

# TRAINING FOR YOU 2022



**Health  
Improvement,  
Equality &  
Involvement**

 Western Health  
and Social Care Trust

 Public Health  
Agency

**Training Brochure  
March to September 2022**

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

If you would like to be added to our database and receive information on the work of the Health Improvement, Equality and Involvement Department click on the link to the right, complete the form and return it to us at the email address below.



Click here  
to go to our  
database.

**Tel: 028 7186 5127 E: [health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net)**

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# Autism and Sports Coaching

**Date:** Tuesday 20th September 2022

**Times:** 1.00pm to 3.00pm

**Facilitator:** Disability Sport NI

**Target Audience:** People who deliver sport and physical activity sessions.

## Aim of Course:

To provide participants with an introduction to planning and delivering sports and physical activity sessions that are inclusive of people with autism.

## Learning Objectives:

- To provide an introduction to autism and potential challenges for inclusion in activity sessions
- To discuss potential strategies and support for keeping people with autism engaged in sport and active recreation
- To learn through practical examples how to include people with autism in activity sessions.

## Course Content:

- Online theory presentation that includes tasks and activities.

This course was developed in partnership with Autism Initiatives.



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# Autism Spectrum Disorder (ASD) Awareness Training for Professionals Working With Children, Young People and Families

**Date:** Tuesday 29th March 2022

**Times:** 10.00am to 12.30pm

**Facilitator:** Dr Irene Fowley-Specialist Clinical Psychologist, WHSCT ASD Service  
Sarah McElholm-Specialist Speech & Language Therapist/Early  
Intervention Team Lead, WHSCT ASD Service

**Target Audience:** Professionals who work with children, young people  
and their families.

## Aim of Course:

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

## Learning Objectives:

- Enhance participants understanding of ASD
- Build confidence in professionals to provide timely support & intervention to families
- Deliver practical tips & strategies in regard to ASD
- Signpost to other relevant forms of support.

## Course Content:

- Introduction to the ASD Service in Western Health and Social Care Trust area
- ASD early intervention
- ASD assessment journey
- Early indicators of ASD
- Neuro-developmental differences in ASD
- Tips & strategies including: adapting communication & use of visuals, creating supporting environments, enhancing skills.

# Chair Based Activities (Basic Introductory Level)

**Date:** Tuesday 14th June 2022

**Times:** 10.00am to 12.00pm

**Facilitator:** Disability Sport NI

**Target Audience:** Group or community leaders who deliver activities to older people, people going through rehabilitation and people with reduced mobility or a disability.

## **Aim of Course:**

To equip participants with the knowledge to deliver & adapt a range of chair based activities.

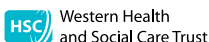
## **Learning Objectives:**

- To develop theoretical and practical knowledge on delivering a range of activities that people can participate in from a seated position
- To understand the benefits of chair-based activities to participants
- To discuss challenges to participation and potential solutions for those with reduced mobility
- To identify techniques for good inclusive practice.

## **Course Content:**

This course offers theoretical knowledge and some practical elements on delivering a range of sports and activities that people can participate in from a seated position.

**Please note this is a basic introductory level course.**



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# Chair Based Activity (Open College Network Accredited)

**Dates:** Wednesday 28th September 2022  
Wednesday 5th October 2022  
Wednesday 19th October 2022

**Times:** 10.00am to 1.00pm each day (9 Hours total)

**Facilitator:** Lifedock

**Target Audience:** Those working with older people and people with health issues including disability.

## **Aim of Course:**

To provide all the skills needed to lead groups of older people, people with disabilities or those with physical or mental health conditions in chair based exercise sessions.

## **Learning Objectives:**

To learn to deliver chair based exercise sessions which can:

- **Support falls prevention**
- **Improve mobility, strength, flexibility & posture**
- **Promote independence**
- **Have social benefits and be great fun**
- **Slow down age related illness & conditions.**

## **Course Content:**

Sessions will be mostly practical, comprising of:

- **Exercise technique & purpose – mobilising, stretching, strengthening & fun**
- **Teaching practice**
- **Communication skills & leading older people/people with a learning or physical disability**
- **Managing group exercise**
- **Observation & correction**
- **Adapting exercises and/or exercise session.**

The course will also equip leaders to use props (balls/scarves/hoops etc.) to design fun & stimulating sessions for clients who are less able to follow a structured outline.

**This is an Open College Network accredited course which includes completion of coursework online. Applicants must be available to attend all 3 dates in full.**

# Consent Training

**Date:** Thursday 2nd June 2022

**Times:** 10.00am to 12.30pm

**Facilitator:** Common Youth

**Target Audience:** Anyone working within the Community, Voluntary or Statutory sector.

## Aim of Course:

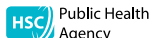
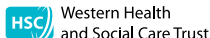
To raise awareness on the concept of consent.

## Learning Objectives:

- Increased awareness about what consent is
- Exploration of sex
- Consent and rights
- Increased awareness of consent and social media
- Increased understanding about how our values can impact on our decision.

## Course Content:

- Definition of consent
- Consent and social media
- How can values impact decision making.



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# Disability Inclusion Training for Providers of Physical Activity Opportunities

**Date:** Wednesday 11th May 2022

**Times:** 10.00am to 12.00pm

**Facilitator:** Disability Sport NI

**Target Audience:** Anyone wishing to provide inclusive sports and active recreation opportunities such as sports coaches, physical activity providers and staff in schools.

## Aim of Course:

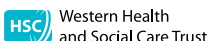
To provide knowledge and skills to overcome barriers to participation, ensuring that programmes, facilities and activities are more inclusive of people with a disability.

## Learning Objectives:

- How to create positive perceptions and experiences to engage people with a disability in sport and active recreation
- Understanding various types of disability and potential barriers to participation
- Models of inclusion and how we can remove barriers and promote inclusion
- Communication and how to promote positive behaviour, etiquette and terminology associated with disability sport.

## Course Content:

Online theory presentation that includes tasks and activities.



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# Healing Powers of Play

**Dates:** Tuesday 17th May 2022

**Times:** 10.00am to 4.00pm

**Facilitator:** Body, Mind and Soul Centre

**Target Audience:** Colleagues from all sectors who work with children and young people e.g. psychologists, specialist educational needs staff, social workers, residential workers, allied health professionals, support staff, teachers and youth workers.

## Aim of Course:

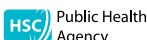
To integrate knowledge and experience of the therapeutic powers of play for the practitioner to enhance the connection within the practitioner-child relationship.

## Learning Objectives:

- Support the practitioner / child relationship through the medium of play
- Understand the therapeutic use of self to support the child/ young person
- Promote positive emotions and use of language to describe and communicate feelings
- Help children to process difficult emotions and help improve the capacity to problem solve
- Invite practitioners to reflect on the emotional impact of working with children / young people.

## Course Content:

- Connection between play and basic neuroscience concepts
- Process and stages of play
- Understand the power of presence and the importance of being able to co-regulate to support well-being
- How to work creatively with children and young people.



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# LGBTQI+ Awareness

**Date:** Tuesday 7th June 2022

**Times:** 10.30am to 12.30pm

**Facilitator:** Cara - Friend

**Target Audience:** Anyone with an interest in improving professional practice, understanding and develop knowledge of issues relating to the Lesbian, Gay, Bisexual, Transsexual, Queer, Intersex (LGBTQI+) community.

## Aim of Course:

The aim of this training is to increase knowledge on LGBTQI+ issues.

## Learning Objectives:

- Understanding of what is meant by LGBTQI+
- Awareness to the needs of service users and colleagues from the LGBTQI+ community
- Awareness of LGBTQI+ issues so you can become more inclusive in your professional practice
- Understand LGBTQI+ terminology.

## Course Content:

- What is meant by LGBTQI+
- Issues affecting LGBTQI+
- Sexuality and sexual orientation
- Gender identity and gender experience in NI
- Transgender and non-binary identities
- Biological sex and intersex identity
- Professional practice
- Mental health implications for LGBTQI+
- Coming out
- How to be more LGBTQI+ inclusive
- Q&A session.

# Managing the Challenge Programme

**Dates:** Morning, afternoon and evening programmes available

**Times:** Each programme consists of a 2.5 hour session per week for 6 weeks

**Facilitator:** Action Mental Health

**Target Audience:** Anyone with a long term health condition.

## Aim of Course:

Do you live with a long term health condition (including long COVID)?

Would you like to take time out for yourself to assess and develop coping skills and tools for self-managing your condition?

Would you like to share and learn from others who have similar conditions in a safe space?

The Managing the Challenge Programme courses are aimed at anyone living with pain or long term chronic health conditions. The programme is coordinated by Action Mental Health (AMH).

The course will help you to help yourself live the best life that you can in spite of having pain or a health condition. Whether it is a physical, mental or emotional condition, self-management is about being actively involved in your recovery and developing skills that can enable you to overcome your problems.

The courses are delivered by tutors who either have experience living with a long term health condition, care for someone with a long term health condition or work with people who have long term health conditions. Please click [HERE](#) for the course flyers.

To self refer please click [HERE](#). Once Action Mental Health receives your referral, you will be contacted by the Programme Co-ordinator with available dates.

# Mental Health First Aid

**Dates:** Monday 20th, Tuesday 21st and Wednesday 22nd June 2022  
Monday 12th, Tuesday 13th and Wednesday 14th September 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 participant knowledge and skill in providing initial support for someone with a mental health problem.

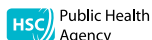
## Learning Objectives:

- 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. Mental Health First Aid is given until appropriate professional treatment is received or until the crisis resolves.



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# Nutrition Information Sessions

Eating well is important for both our short and long term health. With so much conflicting and false nutrition information out there, it can be confusing to know what we should be eating for good health & wellbeing.

The WHSCT Community Food & Nutrition Team in partnership with Dietitians & Registered Nutritionists from all other Health Care Trusts in NI have developed online information sessions on a range of nutrition topics to help individuals & families make healthier choices.

## All information sessions:

- Contain the most up to date evidence based nutrition information
- Are delivered by qualified nutrition professionals (Dietitians or registered Nutritionists)
- Are free of charge
- Last approximately 30 – 40 minutes
- Sessions will be pre-recorded and available online so can be watched at a time that suits you.
- These sessions also run regularly as live events via Zoom/MS Teams giving viewers the opportunity to ask questions. All events are advertised on the Western Health & Social Care Trust and Public Health Agency Facebook pages each month.

## Adults

### How to Save Money on Your Food Shop

Budget friendly recipes and tips to eat healthily on a small budget.



◀ Click here to have a look.

### Fact or Fiction: Nutrition Myths and Fad Diets

The real truth about those trends you see in the medidetox diets, coconut oil, immune boosting foods.



◀ Click here to have a look.

### Healthy Diet, Healthier You

Learn how to make changes to your diet to benefit your health.



◀ Click here to have a look.

### Food & Mood

The food we eat affects our mood – find out what can boost mood & energy levels.



◀ Click here to have a look.

# Nutrition Information Sessions (Continued)

## Eating Well as You Age

Learn about important nutrients and how to eat well in later life.



◀ Click here to have a look.

## Top Tips for a Healthier Weight

If you're overweight & would like guidance to becoming a healthier weight – this is for you! Learn about portion control, snacking, alcohol and takeaways.



◀ Click here to have a look.

## Children & Young People

### Introduction to Solids

Advice on starting weaning including when to start, foods to give & those to avoid, suitable textures & portion sizes.



◀ Click here to have a look.

### School Lunch Box & Snack Ideas

Get inspiration & ideas for healthier kids lunches.



◀ Click here to have a look.

### Feeding Under 5s

Learn about good nutrition for toddlers & young children, including food groups, portion sizes & suitable snacks.



◀ Click here to have a look.

### Healthy Eating & Mealtime Tips

Are family mealtimes stressful? Advice on dealing with fussy eating and creating healthier habits for the whole family.



◀ Click here to have a look.

### Nutrition for your Teenager

Find out about a healthy balanced diet for teenagers including important nutrients.



◀ Click here to have a look.

Look out for these new topics coming later this year:

- Nutrition for Sport
- Menopause & Diet
- Gut Health
- Sustainable Diets

# Nutrition Matters for the Early Years

**Dates:** Tuesday 26th April 2022  
Wednesday 18th May 2022  
Thursday 16th June 2022  
Thursday 29th September 2022

**Times:** 7.00pm to 9.30pm

**Facilitator:** Health & Social Care Health Improvement Dietitian or Nutritionist

**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' document, its 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:

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

To apply for any of these courses please visit:

<http://childcarepartnerships.hscni.net/training-quality/>  
or email: [Anita.Mason@hscni.net](mailto:Anita.Mason@hscni.net)



# Pornography and its Impact on Young People

**Date:** Thursday 22nd September 2022

**Times:** 10.00am to 12.00pm

**Facilitator:** Common Youth

**Target Audience:** Anyone working within the Community, Voluntary or Statutory sector.

## Aim of Course:

This training is aimed at professionals who work with young people to better understand the impact of pornography and how to communicate with young people about pornography use.

## Learning Objectives:

- Attitudes and values around pornography
- Discover how and when young people access pornography
- Gain an understanding of the expectations created by pornography
- Learn how to support young people to minimise the impact of harmful pornography consumption.

## Course Content:

- Why do we need to talk to young people about pornography?
- Values and attitudes towards pornography
- The law and pornography
- Expectations created by pornography
- Practical tips for supporting young people.

# Sexual Orientation and Gender Identity Awareness

**Date:** Wednesday 26th May 2022  
Thursday 29th September 2022

**Times:** 10.00am to 12.00pm

**Facilitator:** The Rainbow Project

**Target Audience:** Anyone working within the Community, Voluntary or Statutory sector.

## Aim of Course:

Increase awareness and confidence of anyone working with the Lesbian, Gay, Bisexual, Transsexual, Queer, Intersex (LGBTQI+) community to ensure they are treated with respect, dignity and empathy.

## Learning Objectives:

Participants will understand better:

- Increased understanding of the key inequalities that still exist for LGBTQI+ people and barriers to accessing support or services
- Increased awareness and clarity on appropriate language and terminology
- Increased awareness of the provision of support services available in Northern Ireland for LGBTQI+ people and their families
- A better understanding of the legislative framework related to LGBTQI+ equality
- An understanding of practical improvements of practice
- More confidence in supporting LGBTQI+ people
- An awareness of the specific issues related to gender identity and gender

## Course Content:

- Key inequalities that still exist for LGBTQI+ people and barriers for LGBTQI+ people accessing support /services
- Clarity on appropriate language and terminology
- Information about the provision of support services available in Northern Ireland for LGBTQI+ people and their families
- Legislative framework related to LGBTQI+ equality
- Exploration of implications for practice
- More confidence in supporting LGBTQI+ people
- Information about specific issues related to gender identity and gender dysphoria.

# Sleep Awareness

**Dates:** Wednesday 6th April 2022 **Times:** 10.00am to 11.00am

Wednesday 22nd June 2022 **Times:** 12.30pm to 1.30pm

**Facilitator:** RISE NI

**Target Audience:** Parents, Carers and Professionals supporting Children and Young People.

## Aim of Course:

To provide participants with a good knowledge of sleep hygiene and sleep processes. The session focuses on typically developing children and young people.

## Learning Objectives:

To introduce the principles of cognitive behavioural management and how to apply these principles to support sleep problems in children and young people.

## Course Content:

- Understanding sleep
- Supporting a good night's sleep using a behavioural management approach
- Provision of supportive information and advice around sleep issues
- Bedtime routine tips and how to apply these.



Click Here  
to Apply



# Step Into Your Power

**Dates:** Tuesday 24th May 2022

**Times:** 10.00am to 4.00pm

**Facilitator:** Nuala McKeever – North Star Wellbeing

**Target Audience:** Women working within the Community, Voluntary, Statutory or Private Sector.

## Aim of Course:

To develop confidence and empower women in both their personal and professional lives.

## Learning Objectives:

- Understand and expand your self-awareness and self-worth
- Identify your personal values and strengths
- Create personalised daily affirmations to increase confidence
- Learn to self-regulate through practical exercises
- Utilise Take 5 techniques to support your health and wellbeing
- Learn to stand in your power in your personal and professional role
- Build confidence in decision making.

## Course Content:

- Challenge and change limiting beliefs and negative automatic thoughts
- Create a personalised daily routine and set goals to take back control
- Create focus and develop ways to shape and enhance your personal and professional life
- Learn new tools and techniques to identify and overcome challenges and obstacles.

# Walk Leader

**Dates:** Tuesday 10th May 2022  
Tuesday 13th September 2022

**Times:** 10.00am to 12.30pm

**Facilitator:** Health Improvement, Equality and Involvement Department

**Target Audience:** Anyone 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 understand better:

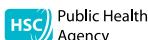
- To be able to establish a new walking group or support an existing group
- To be able to plan, risk assess and deliver a health walk programme.

## Course Content:

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

**Please note:** 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.



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# Wellbeing Wednesday (Understanding Anxiety)

**Date:** Wednesday 6th April 2022

**Times:** 12.00pm to 1.00pm

**Facilitator:** Health Improvement, Equality and Involvement Department

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

## **Aim of Course:**

Understand the activities/interventions that you can integrate into your life, that will help challenge and manage anxiety.

## **Learning Objectives:**

Learn about the 5 steps:

1. BE ACTIVE
2. TAKE NOTICE
3. KEEP LEARNING
4. GIVE
5. CONNECT

Develop a better understanding of the sign and symptoms of anxiety, its impact on everyday life and how to help manage this.

Provide an overview of Take 5 - the five Ways to Wellbeing. Integrate how these steps can work in relation to understand anxiety and managing the condition. This will include the body, mind, social approach to anxiety.

## **Course Content:**

- This seminar is part of a series of 3 Wednesday Wellbeing Zoom sessions to explore the Take 5 steps in managing and challenging anxiety to develop a better balance in your life.
- Signs of anxiety and how these impact on a person.
- Highlight activities that promote positive mental health.
- Discuss the body, mind and social impact anxiety has on life.

# Wellbeing Wednesday (Resilience and Self-esteem)

**Date:** Wednesday 4th May 2022

**Times:** 12.00pm to 1.00pm

**Facilitator:** Health Improvement, Equality and Involvement Department

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

## **Aim of Course:**

Provide an overview of Take 5 - the five Ways to Wellbeing. Integrate how these steps can work in relation to becoming more resilient in your body, mind and social life.

## **Learning Objectives:**

Learn about the 5 steps:

1. BE ACTIVE
2. TAKE NOTICE
3. KEEP LEARNING
4. GIVE
5. CONNECT

Understand the activities/interventions that you can integrate into your life, that will help develop resilience, confidence and self esteem.

## **Course Content:**

- This seminar is part of a series of 3 Wednesday Wellbeing Zoom sessions to explore the Take 5 steps in developing resilience and self-esteem in your life.
- Highlight activities that promote and develop self-esteem, resilience and confidence.
- Discuss the body, mind and social impact positivity and resilience has on life, and how to build yourself up better and stronger.

# Wellbeing Wednesday (Delving into Depression)

**Date:** Wednesday 1st June 2022

**Times:** 12.00pm to 1.00pm

**Facilitator:** Health Improvement, Equality and Involvement Department

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

## **Aim of Course:**

Understand the activities/interventions that you can integrate into your life, that will help challenge and manage depression/low mood.

## **Learning Objectives:**

Learn about the 5 steps:

1. BE ACTIVE
2. TAKE NOTICE
3. KEEP LEARNING
4. GIVE
5. CONNECT

Develop a better understanding of the sign and symptoms of depression, its impact on everyday life and how to help manage this.

Provide an overview of Take 5 - the five Ways to Wellbeing. Integrate how these steps can work in relation to challenging depression/low mood. This will include the body, mind, social approach to depression.

## **Course Content:**

- The seminar is part of a series of 3 Wednesday Wellbeing Zoom sessions to explore the Take 5 steps in challenging low mood/depression to develop a better balance in your life.
- Signs of depression and how these impact on a person.
- Highlight activities that promote positive mental health.
- Discuss the body, mind and social impact depression/low mood has on life.





# 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 3888