TRAINING 21

All our training will be held online via ZOOM

Health Improvement, Equality & Involvement

HSC Western Health and Social Care Trust

HSC Public Health Agency

April to Sept 21 • Training Brochure

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Introduction

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

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.

Tel: 028 7186 5127 E: health.improvement@westerntrust.hscni.net

Connections Link Life Suicide Awareness Training

Dates:
14th May 2021
15th June 2021
14th September 2021

Times:
TBC

All our training will be held online via ZOOM

Facilitator:
Western Digital Safeguarding Steering Group Trainers

Target Audience:
Anyone who works in the statutory, community or voluntary sector wishing to increase their knowledge and understanding of emotional health, suicide awareness and the Connect 4 Way Helping model.

Aim of Course:
To increase knowledge and understanding of emotional health, suicide awareness and the 'Connect 4 Way' model.

Learning Objectives:
- Life events that can contribute to suicide
- Stigma and myths surrounding suicide
- The role of cultivating an emotionally healthy outlook and creating a self-care practice
- How to use the Connect 4 Way model to help keep someone safe from suicide
- The range of agencies and resources for help and support in your community
- The confidence to help others who need it.

Course Content:
- Vulnerability to suicide
- Myths and stigma
- Emotional wellbeing and self-care
- Steps for helpers
- Sources of support.

Click here to apply

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

Digital Safeguarding Core Awareness Training

All our training will be held online via ZOOM

Dates:
12th and 13th May 2021
15th and 16th September 2021

Times:
10am-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 harms 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:
Course provides nutritional guidance for feeding children under 5 years old in the childcare setting including:

- 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.

Click here to apply

MANifest: Connecting Men with Mind Fitness

All our training will be held online via ZOOM

Dates:
22nd and 23rd April 2021

Times:
9.30am-12pm each day (6 hours in total)

Facilitator:
Men's Health West Trainers

Target Audience:
Practitioners/Service Providers (male or female) who work with men in any setting.

Aim of Course:
To explore the key issues that impact on men and their mental wellbeing and understand what works in order to be able 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 that practitioners bring to working 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.

Click here to apply

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

Mental Health First Aid

All our training will be held online via ZOOM

Dates:
6th, 13th and 20th May 2021
13th, 20th and 27th September 2021

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

Facilitator:
AWARE NI

Target Audience:
Practitioners who work with children and young people.

Aim of Course:
Anyone over the age of 16.

Learning Objectives:
- Increase knowledge and skills to recognise the 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.

MHFA 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.

Click here to apply

Moving More Often

All our training will be held online via ZOOM

Dates:
6th May 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.

Aim of Course:
To highlight the benefits of moving more for frailer older people.

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 of being active in later years
- 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.

Please note: This course is not aimed at trained exercise professionals.

Click here to apply

Nutrition Matters for the Early Years

All our training will be held online via ZOOM

Dates and Times:
12 May 2021, 2pm-4.30pm
3 June 2021, 6.30pm-9pm
13 September 2021, 6pm-8.30pm

Facilitator:
Health Improvement, Equality and Involvement Department

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

Special Requirements:
Registration will only be taken via Childcare Partnership (Western area)

http://childcarepartnerships.hscni.net/training-quality/

Click here to apply

PANTS Refresher Session

All our training will be held online via ZOOM

Dates:
22nd April 2021

Times:
10am - 12pm

Facilitator:
NSPCC

Target Audience:
Professionals who support families with children aged 4 - 8 years.

Aim of Course:
To protect children aged 4 – 8 years from sexual abuse and encourage parents, carers & professionals to have age-appropriate conversations with children to help keep them safe from sexual abuse.

Learning Objectives:
- Provide an overview of the aims of the NSPCC PANTS campaign (The Underwear Rule)
- Signpost to the campaign resources and to build knowledge and confidence to use them
- Equip participants to share this knowledge with others including colleagues and families.

Course Content:
- Overview of development of the PANTS campaign messages
- Provide outline of the key resources available for professionals to use
- Answer queries and concerns arising for professionals around using the PANTS materials
- Signpost to relevant support agencies locally and nationally.

Click here to apply

PANTS Awareness Session • BAME Communities

All our training will be held online via ZOOM

Dates:
18th May 2021

Times:
10am – 12pm

Facilitator:
NSPCC

Target Audience:
Professionals who support families with children aged 4 - 8 years from BAME communities.

Aim of Course:
To protect children aged 4 – 8 years from sexual abuse and encourage parents, carers & professionals to have age-appropriate conversations with children to help keep them safe from sexual abuse and highlight new BAME resources for the campaign.

Learning Objectives:
- Provide you an overview of the aims of the NSPCC PANTS campaign (The Underwear Rule)
- Signpost to the campaign resources and to build your knowledge and confidence to use them
- Highlight new resources for BAME families in a range of new languages
- Equip participants to share this knowledge with others including your colleagues and families.

Course Content:
- Overview of development of the PANTS campaign messages
- Provide outline of the key resources available for professionals for use with BAME communities
- Answer queries and concerns arising for professionals around using the PANTS materials
- Signpost to relevant support agencies locally and nationally.

Click here to apply

Psychological First Aid (E-learning course)

All our training will be held online via ZOOM

Times:
Approximately 90 minutes

Facilitator:
HSC Learning courtesy of NHS Education for Scotland

Target Audience:
Health and Social Care Staff, teams and individuals who have a role in providing support during and after a crisis such as the Covid-19 pandemic.

Aim of Course:
To help you develop skills and confidence to provide psychological support to someone who is in distress.

Learning Objectives:
- Address basic needs and concerns and providing practical support
- Connect the person to information, services and social supports
- Offer comfort and helping the person to feel calm
- Reduce distress and fostering adaptive coping
- Protect the person from further harm.

Course Content:
The online course is free of charge. The course will take around 90 minutes to complete and you will be able to access articles, videos, peer reviews and quizzes. A certificate of achievement will be issued on completion.

For Western Health and Social Care Trust (WHSCT) Staff log in to www.hsclearning.com and search for Psychological First Aid.

For non-WHSCT participants use a guest login through this link
https://www.hsclearning.com/course/view.php?id=1042

Click here to apply

Safe Choices

Dates:
Wednesday 14th April

Times:
9.30am – 12.30pm

Facilitator:
Health Improvement, Equality and Involvement

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

All our training will be held online via ZOOM

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 some of the 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. It may not be suitable for anyone recently bereaved or affected by suicide.

Click here to apply

Health Improvement, Equality & Involvement

HSC Western Health and Social Care Trust

HSC Public Health Agency

April to Sept 21 • Training B

Sleep Awareness Training

All our training will be held online via ZOOM

Dates:
Wednesday 12th May 2021
Wednesday 25th August 2021

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 for typically developing children and young people.

Click here to apply

Towards Zero Suicide – Level 1 Awareness: Suicide Awareness Training (E-learning course)

All our training will be held online via ZOOM

Times:
Approximately 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.

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

Click here to apply

Information provided by Zero Suicide Alliance.

Walk Leader

All our training will be held online via ZOOM

Dates:
12th April 2021
22nd June 2021
8th September 2021

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:
- Ability to establish a new walking group or support an existing group
- Ability 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.

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.

Click here to apply