule or cancel courses. Reasons for this may be, but not restricted to, low enrolment numbers, technical issues and tutor availability.

Delivered in partnership with:

