



South Antrim Community Network Training & Awareness Schedule for Emotional Wellbeing, Mental Health & Suicide Prevention 2019/2020

**These training opportunities have been funded by Public Health Agency and are offered Free of Charge to people who live and/or work in the localities of Antrim, Newtownabbey and Carrickfergus.
Additional criteria may apply for certain sessions.**

To register your interest please call 028 9447 8645 or email janine@southantrimcommunitynetwork.org.

**SOUTH ANTRIM COMMUNITY NETWORK
TRAINING & AWARENESS SCHEDULE FOR
EMOTIONAL WELLBEING, MENTAL HEALTH & SUICIDE PREVENTION
2019/2020**

Ref.	Title	Delivery Agent	Date	Venue	Time
SP01	Compassion Fatigue Awareness <i>This Resiliency workshop will contain burn out, compassion fatigue, secondary wounding and vicarious trauma. It is designed for anyone working with or caring for people who have experienced trauma.</i>	Wave Trauma Centre	Tuesday 14th May 2019	Carrickfergus Town Hall Carrickfergus	10.00am to 4.00pm
SP02	Autism and Self-Harm Workshop <i>This workshop will explore the issue of self-harm and possible experiences that lead to self-harming behaviors by: Looking at self-harm as an emotional response/Exploring self-harm behaviors/Learning about active listening/Highlighting the importance of self-care for parent/caregiver</i>	ZEST	Wednesday 4 th September 2019	Antrim Library Antrim	10.00am to 12.30pm
SP03	Crisis Intervention in Self Harm and Suicidal Behaviour <i>By the end of the workshop the participants will have examined, discussed and understood the following: Definition and Understanding of 'crisis'/The Components of Crisis Intervention: the crisis, the person, the helper and the goal/Crisis identification/Crisis assessment/The skills of Crisis Intervention: engaging, calming, empowering, listening, questioning, validation and focusing 'SMART' goals</i>	ZEST	Tuesday 10th September 2019	Carrickfergus Town Hall Carrickfergus	1.00pm to 5.00pm
SP04	Person-centered approach to self-harm and suicidal behaviour <i>By the end of the workshop the participants will have examined, discussed and understood the following: Understanding the self-harming and suicidal person/Congruence/Acceptance /Empathic communication/The Skill of 'Listening'/A brief Person-centred problem-solving model.</i>	ZEST	Monday 28 th October 2019	Carrickfergus Town Hall Carrickfergus	9.30am to 1.00pm

SP05	<p>Dealing with Toxic stress training workshop</p> <p><i>This workshop will explore and inform participants on the theory of trauma (toxic stress) and how it can create both an emotional and physical imprint on the body. In this workshop you will discover how unresolved emotional trauma can create a mood disorder as well as issues in our tissues manifesting as physical symptoms.</i></p>	Learning Works	Wednesday 20 th November 2019	Rathfern Social Activity Centre Newtownabbey	10.00am to 1.00pm
SP06	<p>Understanding grief in children and young people. Supporting the family.</p> <p><i>Impact of a traumatic death on children, young people and their families. What is grief, and how best to support the grieving family.</i></p>	Barnardos	Thursday 21 st November 2019	Monkstown Village Centre Newtownabbey	9.30am to 4.30pm
SP07	<p>Compassion Fatigue Awareness</p> <p><i>This Resiliency workshop will contain burn out, compassion fatigue, secondary wounding and vicarious trauma. It is designed for anyone working with or caring for people who have experienced trauma.</i></p>	Wave Trauma Centre	Tuesday 3 rd December 2019	Legal Island Training Centre Antrim	10.00am to 4.00pm
SP08	<p>The Person Behind the Behaviour</p> <p><i>By the end of the workshop the participants will have examined, discussed and understood the following: What is 'behaviour'/What makes us who we are/Emotional health/Child development/The Impact of Family/Addictive behaviours/The most important skill when working with the 'person'.</i></p>	ZEST	Tuesday 18 th February 2019	Mossley Mill Newtownabbey	9.30am to 1.00pm
SP09	<p>Understanding Self Harm</p> <p><i>This training will give professionals working in this area the opportunity to gain more knowledge, understanding and confidence in working with the issues of self-harm and suicidal ideation and behaviours with emphasis on the impact of alcohol on these issues. This is not a skills workshop: We will cover Definitions/Personal understanding and attitudes/The life experiences, meanings and functions for those who self-harm/The importance of Emotional Health/The impact of Alcohol Use on Self-harm ideation and behaviour.</i></p>	ZEST NI	Thursday 27 th February 2020	Legal Island Training Centre Antrim	9.30am to 4.30pm

SP10	Take 5 Steps to Wellbeing Workshops <i>An interactive workshop raising awareness of the Take 5 Steps, highlight the importance of self-care and promote commissioned support services</i>	SACN	Allocated on FCFS basis. One off sessions available, facilitated over 1–2 hours. Resources provided.
SP11	Safe TALK <i>Notice and respond to situations where suicide thoughts might be present/Recognise that invitations for help are often overlooked/Move beyond the common tendency to miss, dismiss, and avoid suicide/Apply the TALK steps: Tell, Ask, Listen, and Keep Safe/Know community resources and how to connect someone with thoughts of suicide to them for further help.</i>	SACN	Allocated on FCFS basis. One off sessions available, facilitated over 3 hours. Resources provided. Participants must be aged 15 years and over, appropriateness of group will be assessed.
SP12	Music for Wellbeing sessions available <i>Using music to manipulate moods and behaviour. Using singing and percussion instruments to promote positive influences on our emotional, cognitive and physical health</i>	Various	Allocated on FCFS basis. One off sessions provided by SACN to perceived vulnerable/marginalised groups.
SP13	Creative Take 5 Steps to Wellbeing Sessions <i>Taster sessions to introduce the Take 5 Steps to Wellbeing through various activities.</i>	Breathe Yoga/ Learning Works	Allocated on FCFS basis. One off sessions available, facilitated over 1–2 hours. Resources provided.

To register your interest, you must complete the attached booking form or request one by

calling 028 9447 8645 or

email janine@southantrimcommunitynetwork.org.

Further information will be required upon confirmation of booking.

South Antrim Community Network Training Expression of Interest Form

Training reference number		<p>SACN's training courses are free to attend, and places are limited.</p> <p>If you secure a place, we will email you directly.</p>
Training Date		
Training Venue		
Training Time		

To be completed by the Applicant – All sections must be completed if applicable

Name	
Job title	
Organisation	
Address	
Contact E-mail	
Tel no.	

To be completed by Line Manager/Director - if appropriate

Name	
Job title	
Email	
Tel no.	

Applicant Signature		Date	
Line Manager Signature		Date	

Please return your completed form to janine@southantrimcommunitynetwork.org

Please note this course is funded by Public Health Agency.
If you fail to attend a fee will be charged to cover the cost of your place, you may also be blacklisted from future SACN hosted sessions.