

Training Brochure

April-September 2023



**Health
Improvement,
Equality &
Involvement**



Western Health
and Social Care Trust



Public Health
Agency

www.westerntrust.hscni.net/healthy-living/

Training Brochure

April-September 2023



**Health
Improvement,
Equality &
Involvement**

Maple Villa B,
Gransha Park,
Clooney Road,
L'Derry
BT46 6WJ

📞 028 7186 5127

✉ health.improvement@westerntrust.hscni.net



Western Health
and Social Care Trust



Public Health
Agency



www.westerntrust.hscni.net/healthy-living/

Welcome to the Health Improvement, Equality and Involvement (HIEI) Department Training Brochure April to September 2023.

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 Western Health & Social Care Trust (WHSCT) area.

We aim to build on the skills and capacity of people to deliver quality, effective health improvement programmes, 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.

The HIEI Department are delighted to offer four NEW courses; Chair Yoga, Managing your Menopause, Self Compassion and Talking to Young People about Sensitive Topics. We are also pleased to offer safeTALK again.

The courses will be delivered either via **Zoom** or face to face in a range of locations across the WHSCT.

Eventbrite is now used for registration of all courses. For course details including times and course content, please click the '**Click Here to Register**' icon below each course which takes you to the **Eventbrite** registration page. When you register for a course on **Eventbrite** please **note that this is not confirmation of a place**. If you have secured a place you will receive a further **Eventbrite** email to confirm this with the **Zoom** link or venue details.

Please note you will require both an email address and internet access to access courses delivered via **Zoom**.

We are aware that applying for courses via **Eventbrite** and delivery of training online via **Zoom** may present some issues. If you have any issues applying for courses or accessing our training online, please contact us using the details on the **opposite page**.

Training Brochure

April-September 2023

Contents

Autism Awareness: Supporting Professionals in Supporting Families 5

ASIST (Applied Suicide Intervention Skills Training) 5

Bend Don't Break Workshop 6

Chair Yoga (Open Level 2 Accredited) 6 **NEW**

Chair Based Activities (Basic Introductory) 7

Connections Link Life 7

Child Sexual Exploitation 8

Digital Safeguarding Core Awareness 8

Manifest: Connecting Men With Mind Fitness 9

Managing Your Menopause 9 **NEW**

Mental Health First Aid 10

SafeTALK 10

Self-Compassion: Why the way we Talk to Ourselves Matters 11 **NEW**

Sleep Awareness 11

Talking to Young People About Sensitive Topics 12 **NEW**

Take 5 Ambassador 12

Very Brief Advice for Smoking Cessation Support 14

Walk Leader 14



Autism Awareness: Supporting Professionals in Supporting Families

Date(s):
Thursday 15th June 2023
Via Zoom

Facilitator: Autism Spectrum
Disorder Service (WHSCT)

Target audience: Professionals
working with children, young people
and their families.

To equip professionals with practical
tips and strategies while they
support families with children who
present with features of Autism,
have a diagnosis of Autism or who
are awaiting an Autism assessment.



Autism Social Cafés

Autism Social Cafés are for parents
and carers of children of all ages
who are on their autism journey or
awaiting assessment. This is an
opportunity for parents and carers
to access information on services
in a social environment. Dates and
venues Trustwide to be confirmed.
If you would like to be added to our
mailing list to receive information
on your nearest social cafe event,
please email the address at the
bottom of the page.



ASIST

(Applied Suicide Intervention
Skills Training)

Date(s):
Tuesday 20th and Wednesday
21st June 2023 (2 Day Course)

Venue: Bawnacre Centre,
Irvinestown

Facilitator: Oak Healthy Living
Centre

Target audience: Anyone over
16 who wants to develop skills in
suicide prevention.

ASIST is an interactive workshop
in suicide first aid. Participants
will learn how to prevent suicide
by recognising signs, providing a
skilled intervention and developing
a safety plan to keep someone
alive. ASIST is delivered by two
knowledgeable, supportive trainers
and participants will develop their
skills through supervised observation
and role-play.



**ASIST is not suitable for anyone
recently bereaved by suicide.**

**Dates for L'Derry and Omagh
area will be announced in the
next edition of our Training
Brochure.**

Training Brochure

April-September 2023

Bend Don't Break Workshop

Date(s):

Wednesday 10th May 2023
Via Zoom

Facilitator: South Eastern Health & Social Care Trust (SEHSCT)

Target Audience: Practitioners who want to nurture and develop their personal resilience.

Central to supporting well-being and resilience are positive thinking skills, support and self-care. This workshop uses the 'Bend Don't Break' self-help guide as a tool for participants to cope with stressful situations and build their own resilience. Participants will be invited to work through the guide at their own pace and the only requirement is that they provide feedback on the benefits of the workshop on their well-being.



Chair Yoga **NEW**

(Open Level 2 Accredited)

Date(s):

Friday 2nd and Friday 16th June 2023 (2 Day Course)

Venue: TBC-L/Derry/Strabane Area

Facilitator: Lifedock

Target Audience: Anyone delivering activities to frailer older people, people with disabilities, neurological conditions, health conditions, or recovering from injury.

This course will equip participants with the skills required to lead a chair yoga session teaching a series of seated postures; sequence postures to create a relaxing a beneficial class; how to adapt and tailor the session according to the ability of their group.



Chair Based Activities

(Basic Introductory)

Date(s):

Tuesday 6th June 2023
Via Zoom

Facilitator: Disability Sport NI

Target Audience: Anyone delivering activities to frailer older people, people going through rehabilitation and people with reduced mobility, a long term health condition or a disability.

This course aims to equip participants with the knowledge & skills to adapt and deliver a range of chair based activities to support movement and physical activity in those with limited mobility.



Connections Link Life

Date(s):

Thursday 18th May 2023

Venue: Shared Future Centre, L'Derry



Thursday 8th June 2023

Venue: Lisnamallard Day Centre, Omagh



Thursday 28th September 2023

Venue: Action Mental Health, Enniskillen



Facilitator: Health Improvement, Equality & Involvement Department (WHSCT)

Target audience: Anyone in the statutory, community or voluntary sector wishing to develop a deeper understanding of mental health and suicide prevention.

This session aims to provide an increased knowledge of suicide including: myths and stigma around suicide; life events that contribute to suicide; how to cultivate resilience through self-care practice and the range of agencies and resources for help and support in the Western Trust area.

Training Brochure

April-September 2023

Child Sexual Exploitation

Date(s):

Wednesday 7th June 2023
Via Zoom

Facilitator: Common Youth

Target audience: Professionals and volunteers working with children and young people, especially those working in safeguarding or child protection.

This session aims to raise awareness of Child Sexual Exploitation (CSE) and support participants to identify warning signs and indicators of CSE. Participants will gain knowledge of legislation, the grooming cycle and risk indicators of CSE.



Digital Safeguarding Core Awareness

Date(s):

Thursday 1st June 2023

Venue: TBC-Fermanagh Area

Facilitator: Digital Safeguarding Steering Group Trainers (WHSCT)

Target audience: Practitioners who work with children, young people and vulnerable adults.

This course will focus on the benefits and harms facing children and young people in the online world and will provide resources to support practitioners in their safeguarding work with children.

The contents 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; and protection strategies when harm has occurred.



Manifest: Connecting Men With Mind Fitness

Date(s): Thursday 21st September
2023

Venue: TBC-Fermanagh Area

Facilitator: Men's Health Forum
in Ireland, Men's Action Network
& Health Improvement, Equality &
Involvement Department (WHSCT)

Target audience: Practitioners
and service providers who work
with men in any setting.

This course explores the key
issues that impact on men and their
mental wellbeing. It also considers
what works in order to be able
to effectively engage with men
and signpost them to a range of
services.



Managing Your Menopause **NEW**

Date(s):
Friday 12th May 2023 • Via Zoom

Facilitator: Dr Sandra McNeill
(WHSCT)

Target audience: Anyone with
an interest in learning more about
the perimenopause/menopause.

The session aims to provide
participants with information
and strategies to help you to
deal with and manage menopausal
symptoms during everyday life
and at work.



Training Brochure

April-September 2023

Mental Health First Aid

Date(s):

Tuesday 9th and Tuesday 16th May 2023 (2 Day Course)

Venue: Shared Future Centre, L'Derry



Tuesday 6th, Wednesday 7th and Thursday 8th June 2023 **Via Zoom** (3 Day Course)



Facilitator: AWARE

Target Audience: Anyone over 18 who wants to increase their knowledge and skills in providing initial support for someone with a mental health issue.

This course teaches participants how to identify, understand and respond to signs of mental illness and distress. The training gives participants the skills needed to reach out and provide initial help and support. Participants will also receive information on services available to guide a person towards appropriate professional help.

Mental Health First Aid is not suitable for anyone recently bereaved by suicide.

SafeTALK **NEW**

Date(s):

Thursday 20th April 2023

Venue: Shared Future Centre, L'Derry



Thursday 11th May 2023

Venue: TBC-Limavady Area



Monday 11th September 2023

Venue: TBC-Omagh Area



Facilitator: Action Mental Health

Target Audience: Anyone over the age of 15.

SafeTALK is a certified training programme that prepares identify persons with thoughts of suicide and connect them to suicide first aid resources. The programme will enable participants to identify the signs for risk of suicide; safely ask someone about suicide; listen to someone who is emotional distress and thinking about suicide; increase safety from the risk of suicide and reflecting on what is expected within their job or volunteer role.

SafeTALK is not suitable for anyone recently bereaved by suicide.



Self-Compassion: **NEW** Why the way we Talk to Ourselves Matters

Date(s):
Thursday 27th April 2023
Via Zoom

Facilitator: South Eastern Health
& Social Care Trust (SEHSCT)

Target Audience: Open to anyone
over the age of 18.

Participants will be introduced to what
self-compassion is; the evidence behind
it; how to make the
most of it and how to
integrate it into their
everyday life.



Sleep Awareness

Date(s):
Tuesday 6th June 2023
Via Zoom

Facilitator: Rise NI

Target audience: Parents, carers
and professionals supporting
children & young people.

This course aims to provide
participants with a good knowledge
of sleep hygiene and sleep
processes. Content includes
bedtime routine tips, how to apply
these, and supporting sleep
using a behavioural management
approach. The session focuses on
typically developing children and
young people.



Training Brochure

April-September 2023

Talking to Young People About Sensitive Topics

Date(s):

Wednesday 21st June 2023
Via Zoom

NEW

Facilitator: Common Youth

Target Audience: Professionals and volunteers working with children and young people.

This session will help participants build self-confidence and develop strategies for communicating with young people about sensitive topics, increase awareness about sex and relationships and signpost to useful resources.



Take 5 Ambassador

Date(s):

Thursday 18th May 2023

Venue: Lisnamallard Day Centre, Omagh



Date(s): Friday 15th September 2023

Venue: Lecture Theatre 1, MDEC, Altnagelvin Hospital



Facilitator: Health Improvement, Equality & Involvement Department (WHSCT)

Target audience: Anyone over 18 who wants to raise awareness of the 'Take 5 Ways to Wellbeing' in their local community.

This course will skill participants in becoming a 'Take 5' Ambassador. Participants will learn how to organise 'Take 5 Ways to Wellbeing' themed activities to promote healthy lifestyles and support positive mental health within communities, workplaces and service users.



Free Nutrition Webinars on Demand



A wide range of 30 minute webinars are available on nutrition topics for every life stage.

Recorded by Dietitians and Registered Nutritionists.

Scan the QR code above or subscribe to **Public Health Dietitians** on  **YouTube**

Training Brochure

April-September 2023

Very Brief Advice for Smoking Cessation Support

Date(s):

Thursday 20th April 2023



Thursday 15th June 2023



Thursday 21st September 2023 Via Zoom



Facilitator: Health Improvement, Equality & Involvement Department (WHSCT)

Target audience: Staff & volunteers working in community, voluntary and statutory organisations.

This course aims to increase awareness and knowledge of how to support someone who wishes to stop smoking. The course covers: smoking facts; benefits of stopping; the importance of promoting good health and wellbeing; and how to signpost motivated smokers who want to stop smoking.

Walk Leader

Date(s):

Wednesday 14th June 2023

Venue: Boardroom, Gransha Park House



Tuesday 18th April 2023

Venue: Boardroom, Tyrone and Fermanagh Hospital



Wednesday 20th September 2023 Via Zoom



Facilitator: Health Improvement, Equality & Involvement Department (WHSCT)

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.

This course aims to equip participants with the skills and knowledge to confidently lead health walks in communities and workplaces.

Smoking Cessation Clinics are Back!

HSC Western Health and Social Care Trust

HSC Public Health Agency



Our team of dedicated nurse specialists will help guide you through a tailored 12 week programme providing support, motivation and stop smoking medication if required.

South West Acute Hospital • 6pm-7.30pm • Monday

Shared Future Centre • 2 • Currently Postponed •

Limavady Health Centre • 5.30pm-7pm • Wednesday

Skeoge Community Hub • 5.30pm-7.30pm • Monday

Omagh Hospital & Primary Care Complex • 5.30pm-7.30pm • Tuesday

Strabane Health Centre • 4.30pm-6pm • Tuesday



0800 917 9388

Please do not attend if you have any symptoms of Covid or feel generally unwell.