



# Training Calendar



**FREE for anyone living or working in County Durham**  
**April to June 2021**

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/>

 <h2 style="text-align: center;">Healthy Lives: Food for Thought</h2> <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>		
29 <sup>th</sup> April 2021	9.30am – 12.30pm	Microsoft Teams
25 <sup>th</sup> May 2021	1.00pm – 4.00pm	Microsoft Teams
30 <sup>th</sup> June 2021	9.30am – 12.30pm	Microsoft Teams
<div style="display: flex; justify-content: space-between;"> <div style="width: 25%;">  </div> <div style="width: 75%;"> <h2 style="text-align: center;">An Insight into Menopause</h2> <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> </div> </div>		
26 <sup>th</sup> May 2021	9.30am – 12.30pm	Microsoft Teams
30 <sup>th</sup> June 2021	1.00pm – 4.00pm	Microsoft Teams
<div style="display: flex; justify-content: space-between;"> <div style="width: 25%;"> </div> <div style="width: 75%;"> <h2 style="text-align: center;">Physical Activity – Basics to Getting Started</h2> <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> </div> </div>		
21 <sup>st</sup> May 2021	1.00pm – 4.00pm	Microsoft Teams
4 <sup>th</sup> June 2021	1.00pm – 4.00pm	Microsoft Teams
<div style="display: flex; justify-content: space-between;"> <div style="width: 25%;">  </div> <div style="width: 75%;"> <h2 style="text-align: center;">Job Application and Interview Workshop: Applying for Success</h2> <p>When you only have one chance to make the right impression it is important to get it right. This course is designed for anyone applying or looking for a new role. It will be of particular interest to those in the early stages of their career, or those who are out of practice and need to update their skills. Improve your chances of success in getting shortlisted and interviewed for a job. Develop a better understanding of your strengths, skills and key selling points to tackle interviews with confidence. Identify what questions you may be asked at interview, and how to approach answering different types of interview questions.</p> </div> </div>		
10 <sup>th</sup> May 2021	9.30am – 12.30pm	Microsoft Teams
7 <sup>th</sup> June 2021	1.00pm – 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.

19<sup>th</sup> May 2021

10.30am -12.30pm

Microsoft Teams

22<sup>nd</sup> June 2021

1.00pm – 3.00pm

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 3-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.

13<sup>th</sup> April 2021

10.00am – 1.00pm

Microsoft Teams

20<sup>th</sup> April 2021

1.00pm – 4.00pm

Microsoft Teams

12<sup>th</sup> May 2021

10.00am – 1.00pm

Microsoft Teams

25<sup>th</sup> May 2021

1.00pm – 4.00pm

Microsoft Teams

10<sup>th</sup> June 2021

10.00am – 1.00pm

Microsoft Teams

23<sup>rd</sup> June 2021

10.00am – 1.00pm

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.

13<sup>th</sup> April 2021

1.00pm – 4.00pm

Microsoft Teams

23<sup>rd</sup> April 2021

9.30am – 12.30pm

Microsoft Teams

5<sup>th</sup> May 2021

1.00pm – 4.00pm

Microsoft Teams

18<sup>th</sup> May 2021

10.00am – 1.00pm

Microsoft Teams

4<sup>th</sup> June 2021

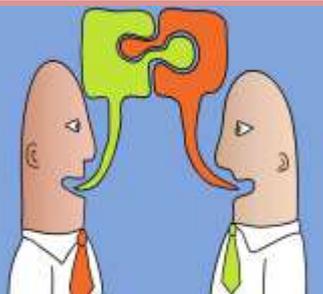
10.00am – 1.00pm

Microsoft Teams

24<sup>th</sup> June 2021

1.00pm – 4.00pm

Microsoft Teams



## Motivational Interviewing and Communication Skills

This 3-hour training session will provide an introduction to the principles of communication, active listening and motivational technique. To be able to support others to change behaviours we need to understand the importance of good communication skills and develop skills in motivational interviewing as a form of collaborative conversation for strengthening a person’s own motivation and commitment to change.

27<sup>th</sup> April 2021

1.00pm – 4.00pm

Microsoft Teams

13<sup>th</sup> May 2021

1.00pm – 4.00pm

Microsoft Teams

15<sup>th</sup> June 2021

1.00pm – 4.00pm

Microsoft Teams

# MENTAL HEALTH AT WORK

## Mental Health at Work

Line managers and team leaders can play a vital role in reducing stigma and encouraging staff to talk about their mental health problems. There is a need to actively build trust between staff and senior managers when it comes to talking about mental health. This course focuses on identifying mental health conditions in the workplace and how to develop and support a positive culture.

30 <sup>th</sup> April 2021	9.30am – 12.30pm	Microsoft Teams
7 <sup>th</sup> May 2021	1.00pm – 4.00pm	Microsoft Teams
8 <sup>th</sup> June 2021	1.00pm – 4.00pm	Microsoft Teams

## Mental Health Stigma Workshop

**Fighting stigma doesn't mean speeches or rallies. It means talking and ending the agonizing silence.**

**Rhiannon**

This course will explore mental health stigma and identify ways you can challenge stigma in your community or organisation. Mental Health stigma and discrimination prevent people from seeking help: this can delay treatment and impair recovery. It isolates people, excluding them from day-to-day activities and making it hard to build new relationships or sustain current ones. It can stop people getting or keeping jobs. Experiencing a mental health problem is hard enough, without having to deal with the shame and isolation that often comes with it.

5 <sup>th</sup> May 2021	10.00am – 1.00pm	Microsoft Teams
20 <sup>th</sup> May 2021	1.00pm – 4.00pm	Microsoft Teams
16 <sup>th</sup> June 2021	1.00pm – 4.00pm	Microsoft Teams

## Suicide Awareness Workshop



Responding effectively to people experiencing thoughts of suicide comes with experience and practice; often we let the fear of saying the wrong thing stop us from saying anything. This workshop is for people who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. The workshop will provide a safe environment for participants to explore this subject. This workshop is suitable for anyone who might come into contact with someone experiencing thoughts of suicide, for example volunteers, frontline staff and community groups working with the public.

20 <sup>th</sup> April 2021	10.00am – 1.00pm	Microsoft Teams
4 <sup>th</sup> May 2021	1.00pm – 4.00pm	Microsoft Teams
26 <sup>th</sup> May 2021	10.00am – 1.00pm	Microsoft Teams
2 <sup>nd</sup> June 2021	10.00am – 1.00pm	Microsoft Teams
15 <sup>th</sup> June 2021	10.00am – 1.00pm	Microsoft Teams

## A Mindful Approach to Stress Management



What is Pressure? Is it the same as Stress? Do you know how to recognise them and what you can do if you are feeling their effects? If you have asked yourself any of these questions before or are unsure of the answer then this session could be a good place to start. During the session you can explore what they mean to you, how to recognise the warning signs and how to minimise the negative effects associated with stress. You will be introduced to mindfulness, enabling you to start building on your own mindfulness based practises and how to use them to help ease pressure and manage or mitigate stress.

28 <sup>th</sup> April 2021	9.30am – 12.30pm	Microsoft Teams
17 <sup>th</sup> May 2021	9.30am – 12.30pm	Microsoft Teams
21 <sup>st</sup> June 2021	1.00pm – 4.00pm	Microsoft Teams

Training booking website <https://www.wellbeingforlife.net/training-courses/>

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 able to access the MS Teams joining link for the session through your learner dashboard.

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](mailto: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:

