



# Training Calendar



## FREE for anyone living or working in County Durham January to March 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/>

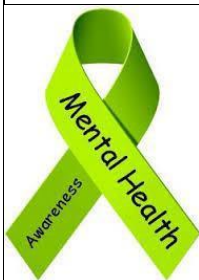
	<h3>Healthy Lives: Food for Thought</h3> <p>In light of the Government's Obesity Strategy this course looks at health and weight loss and how we can navigate our way through so many conflicting messages. This course will explore our understanding of health; consider the basic psychology of weight loss; be aware of other factors affecting health; and identify tools to put things into practice.</p>	
5 <sup>th</sup> January 2021	9:30am until 12:30pm	Microsoft Teams
25 <sup>th</sup> February 2021	1:30pm until 4:30pm	Microsoft Teams
26 <sup>th</sup> March 2021	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>	
19 <sup>th</sup> January 2021	10:00am until 12:00pm	Microsoft Teams
1 <sup>st</sup> February 2021	2:00pm until 4:00pm	Microsoft Teams
31 <sup>st</sup> March 2021	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>	
20 <sup>th</sup> January 2021	2:00pm until 4:00pm	Microsoft Teams
23 <sup>rd</sup> February 2021	10:00am until 12:00pm	Microsoft Teams
3 <sup>rd</sup> March 2021	2:00pm until 4:00pm	Microsoft Teams
	<h3>Basic Diabetes Awareness</h3> <p>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.</p>	
25 <sup>th</sup> January 2021	10:00am until 12:00pm	Microsoft Teams
22 <sup>nd</sup> February 2021	2:00pm until 4:00pm	Microsoft Teams
25 <sup>th</sup> March 2021	10:00am until 12:00pm	Microsoft Teams

## Building Personal Resilience to Change

**RESILIENCE**

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.

14 <sup>th</sup> January 2021	1:30pm until 4:00pm	Microsoft Teams
26 <sup>th</sup> January 2021	1:30pm until 4:00pm	Microsoft Teams
3 <sup>rd</sup> February 2021	10:00am until 12:30pm	Microsoft Teams
9 <sup>th</sup> February 2021	10:00am until 12:30pm	Microsoft Teams
22 <sup>nd</sup> February 2021	1:30pm until 4:00pm	Microsoft Teams
3 <sup>rd</sup> March 2021	10:00am until 12:30pm	Microsoft Teams
4 <sup>th</sup> March 2021	1:30pm until 4:00pm	Microsoft Teams
16 <sup>th</sup> March 2021	1:30pm until 4:00pm	Microsoft Teams

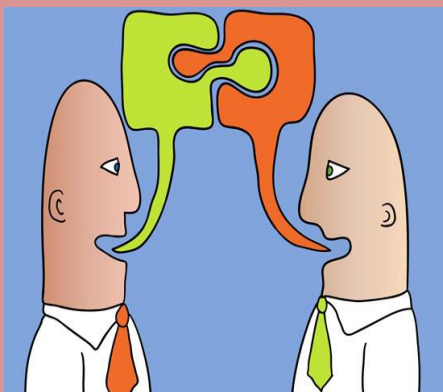


## Basic Mental Health Awareness

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.

27 <sup>th</sup> January 2021	10:00am until 1:00pm	Microsoft Teams
11 <sup>th</sup> February 2021	10:00am until 1:00pm	Microsoft Teams
4 <sup>th</sup> March 2021	10:00am until 1:00pm	Microsoft Teams
23 <sup>rd</sup> March 2021	10:00am until 1:00pm	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. Listening is one of the most important skills you can have. How well you listen has a major impact on the effectiveness of your communication, and on the quality of your relationships with others. 'Active listening' is fully concentrating on what is being said rather than just passively 'hearing' the message of the speaker. Active listening and reflection is a key skill in motivational interviewing.

6 <sup>th</sup> January 2021	9:30am until 12:30pm	Microsoft Teams
5 <sup>th</sup> March 2021	9:30am until 12:30pm	Microsoft Teams
23 <sup>rd</sup> March 2021	9:30am until 12:30pm	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.

18 <sup>th</sup> January 2021	1:00pm until 4:00pm	Microsoft Teams
28 <sup>th</sup> January 2021	1:00pm until 4:00pm	Microsoft Teams
23 <sup>rd</sup> February 2021	1:00pm until 4:00pm	Microsoft Teams
23 <sup>rd</sup> March 2021	1:00pm until 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. 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. Someone you know will have a mental health condition or be experiencing poor mental health right now – a family member, your friend, your workmate. They just might not know how to tell you. Being open to mental health can break down any stigma surrounding it. You don't have to be an expert to talk and to listen, and often it's the little things that make a big difference.

13 <sup>th</sup> January 2021	10:00am until 1:00pm	Microsoft Teams
4 <sup>th</sup> February 2021 <i>Time to Talk Day</i>	10:00am until 1:00pm	Microsoft Teams
17 <sup>th</sup> March 2021	10:00am until 1:00pm	Microsoft Teams
24 <sup>th</sup> March 2021	10:00am until 1:00pm	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> January 2021	1:00pm until 4:00pm	Microsoft Teams
18 <sup>th</sup> February 2021	1:00pm until 4:00pm	Microsoft Teams
25 <sup>th</sup> February 2021	1:00pm until 4:00pm	Microsoft Teams
18 <sup>th</sup> March 2021	10:00am until 1:00pm	Microsoft Teams
25 <sup>th</sup> March 2021	10:00am until 1:00pm	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 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:

