



Summer Training Calendar

October – December 2021



FREE for anyone living or working in County Durham



We are a fully subsidised provider of health improvement, health education and public health training. All of the training is FREE to anyone living or working in County Durham.

Our training provides learners with the opportunity to increase their knowledge and skills in health improvement and community related subjects. Our training courses provide an exciting and comprehensive learning programme for professionals, volunteers and community members. We offer both accredited and non-accredited training. It is a relaxed and interactive atmosphere at our sessions to ensure everyone feels welcome.

We deliver the sessions in community venues and we can come to you if you have a group of people who would like some training. (**NOTE:** currently all of our training is delivered virtually by MS Teams)

	<h3>An Insight into Menopause</h3>	
<p>Menopause is not just a female issue, it's an organisational issue. All managers need to know about it and how they can support their staff. Awareness on this topic is fundamental and reducing the stigma attached to it is vital so that more people will talk openly about it.</p> <p>This short course gives on overview of the menopause, signs, symptoms, treatment and survival!</p>	<p>The menopause is a natural part of ageing. In the UK, the average age for a woman to go through menopause is 51. Studies have shown that menopause symptoms can have a significant impact on attendance and performance in the workplace.</p> <p>With our population now living longer, working longer, and with 3.5 million women over 50 in the workplace, it's vital that staff are supported to stay well and thrive in the workplace.</p>	
<p>Wednesday 27th October</p>	<p>1300-1600</p>	<p>MS Teams</p>
<p>Thursday 18th November</p>	<p>1300-1600</p>	<p>MS Teams</p>
<p>Tuesday 14th December</p>	<p>1300-1600</p>	<p>MS Teams</p>
	<h3>A Mindful Approach to Stress Management</h3>	
<p>Friday 8th October</p>	<p>0930-1230</p>	<p>MS Teams</p>
<p>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.</p>		

Delivered in partnership with:



Tuesday 20 th October	1300-1600	MS Teams
Tuesday 2 nd November	0930-1230	MS Teams
Wednesday 17 th November	1300-1600	MS Teams
Monday 13 th December	1300-1600	MS Teams
Thursday 2 nd December	1300-1600	MS Teams

Assertiveness Skills



Assertiveness is the ability to communicate thoughts, feelings and ideas, both positive and negative, in an open and honest way, which does not abuse your rights or the rights of others. Assertiveness is often wrongly confused with aggression. During this 3-hour session delegates will be able to recognise the difference between assertive, passive and aggressive behaviour and identify the tools they can apply to ensure the appropriate assertive communication skills required in different situations. They will acquire practical techniques which will increase their effectiveness and productivity, and help them gain control of daily activities.

Monday 11 th October	1300-1600	MS Teams
Wednesday 10 th November	1300-1600	MS Teams
Tuesday 14 th December	1300-1600	MS 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.

Wednesday 27 th October	0930-1130	MS Team
Thursday 11 th November	1300-1500	MS Team

Building Personal Resilience to Change



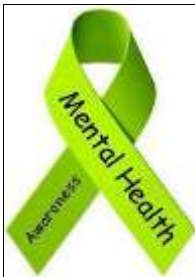
As we come to terms with the “new normal” there has never been a more important time to identify ways to build your resilience to change. Resilience is being able to sustain successful performance and well-being when facing adverse conditions.

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.

Thursday 14 th October	13:00-1600	MS Teams
Wednesday 25 th October	1300-1600	MS Teams
Thursday 4 th November	0930-1230	MS Teams
Friday 19 th November	0930-1230	MS Teams
Monday 6 th December	09:30-1230	MS Teams
Thursday 16 th December	1300-1600	MS Teams

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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.

Monday 18 th October	13:00-1600	MS Teams
Monday 15 th November	1300-1600	MS Teams
Thursday 9 th December	09:30-1230	MS Teams



Group Work Skills

Working in groups is not always easy. This 3-hour session will offer an introduction to group work skills with the aim to equip you with the skills required to set up and facilitate an effective group. Participants will learn facilitation skills and techniques to encourage and support a group of people to achieve their goal or objectives. It will look at the value of planning and preparation in group work, the importance of group dynamics when delivering a session, the use of activities, as well as the importance of evaluation and reflection to develop and build good practice.

Thursday 21 st October	13:00 – 16:00	MS Teams
Wednesday 24 th November	09:30 – 12:30	MS Teams
Tuesday 7 th December	13:00 -16:00	MS Teams



Healthy Lives: Food for Thought

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.

Friday 29 th October	0930-1230	MS Teams
Friday 12 th November	0930-1230	MS Teams
Friday 17 th December	0930-1230	MS Teams

Job Application and Interview Workshop: Applying for Success



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.

Tuesday 19 th October	1300-1600	MS Teams PB
Monday 29 th November	13:00-1600	MS Teams CJ
Wednesday 8 th December	0930-1230	MS Teams PB

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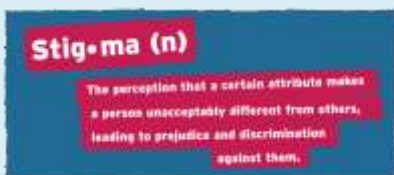
MENTAL HEALTH AT WORK

Mental Health at Work (for line managers)

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.

Thursday 28 th October	1300-1600	MS Teams
Monday 22 nd November	09:30-1230	MS Teams
Thursday 9 th December	1300-1600	MS Teams

Challenging Mental Health Stigma & Discrimination



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 condition is hard enough, without having to deal with the shame and isolation that often comes with it. The aim of this workshop is to develop Champions' skills, knowledge, understanding and confidence to challenge mental health stigma and discrimination.

Thursday 7 th October	1000-1300	Kelly Carswell/ Victoria Dixon
Thursday 11 th November	1000-1300	Kelly Carswell/ Victoria Dixon

Social Contact - Lived MH Experience only



****Please note that this session is aimed specifically at those with a lived experience of the negative attitudes surrounding mental health and is a follow up to Challenging Mental Health Stigma & Discrimination.****

The aim of this workshop is to develop participants' skills, knowledge, understanding and confidence in opening up a conversation in everyday life to improve negative attitudes surrounding mental health.

Thursday 14 th October	1300-1600	Jane Mackay
Thursday 25 th November	1300-1600	Jane Mackay

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.

Wednesday 12 th October	1300-1600	MS Teams
Monday 8 th November	13:00-1600	MS Teams
Thursday 16 th December	09:30-1230	MS Teams

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Physical Activity – Basics to Getting Started

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.

Thursday 21 st October	1300-1600	MS Teams
Monday 15 th November	13:00-1600	MS Teams
Friday 3 rd December	0930-1230	MS 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.

Tuesday 23 rd November	1300-1600	MS Teams CJ
Tuesday 21 st December	1300-1600	MS Teams CJ



Sleep Hygiene

This session will focus on the concept of sleep hygiene. With busy lives it can be easy for us to overlook the importance of sleep which is vital for good physical and mental health. During the course, learners will explore some common barriers to good sleep and ways they can overcome these with the aim of getting consistent, quality sleep.

Tuesday 19 th October	0930-1230	MS Teams
Wednesday 17 th November	1300-1600	MS Teams
Tuesday 14 th December	0930-1230	MS Teams



NOCN Level 2 Delivering a Chair-based Exercise Programme (3 days) Accredited

****Wellbeing for Life are the only learning centre in the North East to be able to offer this newly accredited training course****

Learners will understand the values and principles of adult social care and will develop the skills necessary to plan and deliver chair-based exercise to older adults and/or those less able. Learners will develop the necessary skills, knowledge and competencies in order to work in an unsupervised capacity. Successful completion of the unit would enable learners set up and run sessions in a wide variety of community care and recreational settings.

Dates TBC	Expressions of interest only	see website for application
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Bookings:

All of our available training can be found at <https://www.wellbeingforlife.net/training-courses/> where sessions can be booked once registered as a learner

Or email the team at cdda-tr.cbs@nhs.net

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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.

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