



Promoting Wellbeing  
**Training**  
Autumn/Winter 2022–23

 Southern Health  
and Social Care Trust  
*Quality Care - for you, with you*



Building Skills  
For Improving Health and Wellbeing





**Welcome** to the Promoting wellbeing division directory of training for Autumn/Winter 2022 – 23.

The Southern Health and Social Care Trust (SHSCT) is committed to improving people's health and wellbeing and the **Promoting wellbeing division (PWB)** provides services, programmes and training to support individuals and communities to live longer, healthier, active lives.

Promoting wellbeing staff work in partnership across Trust directorates, and with a wide range of statutory, voluntary and community sector partners. We seek to build capacity within communities to reduce health and social inequalities, helping them achieve a better quality of life for people in the Southern Trust area.

We employ a range of specialist staff including health improvement specialists and community development practitioners, ensuring local delivery of regional strategies for health and wellbeing.

We deliver a range of training programmes aimed at improving health and wellbeing which are available to Southern Trust staff, volunteers and those working with communities in the Southern Trust area.

Our courses and awareness sessions are offered either face-to-face or online.

When you apply to participate in any of our online courses you will receive a confirmation email if you have secured a place along with a link giving you access to the training. You will need an email address and internet access to participate.

*To book a place on any of the training or for further support or information please contact:*

**e:** [pwb.training@southerntrust.hscni.net](mailto:pwb.training@southerntrust.hscni.net)

**w:** [Your Health | Southern Health & Social Care Trust \(hscni.net\)](http://Your Health | Southern Health & Social Care Trust (hscni.net))

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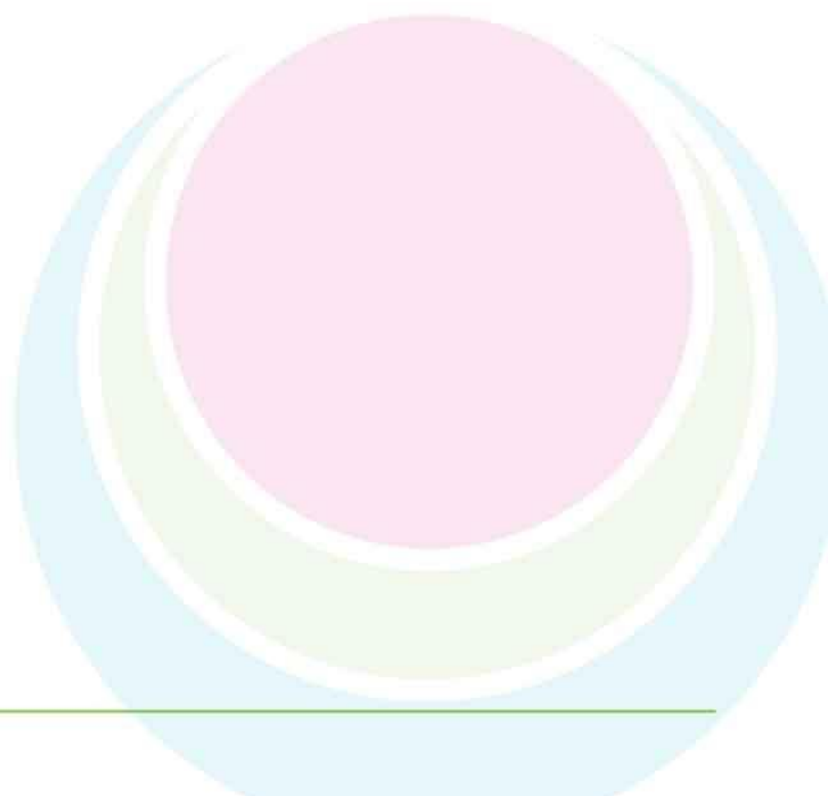
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## Families and Communities

# Autism awareness

- Dates:** **Friday 20<sup>th</sup> January 2023**  
Closing date: Friday 8<sup>th</sup> December 2022
- Time:** 10.00am – 12.00pm (2 hours)
- Delivery:** **Zoom**

## Course details:

This is an **ONLINE** Autism awareness session aimed at **practitioners working with a child or a parent of a child with:**

- A confirmed diagnosis
- Waiting on assessment, or
- Who have concerns that their child may be on the spectrum.

## Aim of the training:

The session will provide you with an increased understanding of:

- How children and young people with autism perceive the world
- How children and young people with autism think and learn
- How to use children's and young people's strengths to help them reach their potential
- The reasons behind the difficulties faced by children and young people with autism in learning, social interaction and communication
- Applying strategies when teaching, supporting and interacting with children and young people with autism.

## Target audience:

Anyone who is **working with a child or those working with a parent of a child who has been diagnosed with Autism** or is waiting on an assessment and wants to learn about autism and appropriate support strategies. This course is not suitable for parents who have a child with autism.

[Click here to apply](#)



# Evidence based Parenting Programmes/Interventions

**Dates:** Throughout the year.

**Venue:** Various throughout the SHSCT area.

## *Course details:*

Training and development opportunities will arise throughout the year to support organisations/services in delivery of the following evidence based parenting programmes /interventions:-

- Solihull
- Incredible Years suite of programmes (birth – 12 years)
- Parenting Plus Teen and Special Needs programmes

## *Aim of the training:*

To build on the capacity and skill set of services/organisations supporting parents to give their child the best start in life.

## *Who should attend?*

Services/organisations/individuals providing family support across the age spectrum (pre-birth – 18 years)

## *For further information contact:*

Martina McCooley- Child Development Interventions Co-ordinator

**t:** 028 3756 4462

**m:** 077954 50278

**e:** [Click here](#)



# RoSPA Child safety training

**Dates:** 2023 (Register your interest)

**Time:** 9.30am – 3.00pm  
(comfort breaks will be included)

**Delivery:** Online

## Course details:

This course will provide an overview of child safety and an insight into injury prevention in critical areas.

All delegates will receive a RoSPA certificate on completion of training.

The course qualifies for Continued Professional Development points.

## Aim of the training:

The session will develop skills in:

- Promoting safer home environments for children
- The importance and need for home safety
- Recognising who is most at risk from home accidents and why
- The causes, consequences and related costs of home accidents
- Accident prevention measures and methods of assessing, prioritising and controlling risk
- Effective interventions and how to evaluate them

## Target audience:

This course is aimed at those who play a role in the prevention of childhood accidents in the home:

- People caring for families or their children
- Community Groups, health professionals and statutory organisations



[Click here to apply](#)

# Paediatric First Aid

**Dates:** Thursday 9<sup>th</sup> March 2022 – FULLY BOOKED

**Time:** 9.00am – 3.00pm

**Delivery:** Zoom facilitated by BISP Training

## Course details:

This course aims to train delegates in the essentials of dealing with emergencies with an emphasis on those involving children. It includes basic life-saving skills, handling life threatening situations and responding to common, minor ailments. This is also an appropriate refresher course to meet current requirement standards.

## Course content

- The Principles of First Aid
- Emergency actions
- Care of the unconscious casualty
- Recovery position
- Resuscitation
- Shock
- Severe and minor bleeding
- Choking
- Burns and scalds
- Asthma
- Anaphylaxis
- Diabetes
- Seizures
- Common ailments
- First Aid kits

## Target audience:

This course is intended for people who are working with and/or caring for babies and young children. Those who require refresher of their full paediatric first aid course or who feel that basic knowledge of first aid would be useful in their role.

## Essential requirements:

Delegates are required to be physically fit and able to cope with intense study in english and practical activity.

[Click here to apply](#)





## Food & Nutrition

# Nutritional information sessions for all

<b>Date:</b>	Throughout the year
<b>Delivery:</b>	<b>Free online webinars via Zoom</b>
<b>Duration:</b>	<b>20-30 minutes</b>
<b>Delivered by:</b>	The Public Health Dietitians Group

The Public Health Dietitians Group Northern Ireland is made up of Registered Dietitians, Registered Nutritionists and support workers employed by the five health and social care trusts in Northern Ireland. Delivered 'LIVE' with topics rotated on a monthly basis. Dates and times vary and are advertised via both SHSCT & PHA social media channels e.g. Facebook or Instagram

Simply click the link on the monthly advertisements or type into a browser to register. Zoom details will be sent upon registration. If the LIVE dates/times don't suit, pre-recorded sessions are available to watch at:

[https://www.youtube.com/channel/UC\\_-f5E0ehqIR3z-cQdUvkCQ](https://www.youtube.com/channel/UC_-f5E0ehqIR3z-cQdUvkCQ)

## Individual webinar topics available:

1. Eating well as you age
2. Fact or fiction: Nutrition myths & fad diets
3. Feeding under 5s
4. Food & Mood
5. Fussy eating
6. Gut health
7. Healthy diet, healthier you
8. Healthy Eating for 5-11 year olds
9. How to save money on your food shop
10. Introduction to solids (weaning)
11. Lunchbox & snack ideas
12. Menopause & diet
13. Nutrition for sport
14. Nutrition for your teenager
15. Sustainable diets
16. Top tips for a healthier weight

## Target audience:

FREE and available to anyone with an interest in improving their knowledge of evidence based nutrition information, including the general public and anyone working within statutory, community and voluntary organisations.

For further information please contact the Cook it! team:  
e: [cookit@southerntrust.hscni.net](mailto:cookit@southerntrust.hscni.net)

**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.

Subscribe to **Public Health Dietitians** on YouTube

# Making the most of your slow cooker TUTOR training

**Date:** 2023 (Register your interest)

**Delivery:** **Zoom**

**Duration:** **9.30am – 1.00pm**

## Course details:

A 1 (*Bitesize*) or 4 session practical nutrition education programme to empower participants to use a slow cooker, shop smarter and make healthier food choices. It therefore compliments other healthy eating initiatives such as the Cook it! or Food Values programmes. Currently designed to be delivered online to participants.

## Learning objectives:

2-3 ½ \* hrs online training delivered by SHSCT Cook it! Team Dietitian  
(\*Dependant on previous training in other Community Nutrition education programmes such as Cook it! or Food Values)

Topics covered include: Eatwell guide, Basic Food Safety, Batch cooking, Store cupboard, Meal planning & shopping tips

All trained facilitators will get access to the regional recipe book resource for their participants.

If you work with groups in the SHSCT area that would benefit from this programme please get in touch.

## Target audience:

Training is open to people working within statutory, community and voluntary organisations that target families and individuals living on a budget.

Please highlight when applying if you have already completed any other community nutrition education training such as Cook it or Food Values

## Expectations of how the training should be used

You should aim to deliver **1 Programme within 3 months** of completing the training

For further information please contact the Cook it! Team:

e: [cookit@southerntrust.hscni.net](mailto:cookit@southerntrust.hscni.net)



# Mental Health



# ASIST – Applied Suicide Intervention Skills Training (2-day training)

*Course Duration:*     **2 full days**

## *Aim of the course:*

**ASIST is a two-day workshop aimed at preventing the immediate risk of suicide.**

ASIST teaches Suicide First Aid skills to anyone who may come into contact with a person at risk, through the most widely used suicide intervention model in the world. Recognised by the Department of Health, ASIST is fast becoming an essential tool for all community caregivers. Over one million caregivers have participated in this two-day highly interactive, practical, practice-oriented workshop.

## *Target audience:*

The ASIST workshop is for caregivers who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide.

Individuals not working with/caring for high risk young people or adults should consider attending Suicide prevention awareness training or SafeTALK in advance of ASIST.

Anyone with experience of suicide may find ASIST emotionally challenging due to the course content and should consider speaking to the co-ordinator in advance of registering for the training.

Participants must attend on both days to fully complete the training.

## *Further information:*

This training is provided by the Protect Life resource service:

Delivered by Pips Hope and Support, Newry

t: 028 30266195   e: [info@pipshopeandsupport.org](mailto:info@pipshopeandsupport.org) or

Action Mental Health, Portadown

t: 028 38 392314   e: [menssana@amh.org.uk](mailto:menssana@amh.org.uk)



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## B Positive

**Duration:** 1 hour session x 3 in total

**Delivery:** The Protect Life resource service

B Positive is a short interactive training programme designed to increase awareness and understanding of issues affecting mental health.

**Learning objectives:**

The training includes information and practical suggestions for help seeking and supporting yourself and others to maintain positive mental health.

**Target audience:**

Anyone age 14+.

It is of particular use for young people who are interested in taking an active role in support for themselves and others.

**Further information:**

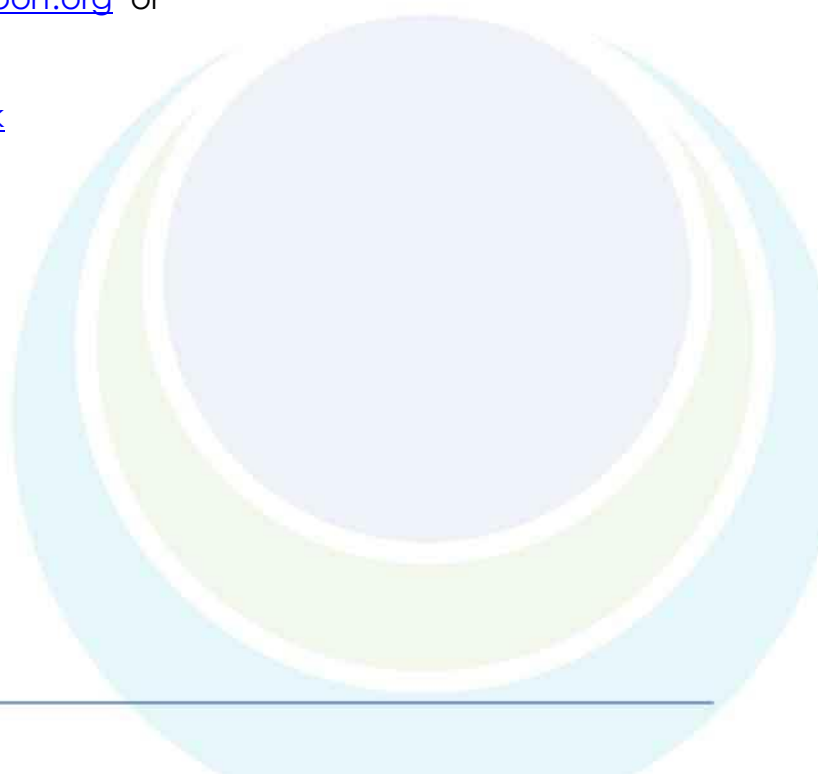
This training is provided by the Protect Life resource service:

Delivered by Pips Hope and Support, Newry

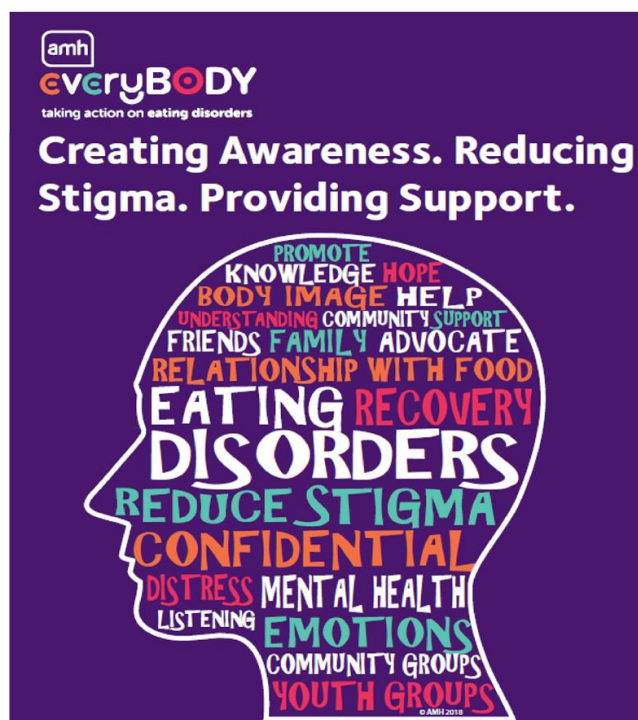
t: 028 30266195 e: [info@pipshopeandsupport.org](mailto:info@pipshopeandsupport.org) or

Action Mental Health, Portadown

t: 028 38 392314 e: [menssana@amh.org.uk](mailto:menssana@amh.org.uk)



# BodyTALK workshop



Our BodyTALK workshop is an engaging programme aimed at people aged 13+ which explores Body Image issues and teaches people how to develop a healthy body image, relationships with food and self-esteem.

The programme also promotes eating disorder awareness, including pathways to care and support.

*Target audience:*  
People aged 13+.

*For further information on this training please contact:*  
Deborah McCready – AMH EveryBODY project worker  
T: 028 3839 2314  
M: 07790885438  
E: [dmccready@amh.org.uk](mailto:dmccready@amh.org.uk)  
W: [amh.org.uk](http://amh.org.uk)

# GIMME 5

- Date:** Friday 27<sup>th</sup> January 2023  
(Closing date for applications Wednesday 11<sup>th</sup> January 2023)
- Time:** 9.30am – 12.30pm
- Venue:** Epic Centre, Armagh

## Course content:

- GIMME 5 is a resource designed to support workers to promote positive wellbeing messages with young people
- The training session will introduce the manual and how it can be used in your work with young people
- Each participant will receive a copy of the manual and the colour coded Five Ways to Wellbeing armbands.

## Aim of the course:

- To raise awareness of The Five Ways to Wellbeing
- How to support good mental health
- Provide a range of activities to help young people explore and develop their personal strengths and resilience

## Target audience:

Anyone who works directly with young people aged 11-25.



[Click here to apply](#)



**Little Healthy Me** is a vibrant and engaging trauma informed, mental health promotion programme aimed at children which explores emotional/mental health, healthy lifestyle choices and pathways to effective support through imaginative and interactive play and song.

Little Healthy Me Positively promotes mental health and social and emotional well-being in children and has a strong focus on prevention and self-help.



Targeted at 4-7 year olds, Little Healthy Me is a refreshing interactive and fun 3 hour workshop, delivered over 3 sessions by our very experienced AMH MensSana project workers.



AMH MensSana will also provide Little Healthy Me Parents/Carers and Staff sessions.

### *Key Adult Contacts – Staff/Parents/Carers*

**Duration: (1x 1.5 hrs) available for delivery in person or on-line via Zoom**

- Trauma informed mental health awareness
- Increase your awareness of common signs/symptoms of mental ill health
- Understand our children's Little Healthy Me programme
- Learn self-care techniques for building resilience and confidence
- Sources of support

### *Children*

**Duration: – p1/p2 (3 x 45 mins) p3/p4 (3x1hr) available for delivery in-person**

*Click on the link to view the flyer:*

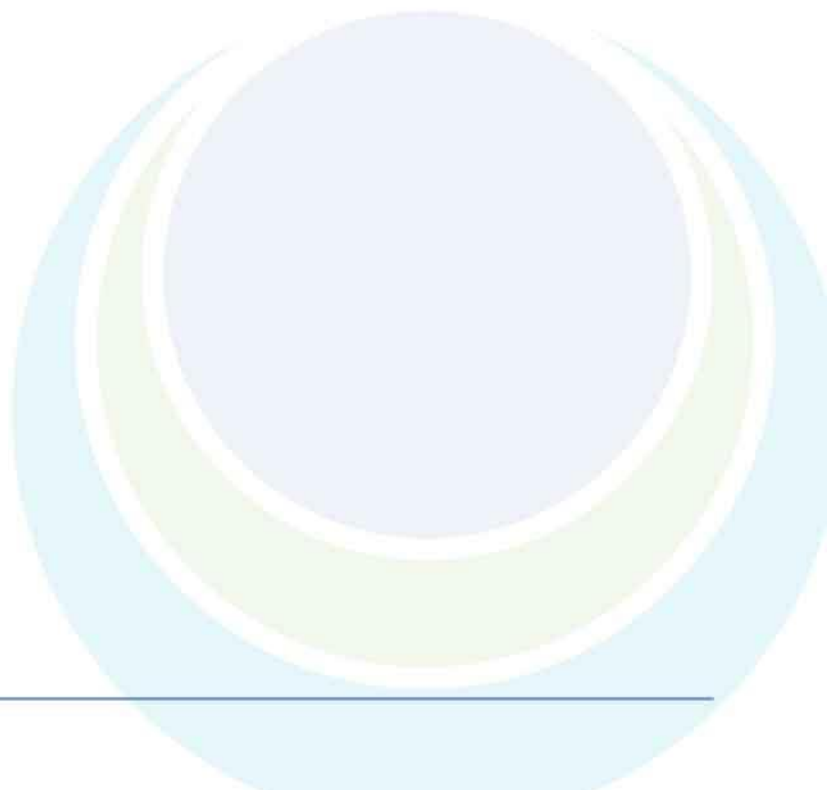
[2014494-Little-Healthy-Me-leaflet4.pdf](https://www.amh.org.uk/2014494-Little-Healthy-Me-leaflet4.pdf)  
[amh.org.uk](https://www.amh.org.uk)

*For further information contact:*

The **MensSana team:**

**t:** 028 3839 2314 (Southern Trust Area)

**e:** menssana@amh.org.uk





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# Café conversations

**Duration:** 3.5 hours

We call these 'Café Conversations' as they deliver the same 'Zero Suicide Alliance' training module found on the e-learning platform, but in a relaxed workshop that expands learning by also offering conversation and Q&A hosted by people who have actually survived suicidal crisis.

It's a unique peer-led approach that saw only one 'real-room' delivery before onset of the pandemic, and staff who attended that session spoke very highly of its ability to add powerful context and communication tips to their professional skill profile and to day to day practice.

Even those who had already completed the module on the e-learning platform but subsequently attended either our real room or zoom versions of this workshop, told us that being able to ask direct questions of people who had lived the experience of suicidal crisis was worth arranging the time-release for.

Delivery style is designed by the service user and carer training team to recreate a comfortable relaxed café atmosphere. There is no role play, no quizzes, no having to represent teams or speak on behalf of a professional discipline - it's just a room full of everyday people, a mix of staff, public, and C&V coming together to explore the topic in a safe way.

It could easily expand to fill people's capacity for discussion and sharing of perspectives, so because we have to limit it to a half-day workshop, we also provide a follow-up pack of signposting and reading suggestions. Everyone receives a certificate of completion.

## **For further information please contact:**

Elaine Fogarty  
Project Development Officer, Mental Health Forum  
Chair, SHSCT User & Carer Service Improvement Group (UCSIG)  
& Coordinator for MHF service User and Carer Capacity Building Programme  
Ballybot House, 28 Cornmarket, Newry BT35 8BG.  
**T:** 028 302 52423 **M:** 078 7626 1033



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# Mental Health First Aid (2-day training)

*Course duration:* 12 hours in total  
2-days or 4 evenings

*Course details:*

Mental Health First Aid (MHFA) is the help given to someone experiencing a mental health problem before professional health is obtained.

*Learning objectives:*

- To enhance understanding of mental health problems and how it can impact on individuals and society
- To develop skills, motivation, knowledge and confidence in offering help to those with symptoms of mental illness
- To guide towards appropriate professional help.

*Target audience:*

Mental Health First Aid (MHFA) is appropriate for anyone 18 years+ from a voluntary or professional background who come into contact with the general public and is interested in learning more about mental health problems, how it impacts on individuals and how best to provide support.

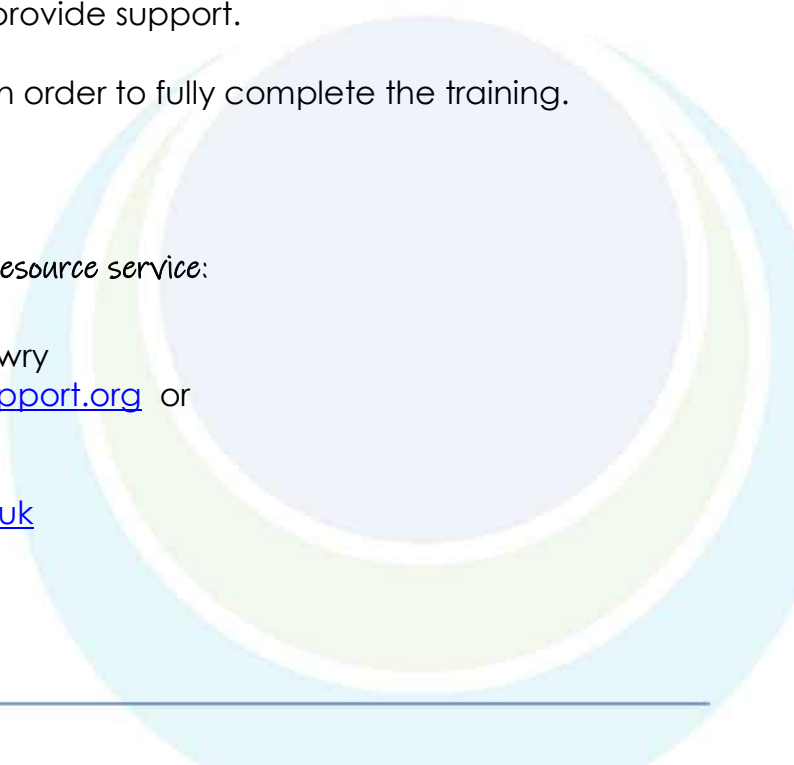
Participants must attend all the sessions in order to fully complete the training.

*Further information:*

This training is provided by the Protect Life resource service:

Delivered by Pips Hope and Support, Newry  
t: 028 30266195 e: [info@pipshopeandsupport.org](mailto:info@pipshopeandsupport.org) or

Action Mental Health, Portadown  
t: 028 38 392314 e: [menssana@amh.org.uk](mailto:menssana@amh.org.uk)





# mindset

**Mindset** is funded by the Public Health Agency and will run continuously throughout the year. Programmes will be delivered in all youth & community settings across all Health Trust areas for groups of 8-20 people.

**Duration:** 3.5 hours

**Facilitators:** AMH MensSana Project Workers

### **Course Content:**

AMH MensSana Project Workers will provide and deliver a high quality, evidence based programme which is responsive to the needs of the groups above in the all HSC Trust areas.

### **Aim:**

- To raise awareness and increase knowledge and understanding of Mental and Emotional Health and Wellbeing
- Raise awareness of signs and symptoms of mental ill health
- Promote self-help/resilience techniques and how to maintain a safe level of positive mental/emotional health and wellbeing
- Promote self-care
- Information and/or resources on mental health support organisations available (locally and regionally)

### **Target audience:**

Mindset is a Mental and Emotional health and wellbeing awareness programme for young people 14-17 years and adults.

[Click here to view the information flyer](#)  
[Mindset-A5-Flyer-All-Trusts-04.05.22.pdf](#)  
[\(amh.org.uk\)](#)

[Click here too view the Mindset website:](#)  
[Mindset | Action Mental Health](#)  
[\(amh.org.uk\)](#)







**Date:** Workshops arranged to suit your group

**Duration:** 90 minutes

**Delivery:** **By Action Mental Health MensSana**

*Aim of the workshop:*

The aim of the workshop is to support participants and their key contacts in the area of mental and emotional wellbeing through a range of activities that are tailored to suit group needs. The workshops aim to be positive, interactive and informative. They are designed to explore issues and facilitate discussion around mental and emotional wellbeing.

*Workshop content:*

A mental health awareness Provoking Thought workshop can include information on the following:

- Importance of looking after our own physical and mental health
- Challenging the stigma and misconceptions that are associated with mental health
- Raising awareness of signs and symptoms of mental distress – what to look for in yourself.
- Information on some types of mental illness
- Identifying factors that cause young people stress
- How we express stress
- How to cope positively with stress
- Information on sources of support that are available
- Provision of a tangible source of support – MensSana wallet sized leaflet

There is also scope within Provoking Thought workshops, time permitting to incorporate additional information that teachers, youth leaders, employers or community workers would like covered should there be particular issues that are relevant to that group.

*Target audience:*

11-25 year olds and older and their key contacts and can be delivered in schools, youth clubs or community groups.

*For further information on this training please contact:*

Deborah McCready – AMH EveryBODY project worker

**T:** 028 3839 2314

**M:** 07790885438

**E:** [dmccready@amh.org.uk](mailto:dmccready@amh.org.uk)

**W:** [amh.org.uk](http://amh.org.uk)





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# safeTALK

**Date:** Arranged to suit your group

**Duration:** 3-hours

**Delivery:** Face-to-face

## **Aim of the workshop:**

SafeTALK training prepares anyone over the age of 15 to identify persons with thoughts of suicide and connect them to suicide first aid resources.

Most people with thoughts of suicide invite help to stay safe. Alert helpers know how to use these opportunities to support that desire for safety.

As a safeTALK-trained suicide alert helper, you will be better able to:

- Move beyond common tendencies to miss, dismiss or avoid suicide
- Identify people who have thoughts or suicide
- Apply the TALK steps (Tell, Ask, Listen and Keep Safe) to connect a person with suicide thoughts to suicide first aid, intervention caregivers.
  
- Discussion and practice help stimulate learning.
- Learn steps that contribute to saving lives.
- View powerful video clips.

## **Target audience:**

15 year olds and older.

## **Further information:**

This training is provided by the Protect Life resource service:

Delivered by Pips Hope and Support, Newry

t: 028 30266195 e: [info@pipshopeandsupport.org](mailto:info@pipshopeandsupport.org) or

Deborah McCready – AMH EveryBODY project worker

T: 028 3839 2314

M: 07790885438

E: [dmccready@amh.org.uk](mailto:dmccready@amh.org.uk)

W: amh.org



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# SHOULDER TO SHOULDER

This training is aimed at all members of the community because suicide can affect all of us and suicide prevention should be everybody's business. With local people trained to be more aware of the risk of suicide and the sources of help available, the training will make our communities safer.

Each training programme is tailored to make it as relevant as possible to participants. This means that statistics, helpline numbers and sources of local support will always be relevant to the area that the training takes place and the particular issues affecting that community. It is especially beneficial for use in the workplace as it focuses on self and manager/peer support.

Participants learn from a creative modern Prezzi presentation, with the opportunity to ask questions, informative literature is provided.

## *Aim of the course:*

- To increase the general public's awareness around the extensive support available to those at risk of suicide, develop a clearer understanding of the different groups that may be at a higher risk of suicide
- To develop an understanding in the general public that many people who are at risk will not access the help available unless supported in doing so
- To reduce the fear in the general public of helping someone at risk by learning, identifying and referring at risk individuals to available help
- To introduce simple ways of developing positive mental and emotional health within participants
- Increase the general public's understanding of government suicide prevention strategies
- Reduce the stigma and myths around suicide

## *Target audience:*

Adults and youth aged 15+

## *Further information:*

This training is provided by the Protect Life resource service:

Delivered by Pips Hope and Support, Newry

t: 028 30266195

e: [training@pipshopeandsupport.org](mailto:training@pipshopeandsupport.org)

w: [Shoulder to Shoulder \(pipshopeandsupport.org\)](http://Shoulder to Shoulder (pipshopeandsupport.org))

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# Stress Control

The link for the latest classes can be found here; [Dates - Stress Control](#)

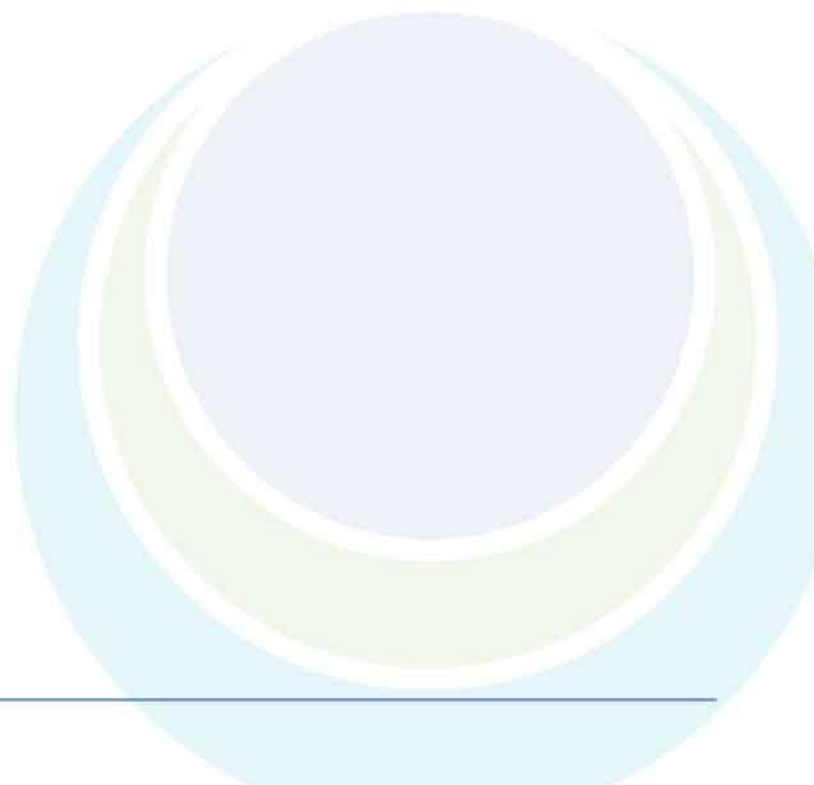
## Course details:

The PHA Funds free programmes that teach skills and techniques for managing stress.

## Courses content:

- Exploring what stress is
- Controlling your body
- Controlling your thoughts
- Controlling your actions
- Managing panicky feelings
- Getting a good night's sleep
- Planning for the future

You are not required to register  
To take part, visit [www.ni.stresscontrol.org](http://www.ni.stresscontrol.org)



# STORM Skills training on risk management

**Date:** Please register your interest – Dates to be confirmed

**Time:**

Basic Level	9am – 1pm
Level 1	8.30am – 5.30pm (1 day)
Level 2	9.30am – 4.30pm (2 days)

**Delivery:** Face-to-Face – Venue to be confirmed

**STORM** is a Skills training in suicide prevention and self-harm mitigation model developed at the University of Manchester. It offers skills based training in assessment of risk and vulnerability and safety planning to frontline staff and members of the community.

STORM skills training increases confidence and competence by enhancing the communication skills needed to:

- Engage someone in distress
- To work collaboratively
- Assess risk and vulnerability
- Plan for safety
- Prevent suicide

## Courses available:

**Basic** Simple intervention and signposting

**Level 1** (either Adults or Children & young adults)  
Simple intervention and signposting  
Basic level of understanding  
Basic assessment and safety planning  
Basic consultation/communication/safety planning

## Target audience for Basic and Level one training:

Trust staff and community staff (those working in childcare, social work, the emergency department, general nursing, women's aid, administration).

[Click here to apply](#)

**Level 2** Comprehensive communication and collaborative approach  
Comprehensive assessment of suicide risk and vulnerability  
Understanding self-harm and safety planning

## Target audience for Level 2 training:

Only open to Trust mental health practitioners and community counsellors employed by voluntary organisations within the Southern Trust locality.

[Click here to apply](#)

**\*\*Emotional safety\*\***

STORM® acknowledges that suicide and self-harm are emotive subjects, and that the skills-training methods can cause some anxiety. STORM® also acknowledges that this is an intensive course and can be exhausting. We therefore endeavour to provide a safe and supportive learning environment that, whilst encouraging and enabling participants to fully engage in the training, is mindful of and responsive to their emotional safety.

# Suicide bereavement UK

## Offer a range of online workshops on Postvention

The Locality Protect Life budget will fund places on these courses/modules for any individual **directly involved** in supporting those who have been bereaved or impacted by suicide.

### Level 1

For those with no knowledge, a basic understanding of Postvention or have an interest in a specific module

- Suicide bereavement & language
- Talking with children and young people when there has been a suicide
- Introduction to Post-traumatic growth

### Level 2

Is more specialised (e.g. working with therapeutic tools)

- Applying the 'Grief map' model to support people bereaved by suicide

**NB: appropriate qualifications required to attend level 2 modules**

## PABBS Training (1 day)

PABBS evidence-based one-day training is aimed at anyone who comes into contact with those bereaved by suicide. It aims to equip trainees with the knowledge, skills and confidence to respond appropriately to people who are bereaved in this way. PABBS is CPD-accredited and delivered by two experienced trainers with considerable experience of working with those bereaved or affected by suicide.

### For further information

PABBS – PABBS/Suicide bereavement UK for further information contact:  
[paul.higham@suicidebereavementuk.com](mailto:paul.higham@suicidebereavementuk.com) <https://suicidebereavementuk.com/Evidence-Based-Suicide-Bereavement-Training>



### **Zero Suicide Alliance Training – Approx. 25 minutes**

Zero Suicide Alliance offers a free '3 step' awareness training programme which provides a better understanding of the signs to look out for and the skills required to approach someone who is struggling, whether that be through social isolation or suicidal thoughts.

[Click here to take the course](#)

[SHSCT Staff complete the course by logging onto: https://www.hsclearning.com](https://www.hsclearning.com)

### **Psychological First Aid**

Psychological first aid is a simple, yet powerful way of helping someone in distress during and after a crisis like the COVID 19 pandemic. It involves paying attention to the person's reactions, active listening and if relevant, practical assistance to help address immediate problems and basic needs.

[Click here to take the course](#)



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## The SBNI Trauma Informed Practice (TIP) project

Offers a range of online training programmes for staff working across the system to develop their understanding of Adverse Childhood Experiences (ACEs) and their skills and confidence in trauma sensitive approaches to their practice.

### Level one

#### Adverse childhood experiences (ACE) awareness online programme

**Approx. 40 minutes online**

*Audience:* For all staff including frontend support, receptionists, administration, finance, therapists/service delivery staff, managers and directors.

### Level two

#### Developing trauma sensitive approaches to practice training online programme

**Approx. 40 minutes online**

*Audience:* For staff working directly with children, young people, families and/or adults who have been directly impacted by trauma relating to childhood adversity. This may include child care providers /early year's sector, teaching and pastoral care staff, therapists/counsellors, coaches, social work/care workers, clergy, safeguarding leads, constables, probation officers, court officers, medical care providers etc. This programme may also be of interest of those who have completed Level one who are not in direct contact with service users.

Staff should liaise with their managers to ensure appropriateness of this course.

#### How to access the online modules:

Staff/volunteers in community and voluntary sector organisations and others can access the modules on [www.ascert.biz](http://www.ascert.biz)

(Participants are required to register free with Ascert).

Statutory organisations can access the same modules from [www.hsclearning.com](http://www.hsclearning.com)  
Search for: 'Level 1 Awareness of Adverse Childhood Experiences and  
'Level 2 Developing Trauma Sensitive Practice'.

Note: These e-learning programmes are an introduction to ACE/Trauma Informed Practice training.



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# Solihull Approach

## Understanding trauma, understanding brain development & understanding attachment online courses

The Safeguarding Board for Northern Ireland (SBNI) in addition has purchased the Solihull Approach online modules to enable professionals across Northern Ireland to extend their knowledge further. These are FREE courses taking about 4 hours to complete. **They will be available for new registrants until November 2022** (see flier below). Once registered, the registrant can freely access these courses for an unlimited period. (There is no need to have completed Solihull Approach foundation courses to access these modules however it is recommended.)

There are further resources to be found on the SBNI website. These resources are for those working with children, young people, families and adults- i.e. across the lifespan: <https://www.safeguardingni.org/aces-and-trauma-informed-practice>

**UNDERSTANDING YOUR CHILD**  
SOLIHULL APPROACH

**SBNI**  
Safeguarding Board  
for Northern Ireland

**NHS**

**ACEs**  
Adverse  
Childhood  
Experiences  
Dr. Hee Choo

**FREE for professionals\* across Northern Ireland**  
**Online courses:**

- **Understanding Trauma** - This course covers Type 1 and Type 2 trauma, the window of tolerance, going through a traumatic experience, neurology and trauma. recognising trauma, recovery from trauma, and more...
- **Understanding Attachment** - This course is for practitioners who want to understand more about attachment, and shows how containment and reciprocity underpin the quality of an attachment.
- **Understanding Brain Development** - This course is for practitioners who want an introduction to brain development from antenatal period to adolescence.

Each course will take approx  
3.75 hrs CPD per course

\*To attain Solihull Approach Advanced Trained Practitioner status, just send a copy of your certificates for the 2 Day Foundation training and three Advanced Trainings (online or face to face) to [solihull.approach@uhb.nhs.uk](mailto:solihull.approach@uhb.nhs.uk)

**For technical support contact:**  
[solihull.approach@uhb.nhs.uk](mailto:solihull.approach@uhb.nhs.uk)  
or 0121 296 4448 Mon-Fri 9am-5pm

**Step 1:** Create (or convert to) a 'professional' account  
Go to [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)  
Select 'Online courses for professionals'  
OR  
Go to [www.inourplace.co.uk](http://www.inourplace.co.uk)  
sign in to existing account and click 'unlock professional courses'

**Step 2:** Once signed in to your professional account,  
enter access code:  
**BETHECHANGENI**

**Step 3:** To return to the course  
go to [www.solihullapproachparenting.com](http://www.solihullapproachparenting.com)  
or visit [www.inourplace.co.uk](http://www.inourplace.co.uk)  
and click on 'Already have an account? Sign in'





## Physical Activity

# Drum based exercise instructor training

- Dates:** **Tuesday 10<sup>th</sup> and 24<sup>th</sup> January 2023**  
(Participants must attend full days on both dates)
- Time:** 9.30am – 4.30pm on each date
- Venue:** **Gilford Community Centre, Craigavon**
- Closing date:** Wednesday 7<sup>th</sup> December 2022
- Specific details:** Drum based exercise training is a level 2 accredited qualification. Places are limited.

Would you like to deliver Drum Based exercise sessions for service users / clients or in your community?

## Course information:

Drumming has so many physical, mental and emotional benefits, it releases stress, enhances wellbeing, increases circulation, lowers blood pressure, relieves depression and even burns calories.

This fun and energising activity is perfect for day-centres, nursing or residential homes, supported housing and a wide range of community settings.

## Who should attend?

This course is suitable for a wide range of clients and can be adapted according to the ability of your group.

## Additional information:

- Participants will be provided with a 55cm Gym ball and bucket that they will have to transport to the venue on both days.
- Participants will need space to store balls for their group between sessions.
- After completion of training on day 2, participants will receive 10 exercise balls, laundry baskets and drumsticks for delivery (you will need space to store these items).
- Participants should wear comfortable clothing and bring their own lunch.

## Expectations of how the training should be utilised in the future:

Each trainee must commit to deliver at least 7 sessions per year, which will be monitored. On completion, trainees must provide regular updated information and contact details through a monitoring template.

# Walk leader training

**Choice of Dates:** **Wednesday 8<sup>th</sup> February 2023**  
Closing date for applications Thursday 12<sup>th</sup> January 2023

Or

**Thursday 2<sup>nd</sup> March 2023**  
Closing date for applications Thursday 2<sup>nd</sup> February 2023

**Time:** 10.00am – 12.30pm

**Delivery:** **Zoom**

## *Aim of the course:*

The purpose of this training is to equip participants with the skills required to lead safe walks throughout our community and workplaces. Participants may be asked to go for a 10 minute walk to put into practice what they have learned within the session.

## *Course outcomes:*

- Be able to identify the main benefits of physical activity
- Recognise moderate intensity physical activity
- An understanding of what is required on a health walk and know what makes a suitable route for a health walk
- Outline the routes and responsibilities of a walk leader
- Have an understanding of risk assessment and recognise potential hazards on a health walk.

## *Target audience:*

Adults who can deliver a walking programme on behalf of their community/group/workplace/clients. This can include settings such as education, health, councils, statutory/voluntary organisations and groups.

## *Essential criteria:*

No previous experience is required; however, an interest in the promotion and delivery of physical activity is beneficial.

## *Expectations of how the training should be utilised in the future:*

Each trainee must commit to deliver at least 7 sessions per year. On completion trainees must provide regular updated information through a monitoring template and up-to date contact details in order to validate insurance.

[Click here to apply](#)





## Safeguarding

# Adult Safeguarding awareness

**Dates:** As requested by groups.

**Times:** 2 hours.

## Course details:

- The course can be delivered as evening or daytime training.
- We will deliver free of charge in your own venue or online via zoom on dates and times that suit your group.
- All participants receive a certificate of attendance.

## Aim of course:

To increase awareness of adult safeguarding and the responsibilities of community groups.

## Learning objectives:

By the end of this session you will:

- Have increased awareness of adult abuse issues
- Recognise the signs of harm from abuse, exploitation and neglect
- Be able to reduce opportunities for harm in your setting
- Know how and when to report safeguarding concerns
- Know the responsibilities of community groups in adult safeguarding
- Identify sources for further support, advice and training

## Target audience:

Staff members and volunteers in community groups working with adults.

## Essential criteria:

Open to community and voluntary groups operating within the Southern Trust area.

## For further information on this training please contact:

Community Sector Training

t: 028 3756 1440

e: [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net)

w: [Community Sector Training | Southern Health & Social Care Trust \(hscni.net\)](https://www.southerntrust.hscni.net/community-sector-training)





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# Loneliness awareness training

*Dates:* Available upon request

*Duration:* 2-hours

*Course delivery:* Face-to-face or online

*Aim of the course:*

Our aim is to reduce stigma around loneliness by empowering everyone with the knowledge that loneliness is something that everyone is likely to experience during their lifetime and that it is a completely natural emotion.

*Learning objectives:*

- To understand the meaning of loneliness and social isolation
- To identify who can get lonely and what triggers are
- To understand the impact on our health and wellbeing
- To address the stigma around loneliness and discuss how to have positive and empathetic conversations.

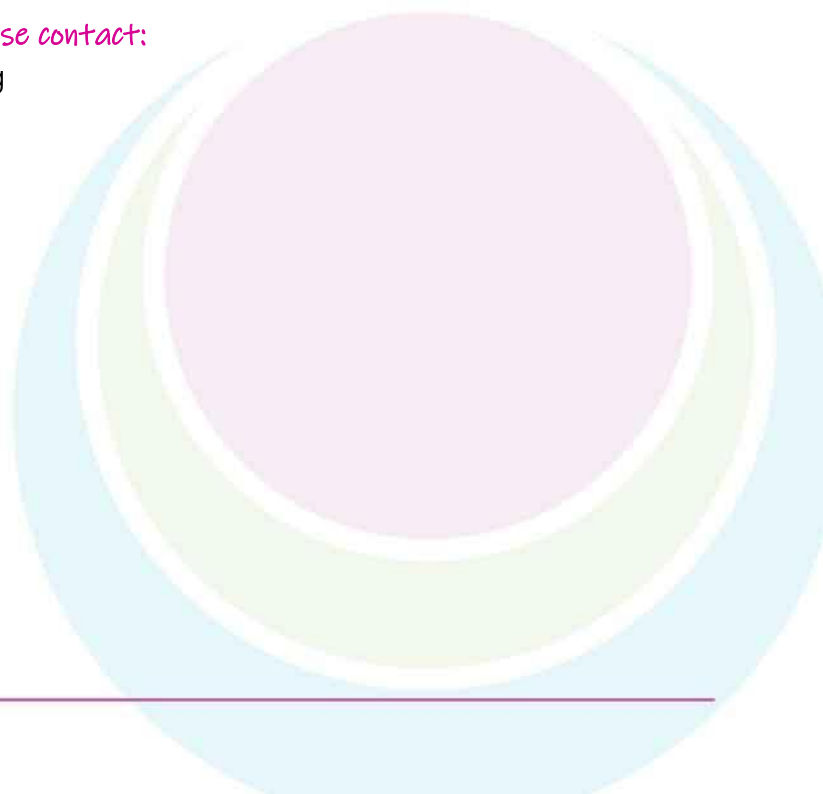
*Target audience:*

Trust staff, community and voluntary associations within Southern Trust area.

*For further information on this training please contact:*

Alison Daly - Community Sector Training

e: [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net)



# Safeguarding children – Full course

**Dates:** As requested by groups

**Time:** 3 sessions of 2 ½ hours or 1 full-day  
(If via Zoom online, we can tailor the number of sessions to suit)

**Course details:**

- We will deliver free of charge in your own venue or online via Zoom on dates and times that suit your group, including evening or daytime training
- All participants receive a certificate of attendance.

**Aim of the course:**

To increase awareness of child protection and how staff and volunteers can create a safe environment for children. The course will provide an understanding of your legal obligations and guidance on good practice.

**Learning objectives:**

- Be aware of the signs and indicators of abuse
- Know when and how to report concerns
- Benchmark your policies and procedures
- Know how to get support for children and families
- Explore how to create a safe environment for children.

**Target audience:**

Staff and volunteers in community and voluntary groups who have direct contact with children.

**Essential criteria:**

Available to community, voluntary and youth groups in the Southern Trust area only.

**For further information on this training please contact:**

Community Sector Training

t: 028 3756 1440

e: [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net)

w: [Community Sector Training | Southern Health & Social Care Trust \(hscni.net\)](http://Community Sector Training | Southern Health & Social Care Trust (hscni.net))

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# Safeguarding children – Designated person course

**Dates:** As requested by groups

**Time:** 2 sessions of 3 hours each  
(If via Zoom online, we can tailor the number of sessions to suit)

## **Course details:**

Contact us to register interest in joining a course in your area or to schedule a course for your network. All participants receive a certificate of attendance.

## **Aim of the course:**

To raise awareness of the role of Designated Person and explore how to carry their responsibilities effectively.

## **Learning objectives:**

- Understand your role as the Designated Person
- Know how to support your group in relation to safeguarding concerns
- Follow procedures for record-keeping and referrals
- Be aware of how to safeguard through recruitment, training and supervision

## **Target audience:**

Individuals taking on the role of Designated Person (or deputy) for their community or youth group.

## **Essential criteria:**

- Must have completed CST's full safeguarding training (or equivalent), updated within the last 3 years.
- Available to community, voluntary and youth groups in the Southern Trust area.

## **For further information on this training please contact:**

Community Sector Training

†: 028 3756 1440

e: [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net)

# Safeguarding children – Refresher course

**Dates:** As requested by groups

**Time:** 1 session of 3 hours.  
(If via Zoom online, we can tailor the number of sessions to suit)

## *Course details:*

- The course can be delivered as evening or daytime training
- We will deliver free of charge in your own venue or online via zoom on dates and times that suit your group
- All participants receive a certificate of attendance.

## *Aim of course:*

- To refresh your awareness of how staff and volunteers can safeguard children in their care.
- The course will provide updates on legal and policy changes and guidance on good practice.

## *Learning objectives:*

- Refresh your awareness of abuse and good practice in responding to concerns
- Update your knowledge of emerging issues in safeguarding and relevant legal changes

## *Target audience:*

Staff and volunteers in community, voluntary and youth groups in the Southern Trust area.

## *Essential criteria:*

- Participants must have previously completed CST's full safeguarding training (or equivalent).
- Refresher training is recommended every 3 years.

## *For further information on this training please contact:*

Community Sector Training

t: 028 3756 1440

e: [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net)

w: [Community Sector Training | Southern Health & Social Care Trust \(hscni.net\)](https://www.southerntrust.hscni.net/Community-Sector-Training)

# Safeguarding children – Basic awareness course

**Dates:** As requested by groups.

**Times:** 1 session of 3 hours.  
(If via Zoom online, we can tailor the number of sessions to suit)

## *Course details:*

- The course can be delivered as evening or daytime training
- We will deliver free of charge in your own venue or online via Zoom on dates and times that suit your group
- All participants receive a certificate of attendance.

## *Aim of course:*

To raise awareness of child protection issues and introduce good practice in working with children.

## *Learning objectives:*

- Know the forms of abuse and who can abuse
- Identify some signs and indicators of abuse
- Know how to respond to concerns
- Be aware of good practice in working with children

## *Target audience:*

Staff and volunteers in community and voluntary groups who have limited contact with children.

## *Essential criteria:*

Available to community, voluntary and youth groups in the Southern Trust area only.

## *For further information about this course please contact:*

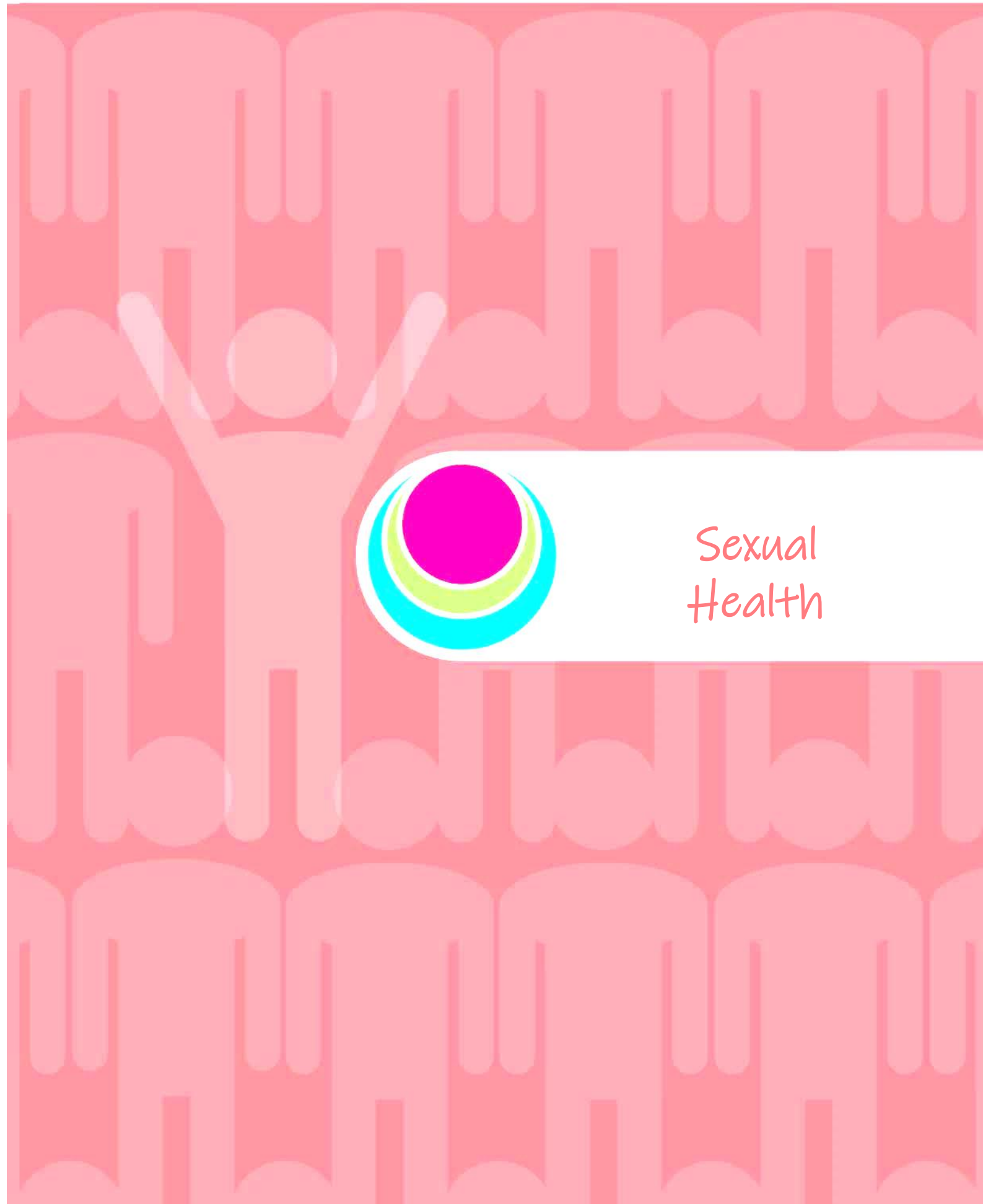
Community Sector Training

t: 028 3756 1440

e: [cst.training@southerntrust.hscni.net](mailto:cst.training@southerntrust.hscni.net)

w: [Community Sector Training | Southern Health & Social Care Trust \(hscni.net\)](http://Community Sector Training | Southern Health & Social Care Trust (hscni.net))





# Sexual Health

# Sexual health awareness update

**Dates:** TBC – Please register your interest

**Duration:** 1.5 hours

**Delivery:** **Zoom**

**Aim of course:**

To develop knowledge and understanding of the factors that contribute to good sexual health. It is particularly suitable if you wish to gain an awareness of sexual health services and are interested in supporting others to improve their sexual health.

**Course content:**

- Trends in STIs, transmission and treatment
- Sexual health services and how to access them
- Online/home testing
- Broad overview of key issues e.g. online safety
- Policy developments

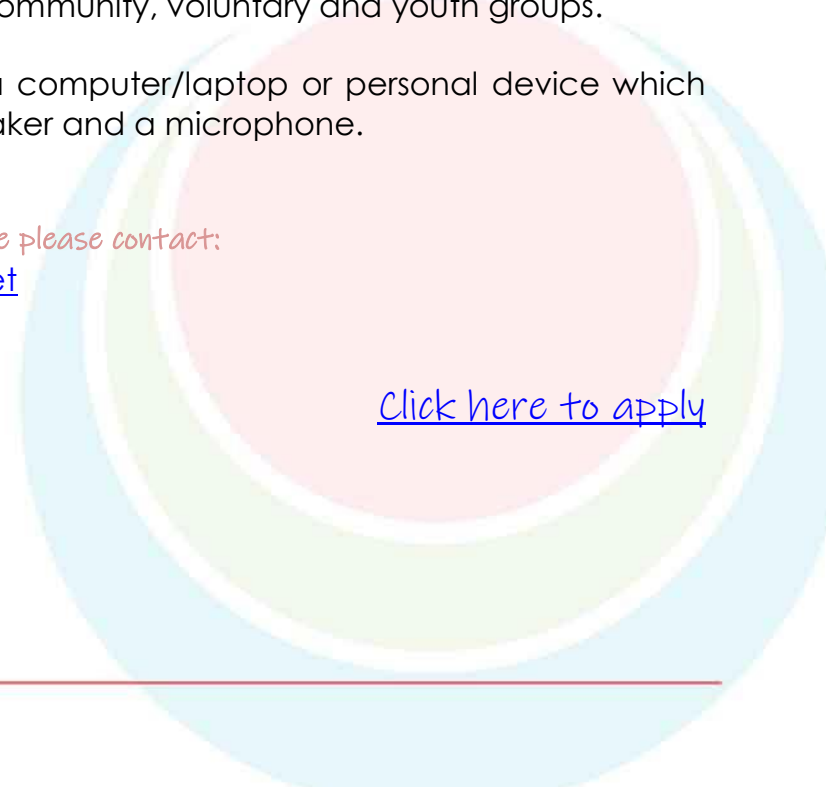
**Target audience:**

Staff and volunteers of the SHSCT. Community, voluntary and youth groups.

Participants will require access to a computer/laptop or personal device which hosts Zoom and has a camera, speaker and a microphone.

For further information about this course please contact:

e: [roisin.santin@southerntrust.hscni.net](mailto:roisin.santin@southerntrust.hscni.net)



[Click here to apply](#)

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Supporting  
Health & Wellbeing

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# Brief Intervention training – Smoking services

**Dates:** As requested by groups or individuals

**Time:** As requested by groups or individuals

**Delivery:** Via **Zoom**

## *Aim of the course:*

To provide participants with the skills, knowledge and confidence to discuss smoking with clients/patients in their care and understand the referral pathway into the stop smoking service

## *Learning objectives:*

- Nicotine dependence as a treatable, long-term medical condition
- Evidence-based smoking cessation interventions available to service users
- How our stop smoking services support patients/clients on their journey to quit
- The Southern Trusts referral pathway

## *Target audience:*

Trust staff, statutory, community and voluntary leaders, workplaces or others who would be interested in helping others to stop smoking

## *Essential criteria:*

Support and develop opportunities to refer those who want to stop smoking into the stop smoking service.

*For further information on this training please contact:*

t: 028 37 564400

e: [Stop.smoking@southerntrust.hscni.net](mailto:Stop.smoking@southerntrust.hscni.net)



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# Stop smoking – very brief advice

**Dates:** Can be accessed through the link when requested

**Duration:** **15 minutes**

**Delivery:** Video presentation

## *Aim of the course:*

To provide participants with the skills, knowledge and confidence to discuss smoking with clients/patients in their care and understand the referral pathway into the stop smoking service.

## *Learning objectives:*

- Understand how to use very brief advice in practice
- Understand the 3 elements of VBA – Ask, Advise & Act and how quickly this intervention can be undertaken
- How and why very brief advice works
- How to refer into the SHSCT stop smoking service

## *Target audience:*

Trust staff, statutory, community and voluntary leaders, workplaces or others who would be interested in helping others to stop smoking.

## *Essential criteria:*

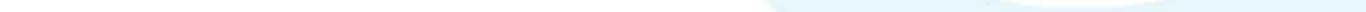
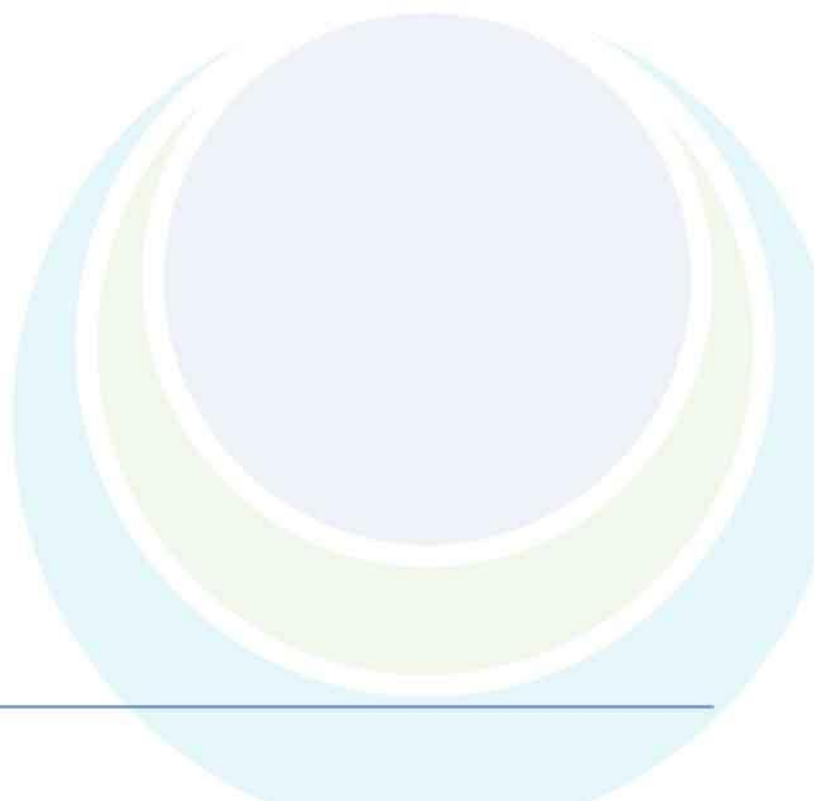
Support and develop opportunities to refer those who want to stop smoking into the stop smoking service.

## *For further information on this training please contact:*

t: 028 37 564400

e: [Stop.smoking@southerntrust.hscni.net](mailto:Stop.smoking@southerntrust.hscni.net)

Leave your name, email and telephone number and state you wish to complete the Very brief training and the link will be forwarded to you.





User Involvement,  
Co-production &  
Community Development

# Community Development awareness

**Date:** As requested by staff

**Duration:** **45 minutes**

**Delivery:** Onsite or via Zoom

The Community Development worker will accommodate training requirements to individual areas of work.

**Aim:**

To improve participants understanding of:

- Community development approaches and how to apply these to your work
- Where to access community resources to match client need

**Target audience:**

All grades of SHSCT staff.

**For further information or to arrange a training session please contact:**

Your locality Community Development team:

**Armagh and Dungannon area**

[Click here to contact Tracey Powell](#) †: 028 3756 4495

[Click here to contact Catherine McCormack](#) †: 028 3765 4494

**Craigavon and Banbridge**

[Click here to contact Gerardette McVeigh](#) †: 028 3756 3949

[Click here to contact Michael Hart](#) †: 028 37 563951

**Newry and Mourne**

[Click here to contact Annie Clarke](#) †: 028 3756 6290

[Click here to contact Deirdre Magill](#) †: 028 3756 6293

<http://sharepoint/oppc/uicd/communitydevelopment/SitePages/Home.aspx>

[Community Development | Southern Health & Social Care Trust \(hscni.net\)](http://Community Development | Southern Health & Social Care Trust (hscni.net))

# Step 1.

## Personal and Public Involvement (PPI)/ User involvement awareness

**Time:** 10am – 10.50am

**Delivery:** Via Zoom

*Aim of the course:*

To raise awareness of PPI and User involvement.

*Learning objectives:*

To develop an understanding and awareness of what Personal and public involvement (PPI) is and the opportunities to involve service users in your work area.

Going forward staff should consider work practice ensuring that PPI principals are embedded and utilised.

*Target audience:*

All SHSCT staff.

*For further information please contact:*

PPI/User Involvement team

E: [ppi.team@southerntrust.hscni.net](mailto:ppi.team@southerntrust.hscni.net)



[Click here to apply](#)

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## Step 2. Engage and involve training

**Time:** 10.00am – 11.45am

**Delivery:** Via Zoom

*Aim of the course:*

Build your skills to incorporate PPI into your work practice.

*Learning objectives:*

Enhance your understanding of PPI, learn about the methods you can use to involve service users in your work and the practicalities of service user involvement.

Going forward participants can consider work practice ensuring that PPI principles are embedded.

*Target audience:*

All SHSCT staff.

Step 1. PPI Awareness must be completed in advance.

*For further information please contact:*

PPI/User Involvement team

E: [ppi.team@southerntrust.hscni.net](mailto:ppi.team@southerntrust.hscni.net)



[Click here to apply](#)

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# SCOPE Training

SCOPE Training is an innovative, co-produced training programme which supports service users and carers to become involved in the development and delivery of Health and Social Care Services.

**Time:** 10.00am – 11.30am

**Delivery:** Via Zoom

## *Aim of the course:*

To prepare Service users/carers to become PPI representatives and work in partnership with Trust staff to develop new services and impact change at a directorate, strategic and corporate level.

## *Learning objectives:*

S.C.O.P.E aims to provide the Service users/carers opportunities to learn new skills, knowledge and confidence to become PPI representatives.

S.C.O.P.E uses a variety of teaching approaches to be responsive to the variety of learning styles. Service users/carers that wish to participate on S.C.O.P.E will have the opportunity to complete both accredited and non-accredited programmes.

## *Target audience:*

Service users, patients and carers.

## *For further information please contact:*

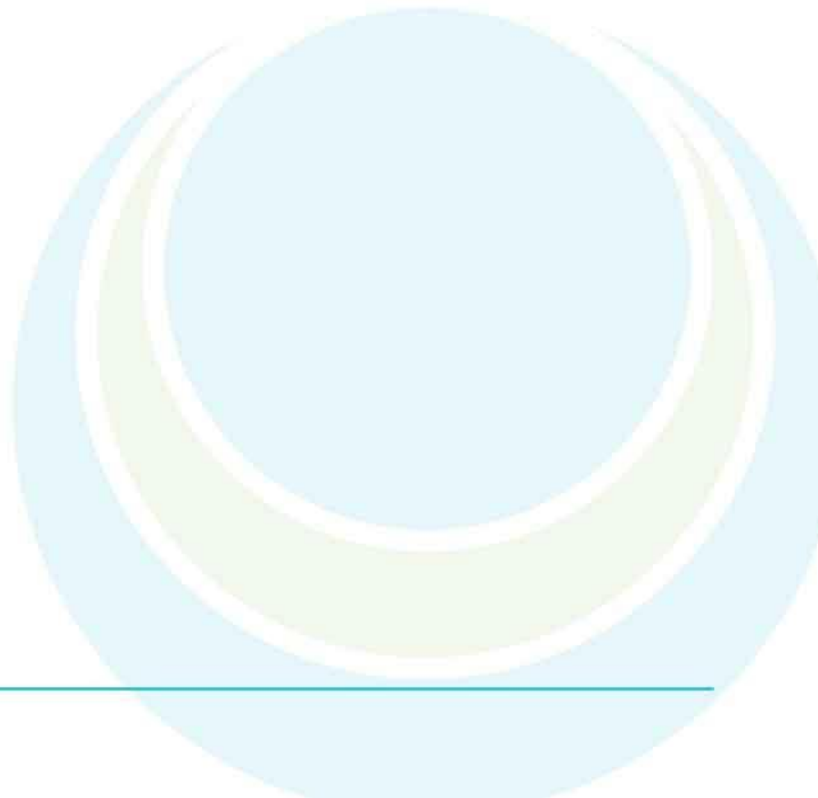
PPI/User Involvement team

E: [ppi.team@southerntrust.hscni.net](mailto:ppi.team@southerntrust.hscni.net)



[Click here to apply](#)

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## Workplace Health



### *Workplace Health and Wellbeing*

Umatter is the Trust's staff health and wellbeing website [www.u-matter.org.uk](http://www.u-matter.org.uk)

It provides tools on a range of health issues and provides information on health campaigns and staff based events. The site also includes a health encyclopaedia and signposts to other statutory, community and voluntary based organisations.

### *Health Champions*

A network of Health Champions has been established by the Trust that engages staff to take ownership of their own health and wellbeing. The network also provides champions with information and support to drive health and wellbeing forward within their own teams or professions.

The Trust is committed to providing Workplace Champions with the training, support and necessary tools to support them in developing their knowledge, understanding and skills to drive health and wellbeing forward within the Trust.

#### **If you would like to learn more about his role contact:**

**Nina Daly** – Workplace Health Lead

✉: [Nina.daly@southerntrust.hscni.net](mailto:Nina.daly@southerntrust.hscni.net)

T: 028 37 56 4488

### *Training and staff based events for health and wellbeing*

Many of the training opportunities within this training directory can help to develop the knowledge and skills of our current and future Health Champions.

Staff can also find out about other staff based activities and events taking place within the Trust to support their health and wellbeing via the Umatter website: [www.u-matter.org.uk](http://www.u-matter.org.uk).

Staff can quickly access the UMatter website via the homepage of the Trust intranet <http://sharepoint/Intranet/Pages/Home.aspx>

# Contacts

## Promoting wellbeing in your area

Contacts		
Asst. Director Health & Wellbeing	Bannvale House, Gilford	028 3756 1539
Head of Health Improvement	St Luke's site, Armagh	028 3756 4467
Head of Community Development and User Involvement	St Luke's site, Armagh	028 3756 4469
PWB Lead Cross Directorate	St Luke's site, Armagh	0283756 4466
Teams		
Armagh & Dungannon	St Luke's site, Armagh, BT61 7NQ	028 3756 4485
Craigavon & Banbridge	Brownlow Health & Social Services Centre, BT65 5BE	028 3756 3946
Newry & Mourne	John Mitchell Place, Newry, BT34 2BU	028 3756 6297
<b>To book training detailed in this directory or for further information on any of the courses, please contact:</b>		
Promoting Wellbeing Training Administrator	✉: St. Luke's site 71 Loughgall Road ARMAGH, BT61 7NQ ☎: 028 3756 4454 💻: <a href="mailto:pwb.training@southerntrust.hscni.net">pwb.training@southerntrust.hscni.net</a>	
An application form can be: 1. Requested from the Training Administrator – <a href="mailto:pwb.training@southerntrust.hscni.net">pwb.training@southerntrust.hscni.net</a> 2. Southern Trust staff can access from SharePoint - <a href="#">Promoting Wellbeing - PWB Training</a> 3. Downloaded from the Southern Trust Website – <a href="#">Your Health   Southern Health &amp; Social Care Trust (hscni.net)</a>		



Southern Health and Social Care Trust  
PROMOTING WELLBEING DIVISION  
[Your Health | Southern Health & Social Care Trust \(hscni.net\)](http://hscni.net)

