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Health Improvement, Equality and Involvement Department

some

September 2021 to March 2022

thing

Training Brochure

new

 Public Health Agency

 Western Health and Social Care Trust

 Health Improvement, Equality & Involvement

Introduction



Welcome to the Health Improvement, Equality and Involvement (HIEI) Department Training Brochure September 2021 to April 2022.

We work in partnership with other statutory, community and voluntary organisations to address health inequalities and help improve the health and wellbeing of people who live and work in the WHSCT area. We aim to build on the skills and capacity of people to deliver quality, effective health improvement programmes, and co-ordinate and facilitate health improvement activities and provide health and wellbeing information and advice.

We are committed to a co-production approach and value service user and carer involvement. Please get in touch if you would like to help shape our training provision and development of new programmes so that our service becomes more responsive to your needs.

COVID-19 has presented challenges to how we deliver our services. In order to continue to offer training a number of our programmes and awareness sessions have been adapted to allow us to deliver online via zoom.

When you complete and submit an application for any of the sessions in this brochure you will receive a confirmation email if you have secured a place. This notification will include a link to enable you to access the session via zoom and some tips around how to use zoom.

Please note you will require an email address and internet access to access all courses.

We are aware that delivery of training online may present issues for some individuals. We appreciate your understanding as we work to develop new ways to deliver our programmes safely within the current challenges presented by COVID-19.

If you are unable to use zoom for any reason, please contact us to discuss alternative support we may be able to offer.

Tel: 028 7186 5127

E: health.improvement@westerntrust.hscni.net

Where ever you see the icon below, click to apply.



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 Health Improvement, Equality & Involvement

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Cybersafe Online Game Workshop



Date:

13th October 2021

Times:

10am to 1pm

Facilitator:

Nexus NI

Target Audience:

Practitioners who work with young people.

Aim of Course:

The Nexus Cybersafe Online Game Workshop is intended for professionals working with young people who want to address online violence against women and girls, including online sexual harassment and online safety, in the classroom or in another setting. The Cybersafe Online Game Workshop covers 4 topics; sharing of non-consensual sexual images, exploitation, coercion and threats and sexualised bullying. The Cybersafe Online Game Workshop has created a facilitators toolkit guide for anyone who will deliver the online game.

Learning Objectives:

Digital technology plays a central role in the social lives of young people, enabling them to connect with their peers, learn, explore and express themselves. This creates many opportunities but may also put them at risk and online violence against women and girls has increased exponentially. Boys can also be targeted. The Cybersafe toolkit provides information and resources to raise awareness and support young people to adopt safe and responsible online behaviours. The workshop will show professionals how to use the game with young people and help increase your confidence in addressing online violence.

To find out more information about the Cybersafe project, click <https://www.stoponlineviolence.eu/>

Course Content:

The session focuses on the following aspects of online violence:

- 1. Non-consensual sharing of sexual images and videos (for example 'revenge porn')**
- 2. Coercion and threats (such as 'sextortion' and 'grooming')**
- 3. Sexualised bullying**
- 4. Unwanted sexualisation and exploitation.**

The toolkit can be used to run your own sessions to address cyber-violence with young people.

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Digital Safeguarding Core Awareness Training

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Dates:

15th and 16th September 2021

Times:

10am to 12pm each day (4 hours in total)

Facilitator:

Western Digital Safeguarding Steering Group Trainers

Target Audience:

Practitioners who work with children and young people.

Aim of Course:

To highlight the benefits and harm facing children and young people in the online world and provide resources to support practitioners in their safeguarding work with children.

Learning Objectives:

The training will focus on more than just 'e-safety' and will discuss Digital Safeguarding elements of:

- **Promotion of digital literacy**
- **Critical thinking skills and resilience**
- **Prevention of harm**
- **Protection strategies when harm has occurred.**

Course Content:

- **Confident, controlling or casual - our response to children's digital lives?**
- **What are children and young people doing online - why, where and how?**
- **What are the risks and benefits for children using technology?**
- **The role of the parent/carer and the importance of communication**
- **Staying safer - knowing what the risks are and what to do about them.**

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Falls Prevention Training

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Date:

3rd February 2022

Times:

10am to 12:30pm

Facilitator:

Health Improvement, Equality and Involvement Department

Target Audience:

Anyone working with the over 65's

Aim of Course:

To train people working with the over 65's to deliver basic falls prevention messages.

Learning Objectives:

Participants will be aware of the causes of falls in older people and will be able to disseminate their learning to reduce falls in the home.

Course Content:

- **Statistics for falls in older people**
- **Why falls occur and how to prevent them**
- **Coping strategies when a person falls**
- **How to deliver falls prevention messages to older people.**

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Good Food Toolkit

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Dates:

26th and 27th October 2021

25th and 26th January 2021

Times:

10am – 1pm each day (6 hours in total)

Facilitator:

Community Food and Nutrition Team

Target Audience:

Anyone who works in the community, statutory or voluntary sectors.

Aim of Course:

To train individuals working in the community to confidently and accurately disseminate key healthy eating messages.

Learning Objectives:

- To equip individuals with the skills and knowledge to promote basic healthy eating and physical activity messages to adults
- To enable individuals to utilize the Good Food Toolkit manual of flexible, standalone sessions to promote key nutrition messages.

Course Content:

- The Eatwell Guide
- Food labelling
- Nutrition and health in Northern Ireland
- Shopping and cooking on a low income
- Physical Activity guidelines
- Using the Good Food Toolkit manual.

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HIV Awareness

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Dates:

13th October 2021

9th February 2022

Times:

11am – 12:30pm

Facilitator:

Positive Life

Target Audience:

Anyone who works in the community, statutory or voluntary sectors.

Aim of Course:

To increase awareness about HIV and provide information about the support available to those living with or affected by HIV.

Learning Objectives:

- Increased awareness about HIV
- Increased understanding about transmission, testing, advances in treatment and prevention initiatives
- Increased awareness about how stigma and discrimination still exist despite advances in treatment and prevention strategies
- Increased awareness of support available
- Opportunity to engage with Northern Ireland's HIV Charity 'Positive Life'.

Course Content:

- Definition of HIV and how it can affect the body
- How HIV is transmitted
- HIV testing / treatment / services available
- How stigma and discrimination can impact individuals living with or affected by HIV
- Dispelling myths
- Support available.

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Making the Most of Your Slow Cooker - Tutor Training

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Dates:

6th October 2021

1st March 2022

Times:

10am to 2pm

Facilitator:

Community Food and Nutrition Team

Target Audience:

Anyone who works in the community, statutory or voluntary sectors.

Aim of Course:

To train individuals working in the community to deliver the 4 session 'Making the Most of Your Slow Cooker' programme.

Learning Objectives:

- To equip individuals with the skills and knowledge to promote basic healthy eating messages to adults
- To enable individuals to utilize the slow cooker programme to promote key nutrition messages and slow cooking as a convenient and cost effective means of preparing healthy family meals.

Course Content:

- Overview of slow cooking
- The Eatwell Guide
- Food safety
- Shopping and cooking on a low income
- Delivering the 'Making the Most of Your Slow Cooker' programme.

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MANifest: Connecting Men with Mind Fitness

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Dates:

6th and 7th October 2021

Times:

TBC

Facilitator:

Men's Health West trainers

Target Audience:

Any practitioners or service providers (male or female) who work with men in any setting.

Aim of Course:

To explore the key issues that impact men and their mental wellbeing and understand how to effectively engage with men and signpost them to a range of services.

Learning Objectives:

- Explore why we need to work with men as a specific group
- Understand the broad determinants of men's mental wellbeing
- Explore the barriers that men experience when accessing health and social care services and how to create opportunities to engage with them
- Increase the confidence of participants in relation to working with men.

Course Content:

- The need to create a 'Safe Space' for men
- Understanding men through their eyes and life experiences
- Personal strengths and qualities required to work with men
- Why focus on men and their mental health?
- Barriers to men seeking help and support
- Opportunities to create the conditions for engagement
- Signposting to sources of information, help and support
- Top tips for engaging with men.

Please note: The course explores mental health issues including suicide. Therefore it may not be suitable for anyone recently bereaved or affected by suicide.

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Mental Health First Aid



Dates:

10th, 17th and 24th November 2021

7th, 8th and 9th February 2022

Times:

9:30am to 1:30pm each day (12 hours total)

Facilitator:

AWARE NI

Target Audience:

Open to anyone over the age of 18.

Aim of Course:

To increase participants knowledge and skills in providing initial support for someone with a mental health problem.

Learning Objectives:

- Increase knowledge and skills to recognise the signs and symptoms of mental health problems
- Develop skills to provide initial help
- Increase awareness of services to guide a person towards appropriate professional help.

Course Content:

- Help enable participants recognize the symptoms of mental illness
- Provide participants with the confidence, skills, motivation and knowledge to offer help.

Mental Health First Aid is the help provided to a person in a mental health crisis. First aid is given until appropriate professional treatment is received or until the crisis resolves.

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Moving More Often



Date:

2nd November 2021

Times:

2pm to 4pm

Facilitator:

Health Improvement, Equality and Involvement Department

Target Audience:

Health and social care workers and volunteers who support frailer older people in community, residential or social care settings. **Please note: This course is not aimed at trained exercise professionals.**

Aim of Course:

To highlight the benefits of frailer older people moving more often.

Learning Objectives:

- Understand the importance of moving more often in later years
- Practical considerations when promoting physical activity and movement with frailer older people
- Feel equipped to facilitate a range of basic activities to encourage frailer older people to move more.

Course Content:

- Benefits and Barriers to being active in later years
- Motivating older people to move more often
- Preparation and safety for engaging in physical activity
- Activities to promote physical activity and movement.

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Nutrition Matters for the Early Years

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Date:

10th November 2021

Times:

6:30pm to 9pm

Facilitator:

Community Food and Nutrition Team

Target Audience:

Childminders and managers / staff from early years settings.

Aim of Course:

To provide nutrition information and support for early years settings in implementing the 'Nutrition Matters for the Early Years' guidance.

Learning Objectives:

- Introduce participants to the 'Nutrition Matters for the Early Years' manual, it's purpose and use
- Educate childcare providers on how to offer healthy and nutritious meals and snacks in appropriate portion sizes
- Provide information on nutrition, physical activity, menu planning and developing a nutrition policy.

Course Content:

Course provides nutritional guidance for feeding children under 5 years old in the childcare setting including:

- Importance of good nutrition
- Weaning and nutrition for under 1's
- Balanced diet for 1-5 year olds
- Promoting good dental health
- Meal planning and nutrition checklist
- Children with individual dietary requirements

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Nutrition Matters for the Early Years

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Course Content (Continued):

- Allergen labelling
- Food refusal
- Rewards and celebrations
- Physical activity guidelines for under 5's
- Nutrition policy.

Special Requirements:

To register, please contact Anita Mason at Childcare Partnerships on

028 9536 1042

or email

anita.mason@hscni.net

Click here
to apply



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Safe Choices



Dates:

26th November 2021

3rd February 2022

Times:

9:30am – 12:30pm

Facilitator:

Health Improvement, Equality and Involvement Department

Target Audience:

Anyone working with children and young people in a post primary school setting.

Aim of Course:

To increase participants knowledge and skills in identifying a person at risk of suicide within the school setting and intervene to keep them safe.

Learning Objectives:

- Build suicide prevention assets in the local and wider community through education and awareness raising in post primary schools
- Develop a whole-school approach to suicide prevention and the promotion of wellbeing
- Work towards a Zero Suicide Culture
- Encourage the whole school community to value and prioritise self-care
- Help a person at risk of suicide to develop their personal safety plan.

Course Content:

- Understand how personal and societal attitudes affect our views on suicide and interventions
- Dispel myths associated with suicide
- Provide guidance on how to provide suicide first aid to a person at risk, in ways that meet their individual safety needs
- Identify key elements of an effective 'Suicide Safety Plan', and how to implement it
- Signpost to local services, helplines and sources of support.

Please note: The course explores mental health issues including suicide. Therefore it may not be suitable for anyone recently bereaved or affected by suicide.

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Sleep Awareness Training

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Dates:

15th October 2021

11 February 2022

Times:

12:30pm - 1:30pm

Facilitator:

RISE NI

Target Audience:

Anyone over the age of 16.

Aim of Course:

To provide participants with knowledge of sleep processes and practical bedtime routines to support a good night's sleep.

Learning Objectives:

- Understand sleep patterns and processes
- How to support a good night's sleep.

Course Content:

- What happens when you sleep
- The body clock
- Bedtime routine
- Sleep hygiene.

Participants will receive supportive practical sleep resources.

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Sleep Unlimited REST Training

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Dates:

14th and 15th October 2021

Times:

10am – 4pm each day (12 hours in total)

Facilitator:

Sleep Unlimited

Target Audience:

Anyone in the community and voluntary sector who work with clients in a mental health setting.

Aim of Course:

To provide practitioners who work in adult mental health settings with knowledge about sleep, sleep problems and strategies to manage sleep issues effectively.

Learning Objectives:

- Increase awareness about sleep and sleep problems particularly in adults with mental health problems
- Inform participants about the issues accompanying insomnia
- Provide participants with skills to improve sleep for their clients

Course Content:

Day 1: Sleep Assessment and Management

- The science of sleep
- What insomnia is and what factors contribute to it
- Introduction to assessment approaches and evidence-based treatment options

Day 2: Advanced Assessment and Treatment

- Stepped-care cognitive behavioural therapy in insomnia (CBTi) approach that can be tailored for individual clients
- Strategies, tools and techniques to manage client's sleeping problems more effectively

For more information visit

<https://sleepunlimited.co.uk/our-training-services/>

Click here to apply



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The Power of Humour



Dates:

2nd November 2021

9th November 2021

Times:

10am to 1pm

Facilitator:

Humour Alliance

Target Audience:

Practitioners who work in the field of mental health and wellbeing.

Aim of Course:

Building on The Power of Humour, participants will benefit from participating in a number of engaging and interactive exercises that are easy to organise, puts the focus on the practitioner as the resource and demonstrates how small changes in dynamic can create and nurture the conditions for humour.

The session is designed to be fun, seeks to encourage humour as a way of life, endeavours to demonstrate play as the key underpinning principle, and will support participants in learning how it can be used to promote emotional health and well-being.

Learning Objectives:

Participants will understand better:

- How to 'let go' more freely in order to enjoy themselves and have fun
- The importance of adopting a playful mind-set
- How minimal resources can still achieve maximum results
- The value of changing the conditions in normal situations to create humour
- Their role and responsibility in creating the conditions to help nurture humorous mind-sets
- The need to adopt a more humour-centred approach into their practice.
- The link between humour and its contribution to support mental health and well-being

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Course Content:

This 3 hour session will use a number of interactive exercises that fully engage participants and challenge them to 'extend' themselves and step out of their comfort zone. Participants will leave with new tools they can use in their work setting and / or daily practice.

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Towards Zero Suicide Level 1: Suicide Awareness Training

(E-learning course)

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For Western Health & Social Care Trust (WHSCT) staff, log in to www.hsclearning.com and search for **Towards Zero Suicide - Level 1 Awareness**.

For non-WHSCT participants, visit www.zerosuicidealliance.com

Times:

Approx. 20 Minutes

Facilitator:

Zero Suicide Alliance

Target Audience:

Anyone who would like to be able to recognise the warning signs and safeguard someone who could be contemplating suicide.

Aim of Course:

To promote best practice in suicide prevention and raise awareness among practitioners and in communities.

Learning Objectives:

- Identify when someone is presenting with suicidal thoughts and behaviours
- Increased confidence in 'asking the question'
- Signposting to appropriate support and services.

Course Content:

The online course is free of charge. The course will take 20 minutes to complete and teaches you how to recognise the warning signs and safeguard someone who is contemplating suicide. You can access the course at any time.

Information provided by Zero Suicide Alliance.

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Walk Leader Training



Dates:

30th November 2021

2nd March 2022

Times:

10am to 12pm

Facilitator:

Health Improvement, Equality and Involvement Department

Target Audience:

Anyone over 18 wishing to set up a walking for health group as part of their work role or in a voluntary capacity.

Aim of Course:

To equip adults with the skills and knowledge to confidently lead health walks in their local community or workplace.

Learning Objectives:

Participants will leave with the ability to

- Establish a new walking group or support an existing group
- Plan, risk assess and deliver a health walk programme.

Course Content:

- Health benefits of walking
- Motivating inactive people to participate in health walks
- Setting up a 'Walking for Health' Group
- Planning and risk assessing walking routes
- How to lead safe and enjoyable health walks for people of all ages and abilities.

Special Requirements:

This is a basic level course which promotes low level health walks for people who are inactive .All participants will be expected to be active as walk leaders within two months of attendance and commit to facilitating at least 12 walks per year as part of their work role or in a voluntary capacity. Free insurance cover is provided to participants leading walks in an unpaid voluntary capacity.

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Whole Staff Training in Trauma and Mental Health Informed Schools and Communities

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Date:

1st October 2021

Times:

10am to 1pm

Facilitator:

Trauma Informed Schools UK

Target Audience:

Practitioners who work with children and young people.

Learning Objectives:

- To build on the knowledge already gained from ongoing work in the Western Trust area around the effect of 'Adverse Childhood Experiences' on child and family emotional wellbeing.
- To start to look at a whole school / community approach and to ensure all practitioners have an awareness of the effects of trauma on mental health and the wider ramifications for the family.
- Practical advice and a tool kit of 'what to do' to effect a trauma informed school / community.

Course Content:

- The neuroscience and psychology of child and adolescent mental health and mental ill-health: what all staff need to know
- Model One: ACE study and Protective Factors in schools that change children's lives.
- Model Two: Professor Jaak Panksepp's model of mental health, mental ill-health and theory of change
- Model Three: PROTECT / RELATE / REGULATE / REFLECT and how this informs school policy, procedures, school culture and ethos
- The role of emotionally available adults in schools and benefit to staff and students
- 'I wish my teacher knew' they want to tell us. Are we ready to hear?
- Key skills in responding to and understanding challenging and/or trauma triggered behaviour.

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www.mindingyourhead.info

WORLD SUICIDE PREVENTION &
WORLD MENTAL HEALTH DAY 2021

HOLDING ON TO HOPE IN AN UNEQUAL WORLD

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We've all lived through a year like no other. The Covid-19 pandemic has affected each of us differently and we have all had to adapt.

'Holding On To Hope in an Unequal World' is a five week social media campaign which links World Suicide Prevention Day on 10th September to World Mental Health Day on 10th October 2021.

Recognising that we all need to have hope for the future, the five Health and Social Care Trusts in Northern Ireland have joined forces with the

Public Health Agency (PHA) and the Northern Ireland Ambulance Service (NIAS) to encourage everyone to hold on to hope, to nurture our mental wellbeing and to raise awareness of the local and national services that are available to help when times are tough. Follow the Western Health and Social Care Trust on Facebook, Instagram and Twitter to find out more.

During the campaign, we are offering a series of self-care workshops to support your emotional wellbeing and help you understand why you feel the way you do. The sessions will focus

on simple techniques that you can use every day such as relaxation, deep breathing and guided meditation and are facilitated by a range of local experts.

If you wish to register for any of these workshops, please register your interest by emailing Health.Improvement@westerntrust.hscni.net with your name, email address and the name of the workshop you wish to register for. Once you register your interest, you will be emailed out a Zoom Link to join the workshop.

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Feel Well Work Well
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You and Your Mental Health at Work

new



Aaron Deanes

Wim Hof Practitioner

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Date:

Wednesday 15th October 2021

Times:

12pm - 1pm

Facilitator:

Aaron Deanes - Wim Hof Practitioners

Target Audience:

Practitioners who work in community, voluntary or statutory settings.

Aim of Course:

Emotional wellbeing webinar to allow participants to engage in Guided Breathing, Deep Relaxation and Wim Hof informed practice.

Learning Objectives:

- Develop skills for physical relaxation, mindfulness and emotional wellbeing
- Help participants enjoy some self-care, relaxation, guided meditation and a deeper understanding of their internal systems
- Understand the importance of breathing in reducing anxiety and helping with mental wellbeing.

Course Content:

Gentle guided breathing taster session for people of all ages who are keen to develop a deeper understanding of themselves. Guided relaxation, mindfulness, breathing and restoration.

Dr Colin Gorman Clinical Psychologist University of Ulster

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Date:

Wednesday 15th September 2021

Times:

12pm - 1pm

Facilitator:

Dr Colin Gorman – Clinical Psychologist, University of Ulster

Target Audience:

Practitioners who work in community, voluntary or statutory settings.

Aim of Course:

Emotional wellbeing webinar which focuses on wellbeing and resilience from a psychological and therapeutic perspective.

Learning Objectives:

- Recognition of the impact stress has on mental health, become more resilient in work and knowledge of how to implement self-care practices into your work and life
- Understand the importance of self-care from a psychological informed perspective and develop strategies for a healthier work/life balance
- Information on mental health services and therapies that can offer support.

Course Content:

- Understanding stress from a biological, psychological and social model perspective
- Strategies that can be used to help reduce symptoms of stress, anxiety and depression
- Services available and therapeutic interventions that can help combat mental health difficulties
- How to become more resilient in your job using psychological strategies.

Martin McLaughlin Teacher / Brazilian Jiu-Jitsu Master

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Date:

Friday 24th September 2021

Times:

12pm - 1pm

Facilitator:

Martin McLaughlin – Teacher/Brazilian Jiu-Jitsu Master

Target Audience:

Practitioners who work in community, voluntary or statutory settings.

Aim of Course:

Emotional wellbeing webinar to allow participants to engage in understanding the benefits of engaging in exercise, particularly Martial Arts.

Learning Objectives:

- Develop an understanding of the physical and mental benefits of Martial Arts
- Understand the importance of physical activity in reducing anxiety and depression
- Develop more confidence and increased self-esteem through physical activity.

Course Content:

- Gentle introductory session to the background of the sport, the benefits and how to improve physical and mental health through structured training
- Question and answers with a Brazilian Jujitsu Master.

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Peter Loughrey

Accredited Counsellor

Clinical Hypnotherapist

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Date:

Friday 8th October 2021

Times:

12pm - 1pm

Facilitator:

Peter Loughrey – Accredited Counsellor / Clinical Hypnotherapist

Target Audience:

Practitioners who work in community, voluntary or statutory settings.

Aim of Course:

Emotional wellbeing webinar to allow participants to engage in guided hypnotherapy, deep relaxation and mindfulness.

Learning Objectives:

- Develop skills for physical relaxation, mindfulness and emotional wellbeing
- Allow participants to enjoy some self-care, relaxation, guided meditation and a deeper understanding of their internal working world.

Course Content:

- Gentle Hypnotherapy taster session for people of all ages who are keen to develop a deeper understanding of themselves.
- Guided relaxation, mindfulness, breathing and restoration.

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Patricia Cathcart

Accredited Counsellor

Clinical Addictions Specialist

Drugs and Alcohol Specialist

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Date:

Friday 17th September 2021

Times:

12pm - 1pm

Facilitator:

Patricia Cathcart - Accredited Counsellor / Clinical Addictions Specialist / Drugs and Alcohol Specialist

Target Audience:

Practitioners who work in community, voluntary or statutory settings.

Aim of Course:

Emotional wellbeing webinar to allow participants to engage in an information session focusing on the impact alcohol, drugs and abuse of prescription medication has on a person's emotional, physical and mental health.

Learning Objectives:

- To develop skills an understanding of the impact self-medicating, alcohol and illicit substances can have upon someone's life
- To help participants explore different ways of coping which does not involve substance misuse
- To gain a better understanding of the triggers and warning signs of developing an addiction
- To understand the services and interventions available to help.

Course Content:

- Information on self-care when struggling with an addiction or developing an addiction
- The role drugs, alcohol and prescription medication may have on someone
- Understanding the psychology and biology of substance misuse
- Positive ways to help and support people with substance misuse issues.

William Grant Yoga Instructor

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Dates:

Friday 15th October 2021

Times:

12pm - 1pm

Facilitator:

William Grant – Yoga Instructor

Target Audience:

Practitioners who work in community, voluntary or statutory settings.

Aim of Course:

Emotional wellbeing webinar to allow participants to engage in an online yoga session focusing on relaxation and physical exercise.

Learning Objectives:

- To develop skills for physical relaxation, mindfulness and yoga techniques
- To help participants enjoy some self-care practices.

Course Content:

- Gentle yoga for people of all ages and levels of ability
- Guided relaxation, stretching and restoration.

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SMOKING CESSATION

The Smoking Cessation Team is part of the Health Improvement Department. We offer general information regarding smoking as well as smoking cessation support to anyone over the age of 12. If you would like more information and or support please contact us at the number below.

0800 9179 388