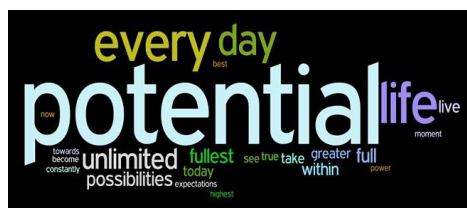




Winter Training Calendar

January – March 2024

FREE for anyone living or working in County Durham



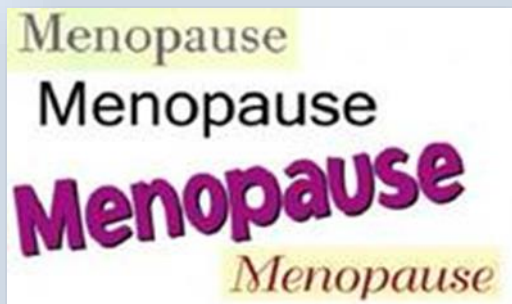
We are a fully subsidised provider of health improvement, health education and public health training. All of the training is FREE to anyone living or working in County Durham.

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 some of our training is delivered virtually by MS Teams)

An Insight into Menopause



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.

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.

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.

This short course gives an overview of the menopause, signs, symptoms, treatment and survival!

Monday 15 th January	09:30-12:30	Microsoft Teams
Tuesday 20 th February	09:30-12:30	Microsoft Teams
Wednesday 28 th March	13:00-16:00	Microsoft Teams

Delivered in partnership with:



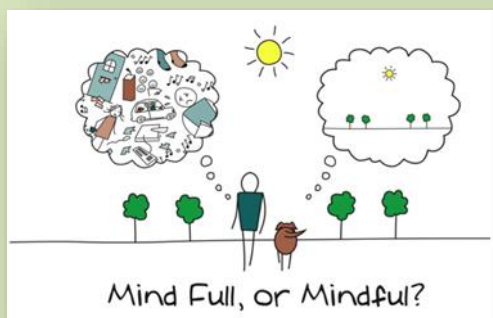
Awareness Around Energy Drinks and Caffeine



With the energy drinks market in the UK during 2021 being worth over £761million, and younger people consuming these products, we should be asking ourselves what is going into these products and what are they doing to our bodies. In this three hour session we will look at the difference between energy and sport drinks, find out what is the safe limit for caffeine, sugar and the other ingredients in these products? The impact that caffeine and sugar in our drinks have on our health in both the short and long-term.

Expressions of interest only: cdda-tr.CBS@nhs.net

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.

Wednesday 24 th January	09:00-12:00	Microsoft Teams
Wednesday 14 th February	09:00-12:00	Microsoft Teams
Tuesday 5 th March	09:00-12:00	Microsoft 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.

Tuesday 16 th January	09:30-12:30	Microsoft Teams
Tuesday 13 th February	09:30-12:30	Microsoft Teams
Tuesday 12 th March	09:30-12:30	Microsoft Teams

Delivered in partnership with:





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.

Tuesday 19th March

13:00-16:00

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.

Expressions of interest only: cdda-tr.CBS@nhs.net



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 29th January

13:00-16:00

Microsoft Teams

Tuesday 6th February

09:00-12:00

Microsoft Teams

Friday 15th March

09:00-12:00

Microsoft 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.

Wednesday 6th March

09:30-12:30

Microsoft Teams

Delivered in partnership with:



Healthy Eating: It's a balancing act.



In light of the Government's Obesity Strategy this course looks at what we eat, portion control and the benefits of a balanced diet. During the session you will explore your understanding of nutrition and its relation to health in general, gain an understanding of how your eating habits can affect your weight; be aware of other related factors affecting health and identify tools to help you put what you learn into practice.

Tuesday 30 th January	13:00-16:00	Microsoft Teams
Wednesday 20 th March	09:30-12:30	Microsoft 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 12 th March	13:00-16:00	Microsoft Teams
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Mental Health Awareness for Line Managers



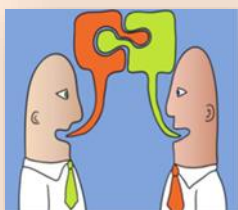
Most adults spend a significant proportion of their waking hours at work, so it is inevitably a setting where problems are often experienced. Line managers and team leaders can play a vital role in reducing stigma and encouraging staff to talk about their mental health problems. They are on the front line of implementing policies and may be the first port of call if someone isn't feeling well or is under pressure. This course focuses on identifying mental health conditions in the workplace, how to develop and support a positive culture and giving you the confidence to engage in mental health conversations.

Expressions of interest only: cdda-tr.CBS@nhs.net

Delivered in partnership with:



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.

Tuesday 9 th January	09:00-12:00	Microsoft Teams
Thursday 15 th February	13:00-16:00	Microsoft Teams
Tuesday 12 th March	09:30-12:30	Microsoft Teams

Basics to Getting Started in Physical Activity



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.

Expressions of interest only: cdda-tr.CBS@nhs.net

Suicide Awareness Workshop



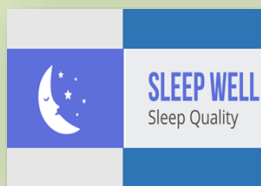
Responding effectively to people experiencing thoughts of suicide comes with experience and practice; often we let the fear of saying the wrong thing stop us from saying anything. This workshop is for people who want to feel more comfortable, confident and competent in helping to prevent the immediate 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 January	13:00-16:00	Microsoft Teams
Tuesday 12 th March	09:00-12:00	Microsoft Teams

Delivered in partnership with:



Sleep Hygiene



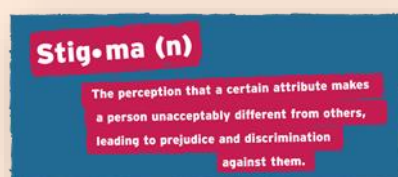
This session will focus on the concept of sleep hygiene. With busy lives it can be easy for us to overlook the importance of sleep which is vital for good physical and mental health. During the course, learners will explore some common barriers to good sleep and ways they can overcome these with the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

Tuesday 6th February

09:30-12:30

Microsoft Teams

Challenging Mental Health Stigma & Discrimination

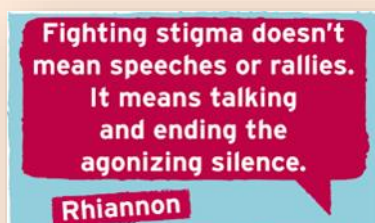


This course will explore mental health stigma and identify ways you can challenge stigma in your community or organisation. Mental Health stigma and discrimination prevent people from seeking help: this can delay treatment and impair recovery. It isolates people, excluding them from day-to-day activities 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.

Not Scheduled This Quarter

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.

Not Scheduled This Quarter

Delivered in partnership with:



Adult Mental Health First Aid – 2 Day Course



The aim of this 2 day course is to provide training for learners to gain skills in recognising the signs and symptoms of common mental health issues and to be able to effectively guide them in the direction of appropriate support to support people with their mental wellbeing. The mission is to help people to develop skills to look after their own mental health and to reduce the stigma and discrimination towards those who are struggling.

To register for the waiting list please email us to request an application form:

cdda-tr.CBS@nhs.net

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.

To register for the waiting list please email us to request an application form:

cdda-tr.CBS@nhs.net

If you would like to help shape our delivery and the content of our delivery going forward please follow [this link](#) or scan the QR code to access our training needs feedback form.



Bookings:

Please email us to book a place on any of our training courses: cdda-tr.cbs@nhs.net

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:

