

Health Development Training Courses

South Eastern Area

April 2018 to March 2019



The South Eastern Trust Health Development Team is committed to working in partnership with other organisations, groups and communities to promote, maintain and enhance the health and wellbeing of the South Eastern Trust's population.

We are the major organisation for health and social wellbeing improvement in the south eastern area and our mandate commits us to addressing the causes and associated inequalities of preventable ill-health and lack of wellbeing.

Along with our colleagues in the Public Health Agency we have set out our work under four key themes:

Give every child and young person the best start in life:

Investment in early years brings significant benefits in later life across areas such as health and wellbeing, education, employment and reduced violence and crime. We are committed to pursuing strongly evidenced programmes to build resilience and promote health and wellbeing.

Ensure a decent standard of living for all:

Lower socioeconomic groups have a greater risk of poor health and reduced life expectancy. We will focus efforts in a number of areas where, working with partners, we can impact on achieving a decent standard of living for all.

Build sustainable communities:

The views, strengths relationships and energies of local communities are essential in building effective approaches to improving health and wellbeing. We are committed to community development, engaging people in decision- making and in shaping their lives and social networks.

Make healthy choices easier:

Creating an environment that encourages and supports health is critical. We are committed to working across a range of settings to ensure that healthier choices are made easier for individuals.



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Asist Training

Dates:	Monday 5 & Tuesday 6 November 2018
Venue:	To be confirmed
Facilitators:	Health Development Mental Health Training Team
Duration:	2 Days 9.30am – 5pm on both days
Cost:	Free of charge
Pre-requisite:	You must have attended safeTALK training before applying for Asist training
Description:	<p><i>AS/ST</i> is designed to help all caregivers become more willing, ready and able to help persons at risk. Suicide can be prevented with the help of prepared caregivers. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid. ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognise risk and learn how to intervene to prevent the immediate risk of suicide.</p> <p>The workshop is for all caregivers (any person in a position of trust). This includes professionals, paraprofessionals and lay people. It is suitable for mental health professionals, nurses, physicians, pharmacists, teachers, counsellors, youth workers, police and correctional staff, school support staff, clergy, community volunteers and the general public.</p>
Target Audience:	All caregivers (any person in a position of trust). This includes professionals, paraprofessionals and lay people. It is suitable for mental health professionals, social workers, nurses, physicians, pharmacists, teachers, counsellors, youth workers, police and correctional staff, school support staff, clergy, community volunteers and the general public.
Booking Details	Please contact Carol Brown on 028 9151 0275 or email Carol.brown@setrust.hscni.net for a booking form



Asist Training

Dates:	Monday 7 & Tuesday 8 January 2019
Venue:	Ards Community Network
Facilitators:	Health Development Mental Health Training Team
Duration:	2 Days 9.30am – 5pm on both days
Cost:	Free of charge
Pre-requisite:	You must have attended safeTALK training before applying for Asist training
Description:	<p><i>ASIST</i> is designed to help all caregivers become more willing, ready and able to help persons at risk. Suicide can be prevented with the help of prepared caregivers. Just as "CPR" skills make physical first aid possible, training in suicide intervention develops the skills used in suicide first aid. ASIST is a two-day intensive, interactive and practice-dominated course designed to help caregivers recognise risk and learn how to intervene to prevent the immediate risk of suicide.</p> <p>The workshop is for all caregivers (any person in a position of trust). This includes professionals, paraprofessionals and lay people. It is suitable for mental health professionals, nurses, physicians, pharmacists, teachers, counsellors, youth workers, police and correctional staff, school support staff, clergy, community volunteers and the general public.</p>
Target Audience:	All caregivers (any person in a position of trust). This includes professionals, paraprofessionals and lay people. It is suitable for mental health professionals, social workers, nurses, physicians, pharmacists, teachers, counsellors, youth workers, police and correctional staff, school support staff, clergy, community volunteers and the general public.
Booking Details	Please contact Carol Brown on 028 9151 0275 or email Carol.brown@setrust.hscni.net for a booking form



Breastfeeding Update Training

Dates & Venue:	Monday 30 April 2018
Venue:	Meeting Room 2nd Floor Admin Downe Hospital
Facilitators:	SET Breastfeeding Training Team
Duration:	1pm-5pm
Cost:	This course is funded by the SEH&SCT Health Development Department. Please see booking form for conditions.
Pre-requisite:	Must have already completed 18hr Unicef Accredited Training
Description:	Update on Unicef Breastfeeding training
Target Audience:	Health Visitors Midwives Public Health Staff Nurses
Booking Details	Please contact Paula Hookings in Health Development on 028 9250 1373 Booking Essential

Breastfeeding Update Training

Dates:	Wednesday 13 June 2018
Venue:	Meetings Room 1 Lough House ArdsHospital
Facilitators:	SET Breastfeeding Training Team
Duration:	930am - 130pm
Cost:	This course is funded by the SEH&SCT Health Development Department. Please see booking form for conditions.
Pre-requisite:	Must have already completed 18hr Unicef Accredited Training
Description:	Update on Unicef Breastfeeding training
Target Audience:	Health Visitors Midwives Public Health Staff Nurses
Booking Details	Please contact Paula Hookings in Health Development on 028 9250 1373 Booking Essential



Breastfeeding Update Training

Dates:	Thursday 13 September 2018
Venue:	Meeting Room Lisburn Health Centre
Facilitators:	SET Breastfeeding Training Team
Duration:	1pm - 5pm
Cost:	This course is funded by the SEH&SCT Health Development Department. Please see booking form for conditions.
Pre-requisite:	Must have already completed 18hr Unicef Accredited Training
Description:	Update on Unicef Breastfeeding training
Target Audience:	Health Visitors Midwives Public Health Staff Nurses
Booking Details	Please contact Paula Hookings in Health Development on 028 9250 1373 Booking Essential



Breastfeeding Update Training

Dates:	Tuesday 6 November 2018
Venue:	Meeting Room 2nd Floor Admin Downe Hospital
Facilitators:	SET Breastfeeding Training Team
Duration:	1pm-5pm
Cost:	This course is funded by the SEH&SCT Health Development Department. Please see booking form for conditions.
Pre-requisite:	Must have already completed 18hr Unicef Accredited Training
Description:	Update on Unicef Breastfeeding training
Target Audience:	Health Visitors Midwives Public Health Staff Nurses
Booking Details	Please contact Paula Hookings in Health Development on 028 9250 1373 Booking Essential



Chi-Me

Dates:	According to expression of interest
Venue:	TBA
Facilitators:	Maureen Bruce
Duration:	4 weeks 45 minutes weekly
Cost:	N/A
Pre-requisite:	Participants are interested in light exercise to promote relaxation, to strengthen joints, reduce falls, and have fun.
Description:	<p>Chi Me is a gentle exercise programme which runs for 4 weeks and it is for people aged 60+ or who have a disability.</p> <p>Chi Me is a gentle form of exercise that originated in China as a martial art. It can prevent or ease a range of the ills of ageing and can be perfect for any age or ability.</p> <p>Traditionally, it is a series of low impact, slow motion movements that can be carried out standing or seated. It is a Tai Chi influenced exercise and takes 12 exercise forms designed to improve strength, mobility and balance which can help promote good mental health and wellbeing and can prevent accidents from falls.</p>
Target Audience:	Adults 60+ and those with a disability
Booking Details	Contact Maureen.bruce@setrust.hscni.net 07834929103



Dementia Awareness Workshop

Dates:	TBA for 2018
Venue:	TBA
Facilitators:	Maureen Bruce
Duration:	3 hour session
Cost:	N/A
Pre-requisite:	None required.
Description:	<p>This training is aimed at the whole community, so whether you have a relative or friend who has dementia, or if you are a local resident or business who wants to become more dementia friendly or perhaps an individual, who wants to be more aware of what Dementia is, so that you may help someone in need.</p> <ul style="list-style-type: none">• The two-hour workshop will help you to:• Develop your knowledge of Dementia.• Increase your confidence and skills to help you relate to those with the condition• Communicate and support someone with Dementia.• Gain information on local support available.
Target Audience:	Organisations, shops, frontline staff, whole communities, people interested in supporting those with Dementia.
Booking Details	Contact Maureen.bruce@setrust.hscni.net 07834929103



Engage National Men's Health Training

Dates:	November 2018 to be confirmed
Venue:	To be confirmed
Facilitators:	
Duration:	9.30am – 4.00pm
Cost:	None
Pre-requisite:	None
Description:	This workshop will be of interest to a broad range of service providers and practitioners who work with men, and wish to improve communication with this group
Target Audience:	Applications are welcomed from both men and women, and from people in all sectors.
Booking Details	Contact Carol Brown on 028 9151 0275 or Email: Carol.brown@setrust.hscni.net



Engage Young Men's Health Training

Dates:	November 2018 to be confirmed
Venue:	To be confirmed
Facilitators:	
Duration:	9.30am – 4.00pm
Cost:	None
Pre-requisite:	None
Description:	This workshop will be of interest to a broad range of service providers and practitioners who work with young men, and wish to improve communication with this group.
Target Audience:	Applications are welcomed from both men and women, and from people in all sectors.
Booking Details	Contact Carol Brown on 028 9151 0275 or Email: Carol.brown@setrust.hscni.net



HIV Awareness Training

Dates:	Thursday 19th April 2018
Venue:	Training Room 1, Downshire
Facilitators:	HIV Training Team, South Eastern Trust
Duration:	2pm – 4.30pm
Cost:	This course is funded by the SEH&SCT Health Development Department. Please see booking form for conditions.
Description:	<p>This course provides a good opportunity to learn more about HIV, raise personal and professional awareness of prevention, testing and treatment.</p> <p>What's covered:</p> <ul style="list-style-type: none">• What is HIV• NI Statistics• STIs• Testing & Treatment• Prevention• Reducing Stigma
Target Audience:	All Health & Social Care Staff.
Booking Details	Please complete booking form included at the end of this booklet.

Please note, training sessions can be arranged for organisations outside the South Eastern H&SC Trust. For further information please contact Gabrielle O'Neill, Health Development Specialist – Sexual Health/Disability gabrielle.oneill@setrust.hscni.net



HIV Awareness Training

Dates:	Thursday 17th May 2018
Venue:	Maternity Seminar Room, Ulster Hospital
Facilitators:	HIV Training Team, South Eastern Trust
Duration:	2.00pm – 4.30pm
Cost:	This course is funded by the SEH&SCT Health Development Department. Please see booking form for conditions.
Description:	<p>This course provides a good opportunity to learn more about HIV, raise personal and professional awareness of prevention, testing and treatment.</p> <p>What's covered:</p> <ul style="list-style-type: none">• What is HIV• NI Statistics• STIs• Testing & Treatment• Prevention• Reducing Stigma
Target Audience:	All Health & Social Care Staff.
Booking Details	Please complete booking form included at the end of this booklet.

Please note, training sessions can be arranged for organisations outside the South Eastern H&SC Trust. For further information please contact Gabrielle O'Neill, Health Development Specialist – Sexual Health/Disability gabrielle.oneill@setrust.hscni.net

HIV Awareness Training

Dates:	Thursday 20th June 2018
Venue:	Seminar Room, Ards Hospital
Facilitators:	HIV Training Team, South Eastern Trust
Duration:	2.00pm – 4.30pm
Cost:	This course is funded by the SEH&SCT Health Development Department. Please see booking form for conditions.
Description:	<p>This course provides a good opportunity to learn more about HIV, raise personal and professional awareness of prevention, testing and treatment.</p> <p>What's covered:</p> <ul style="list-style-type: none"> • What is HIV • NI Statistics • STIs • Testing & Treatment • Prevention • Reducing Stigma
Target Audience:	All Health & Social Care Staff.
Booking Details	Please complete booking form included at the end of this booklet.

Please note, training sessions can be arranged for organisations outside the South Eastern H&SC Trust. For further information please contact Gabrielle O'Neill, Health Development Specialist – Sexual Health/Disability gabrielle.oneill@setrust.hscni.net

HIV Awareness Training

Dates:	Tuesday 4th September 2018
Venue:	Boardroom , Lagan Valley Hospital
Facilitators:	HIV Training Team, South Eastern Trust
Duration:	2.00pm – 4.30pm
Cost:	This course is funded by the SEH&SCT Health Development Department. Please see booking form for conditions.
Description:	<p>This course provides a good opportunity to learn more about HIV, raise personal and professional awareness of prevention, testing and treatment.</p> <p>What's covered:</p> <ul style="list-style-type: none"> • What is HIV • NI Statistics • STIs • Testing & Treatment • Prevention • Reducing Stigma
Target Audience:	All Health & Social Care Staff.
Booking Details	Please complete booking form included at the end of this booklet.

Please note, training sessions can be arranged for organisations outside the South Eastern H&SC Trust. For further information please contact Gabrielle O'Neill, Health Development Specialist – Sexual Health/Disability gabrielle.oneill@setrust.hscni.net

HIV Awareness Training

Dates:	Thursday 18th October 2018
Venue:	Training Room 1, Downshire Hospital
Facilitators:	HIV Training Team, South Eastern Trust
Duration:	2.00pm – 4.30pm
Cost:	This course is funded by the SEH&SCT Health Development Department. Please see booking form for conditions.
Description:	<p>This course provides a good opportunity to learn more about HIV, raise personal and professional awareness of prevention, testing and treatment.</p> <p>What's covered:</p> <ul style="list-style-type: none"> • What is HIV • NI Statistics • STIs • Testing & Treatment • Prevention • Reducing Stigma
Target Audience:	All Health & Social Care Staff.
Booking Details	Please complete booking form included at the end of this booklet.

Please note, training sessions can be arranged for organisations outside the South Eastern H&SC Trust. For further information please contact Gabrielle O'Neill, Health Development Specialist – Sexual Health/Disability gabrielle.oneill@setrust.hscni.net



HIV Awareness Training

Dates:	Thursday 29th November 2018
Venue:	Seminar Room , Ards Hospital
Facilitators:	HIV Training Team, South Eastern Trust
Duration:	2.00pm – 4.30pm
Cost:	This course is funded by the SEH&SCT Health Development Department. Please see booking form for conditions.
Description:	<p>This course provides a good opportunity to learn more about HIV, raise personal and professional awareness of prevention, testing and treatment.</p> <p>What's covered:</p> <ul style="list-style-type: none">• What is HIV• NI Statistics• STIs• Testing & Treatment• Prevention• Reducing Stigma
Target Audience:	All Health & Social Care Staff.
Booking Details	Please complete booking form included at the end of this booklet.

Please note, training sessions can be arranged for organisations outside the South Eastern H&SC Trust. For further information please contact Gabrielle O' Neill, Health Development Specialist – Sexual Health/Disability gabrielle.oneill@setrust.hscni.net

HIV Awareness Training

Dates:	Thursday 6th December 2018
Venue:	Conference Room, Lisburn Health Centre
Facilitators:	HIV Training Team, South Eastern Trust
Duration:	2pm – 4.30pm
Cost:	This course is funded by the SEH&SCT Health Development Department. Please see booking form for conditions.
Description:	<p>This course provides a good opportunity to learn more about HIV, raise personal and professional awareness of prevention, testing and treatment.</p> <p>What's covered:</p> <ul style="list-style-type: none"> • What is HIV • NI Statistics • STIs • Testing & Treatment • Prevention • Reducing Stigma
Target Audience:	All Health & Social Care Staff.
Booking Details	Please complete booking form included at the end of this booklet.

Please note, training sessions can be arranged for organisations outside the South Eastern H&SC Trust. For further information please contact Gabrielle O'Neill, Health Development Specialist – Sexual Health/Disability gabrielle.oneill@setrust.hscni.net



Introduction to Motivational Interviewing and behaviour change: a two day training event

Going Beyond the basics: intermediate practice

Dates:	Introduction to MI: Tues 24th & Tues 31st July 2018 Introduction to MI: Thurs 16th and Friday 24th August 2018 Intermediate practice session: Tuesday 3rd July 2018
Venue:	Training Room in Downshire, Downpatrick
Facilitators:	Ed Sipler Health Development / Addiction Service
Duration:	10:00 am to 4:30 pm
Cost:	None
Pre-requisite:	For the Introduction session participants must attend both days For the intermediate practice session, workers should have previously attended an into workshop
Description:	For the Introduction to MI This two day training event aims to explore behaviour change and introduce Motivational interviewing as an effective approach to encourage change. <u>By the end of the course participants will:</u> <ul style="list-style-type: none"> • Have an insight into the spirit, principles and processes of motivational interviewing • Build on the skills used in MI • Have a working knowledge of the opening strategies of motivational interviewing • Recognize how discord or resistance arises and effective responses • Build confidence and commitment to utilise Motivational Interviewing in everyday work. • Explore how to continue to build their skills in using Motivational Interviewing For the intermediate practice session, come to practice and extend your skills of using MI
Target Audience:	Any worker trying to promote change with their clients
Booking Details	To confirm a place email Ed Sipler at Ed.sipler@setrust.hscni.net



Lesbian, Gay, Bisexual and/or Transgender (LGBT) e-learning

Dates:	On-going
Venue:	N/A Online Programme
Facilitators:	N/A Access to a computer is essential
Duration:	The estimated time to complete the programme is 45minutes however this does not include the additional reading provided.
Cost:	FREE
Pre-requisite:	HSC Staff
Description:	<p>Content</p> <p>This e-learning programme has been developed by the Public Health Agency in partnership with the Southern Health and Social Care Trust (SHSCT) and has been informed by the experiences of individuals who identify as Lesbian, Gay, Bisexual and/or Transgender (LGB&T) and their carers.</p> <p>The content has been developed to meet a range of learning styles and contains stories, scenarios, interactive quizzes and videos involving lived experiences. The programme features are easy to use and navigation throughout the different sections is straightforward.</p> <p>Section 1 – Introduction Section 2 – Getting the basics right Section 3 – Health and social wellbeing inequalities Section 4 – Understanding the law Section 5 – Creating an inclusive workplace</p> <p>Participants have the option of completing the programme from beginning to end or saving progress and returning at another time to complete.</p> <p>Individuals who identify as (LGB&T) like other disadvantaged groups, experience considerable sexual, physical and mental health inequalities. Homophobia, transphobia and heterosexism are the main barriers LGB&T people face when accessing services.</p> <p>In 2011 the findings from the Rainbow Project research report 'Through Our Eyes - Experiences of Lesbian, Gay and Bisexual People in the Workplace' showed that nearly 1 in 4 respondents working in the public sector conceal their sexual orientation and that some 40% of respondents from the public sector had heard negative comments about LGB&T people from a colleague or colleagues in the workplace (Through Our Eyes,</p>

Experiences of Lesbian, Gay and Bisexual People in the Workplace. Rainbow Project, DSD, March 2011, McDermott, M.)

Learning Outcomes

After completing this module, learners will be able to:

- Understand the difference between sexual orientation and gender identity.
- Have knowledge of the equality legislation relating to sexual orientation and gender identity.
- Be aware of the health and social wellbeing inequalities experienced by LGB&T individuals, the support services available and be aware of how to access them.
- Challenge the myths and misperceptions associated with LGB&T individuals.
- Explore the barriers associated with disclosure of sexual
- Orientation and/or gender identity in the workplace.
- Understand how LGB&T awareness within the workplace can help create a more welcoming, safe and productive work environment.
- Reflect on their organisational policy and practice to help identify opportunities for:
 - Workplace settings to be more LGB&T inclusive
 - Addressing any existing gaps in current practice and delivery relating to LGB&T issues.
 - Any future potential training for staff working in a range of settings.

Who is the programme for?

This programme has been designed to be used by individuals working in any setting. We hope it has relevance to a wide audience including relevant staff with management or recruitment roles within organisations. It is hoped that the programme will be seen as complimentary to face to face interactive training programmes that are currently available and provided by the LGB&T Sector Organisations.

Target Audience:	Individuals working in any setting
Booking Details	<p>http://lgbtelearning.hscni.net</p> <p>Gabrielle O' Neill</p> <p>Health Development Specialist – Sexual Health & Disability Email: Gabrielle.oneill@setrust.hscni.net</p>



Low Intensity CBT Training

Dates:	Thursday 7th June 2018
Venue:	Ards Community Network
Facilitators:	
Duration:	10.00am – 4.30pm
Cost:	
Pre-requisite:	Workers attending this workshop should have in place: <ul style="list-style-type: none">• Be able to work one-to-one or in groups with people over 5-6 sessions• Supervision where level of interventions and the need for onward referral are considered• Be willing to participate in an evaluation using this approach and materials with at least one client over the next three months.
Description:	This one day training event aims to build workers skills and confidence to use a low intensity CBT resource, Bend Don't Break with their clients:
Target Audience:	This course is aimed at the workforce who see clients with mild or moderate emotional or mental health difficulties.
Booking Details	Contact Carol Brown Tel: 028 9151 0275 Email: Carol.brown@setrust.hscni.net



Mental Health First Aid Training

Dates:	Tuesday 25 & Wednesday 26 September 2018
Venue:	Ards Community Network
Facilitators:	Health Development Mental Health Training Team
Duration:	2days both 9.30am -5.00pm
Cost:	Free of charge
Pre-requisite:	
Description:	<p>The aims of MHFA are to:</p> <ul style="list-style-type: none">▪ preserve life where a person may be a danger to themselves or others▪ provide help to prevent the mental health problem becoming more serious▪ promote the recovery of good mental health▪ provide comfort to a person experiencing a mental health problem <p>MHFA teaches participants:</p> <ul style="list-style-type: none">▪ how to recognise the symptoms of mental health problems▪ how to provide initial help▪ how to go about guiding a person towards appropriate professional help
Target Audience:	The course has proved successful with different professional groups including health workers, teachers, front line public sector and voluntary sector workers as well as members of the general public.
Booking Details	Please contact Carol Brown on 028 9151 0275 or email Carol.brown@setrust.hscni.net for a booking form



Mental Health First Aid Training

Dates:	Tuesday 22 & Wednesday 23 January 2019
Venue:	To be confirmed
Facilitators:	Health Development Mental Health Training Team
Duration:	2 days both 9.30am -5.00pm
Cost:	Free of charge
Pre-requisite:	
Description:	<p>The aims of MHFA are to:</p> <ul style="list-style-type: none">▪ preserve life where a person may be a danger to themselves or others▪ provide help to prevent the mental health problem becoming more serious▪ promote the recovery of good mental health▪ provide comfort to a person experiencing a mental health problem <p>MHFA teaches participants:</p> <ul style="list-style-type: none">▪ how to recognise the symptoms of mental health problems▪ how to provide initial help▪ how to go about guiding a person towards appropriate professional help
Target Audience:	The course has proved successful with different professional groups including health workers, teachers, front line public sector and voluntary sector workers as well as members of the general public.
Booking Details	Please contact Carol Brown on 028 9151 0275 or email Carol.brown@setrust.hscni.net for a booking form



Mood Matters

Dates:	To be confirmed
Venue:	To be confirmed
Facilitators:	
Duration:	2-3 hours
Cost:	None
Pre-requisite:	None
Description:	This programme teaches you skills and techniques to look after your mental health, manage your feelings when you are stressed, worried or depressed and help you cope with challenges in your life.
Target Audience:	Adults who may be experiencing low mood, stress or mild to moderate depression.
Booking Details	Tel: Carol Brown 028 9151 0275 Email: carol.brown@setrust.hscni.net

Positive Steps



Health Development
Department

Dates:	May 2018
Venue:	TBA
Facilitators:	Maureen Bruce
Duration:	6 weeks 2 hours weekly
Cost:	N/A
Pre-requisite:	Participants will be interested in learning about good mental health, and are willing to follow the Five Ways to Wellbeing to gain confidence and self-esteem based on self help ideas.
Description:	<p>Overview Positive Steps 6- week programme (2hrs per session) Positive Steps is a flexible and interactive health & well-being programme developed by the South Eastern Health & Social Care Trust (SEHSCT). Programme objectives:</p> <ul style="list-style-type: none"> • Enhance confidence and self esteem • Improve mental health and emotional well-being • Supports participants to connect with family, friends and other support groups • Encourages participants to acknowledge and talk about their feelings • Provides practical solutions on how to manage <p>The programme is based on the Five Ways to Wellbeing</p> <p>Connect...</p> <p>Keep learning...</p> <p>Be Active...</p> <p>Take Notice...</p> <p>Give...</p>
Target Audience:	12 years and over
Booking Details	<p>Contact Maureen.bruce@setrust.hscni.net 07834929103</p>



safeTALK

Dates:	Wednesday 6 June 2018
Venue:	Ards Community Network
Facilitators:	
Duration:	4 hours
Cost:	None
Pre-requisite:	
Description:	Why come to safeTALK? Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided—leaving people more alone and at greater risk. safeTALK training prepares you to help by using <i>TALK (Tell, Ask, Listen and KeepSafe)</i> to identify and engage people with thoughts of suicide and to connect them with further help and care.
Target Audience:	Who should attend safeTALK? safeTALK is for everyone who wants to help prevent suicide: front line workers, clergy, volunteers, parents, youth*, teachers, law enforcement ... anyone who wants to help prevent suicide
Booking Details	Contact Carol Brown on 028 9151 0275 or Email: Carol.brown@setrust.hscni.net



safeTALK

Dates:	Wednesday 5 September 2018
Venue:	Newcastle Centre
Facilitators:	
Duration:	4 hours
Cost:	None
Pre-requisite:	
Description:	Why come to safeTALK? Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided—leaving people more alone and at greater risk. safeTALK training prepares you to help by using <i>TALK (Tell, Ask, Listen and KeepSafe)</i> to identify and engage people with thoughts of suicide and to connect them with further help and care.
Target Audience:	Who should attend safeTALK? safeTALK is for everyone who wants to help prevent suicide: front line workers, clergy, volunteers, parents, youth*, teachers, law enforcement ... anyone who wants to help prevent suicide
Booking Details	Contact Carol Brown on 028 9151 0275 or Email: Carol.brown@setrust.hscni.net

safeTALK

Dates:	Thursday 11 October 2018
Venue:	Downshire Hospital
Facilitators:	
Duration:	4 hours
Cost:	None
Pre-requisite:	
Description:	<p>Why come to safeTALK? Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided—leaving people more alone and at greater risk. safeTALK training prepares you to help by using <i>TALK (Tell, Ask, Listen and KeepSafe)</i> to identify and engage people with thoughts of suicide and to connect them with further help and care.</p>
Target Audience:	<p>Who should attend safeTALK? safeTALK is for everyone who wants to help prevent suicide: front line workers, clergy, volunteers, parents, youth*, teachers, law enforcement ... anyone who wants to help prevent suicide</p>
Booking Details	Contact Carol Brown on 028 9151 0275 or Email: Carol.brown@setrust.hscni.net



safeTALK

Dates:	Tuesday 22 January 2019
Venue:	Cloona House
Facilitators:	
Duration:	4 hours
Cost:	None
Pre-requisite:	
Description:	Why come to safeTALK? Most people with thoughts of suicide invite help. Often these opportunities are missed, dismissed or avoided—leaving people more alone and at greater risk. safeTALK training prepares you to help by using <i>TALK (Tell, Ask, Listen and KeepSafe)</i> to identify and engage people with thoughts of suicide and to connect them with further help and care.
Target Audience:	Who should attend safeTALK? safeTALK is for everyone who wants to help prevent suicide: front line workers, clergy, volunteers, parents, youth*, teachers, law enforcement ... anyone who wants to help prevent suicide
Booking Details	Contact Carol Brown on 028 9151 0275 or Email: Carol.brown@setrust.hscni.net



Take 5 Training

Dates:	To be confirmed
Venue:	To be confirmed
Facilitators:	
Duration:	3 hours
Cost:	None
Pre-requisite:	None
Description:	This is a workshop focusing on the 5 Ways to Wellbeing: Connect – Connect with people around you Be Active – Exercising makes you feel good Take Notice – Savour the moment Keep Learning – Don't be afraid to try something new Give – Do something nice for a friend or stranger
Target Audience:	Anyone wishing to raise awareness of good mental health and highlight how people can make small changes to their daily routine and reap great benefits.
Booking Details	Tel: Carol Brown 028 9151 0275 or Email: Carol.brown@setrust.hscni.net



Tobacco Control in Clinical Practice

Dates:	Please contact carol.brown@setrust.hscni.net for dates and venues
Venue:	
Facilitators:	SET Stop Smoking Team
Duration:	1 hour
Cost:	N/A
Description:	<p>This is a short one-off session and is aimed at anyone who works with patients, clients or colleagues who smoke. The training involves:</p> <p>Reasons why people start smoking and understanding the habit;</p> <ul style="list-style-type: none">- What's really in a cigarette;- Health benefits of quitting;- Process of stopping;- Symptoms of nicotine withdrawal;- Nicotine Replacement Therapy & Champix <p>It will help to improve your skills in providing support to people who want to stop smoking. Information on how to refer into South Eastern Trust's 'Stop Smoking Service' as well as other sources of help is also included.</p>
Target Audience:	Most people find the training informative and useful. It is suitable for anyone in the statutory, voluntary and community sectors.
Booking Details	Please contact: carol.brown@setrust.hscni.net 02891510275 to book you place or for further details.

Understanding Self Harm

Dates:	Monday 24 September 2018
Venue:	Ards Community Network
Facilitators:	
Duration:	9.30am-1.15pm
Cost:	None
Pre-requisite:	
Description:	<p>To raise awareness and increase understanding of self-harm</p> <p>To increase understanding of the assessment and management of risk</p> <p>To understand why people who self-harm find it hard to change</p> <p>To explore alternate coping strategies</p> <p>To develop skills and sustain a positive working relationship with people who self-harm</p>
Target Audience:	Open to all Care givers wishing learn more about self-harm.
Booking Details	Contact Carol Brown on 028 9151 0275 or Email: Carol.brown@setrust.hscni.net



Understanding Self Harm

Dates:	Monday 3 December 2018
Venue:	To be confirmed
Facilitators:	
Duration:	9.30am-1.15pm
Cost:	None
Pre-requisite:	
Description:	<p>To raise awareness and increase understanding of self-harm</p> <p>To increase understanding of the assessment and management of risk</p> <p>To understand why people who self-harm find it hard to change</p> <p>To explore alternate coping strategies</p> <p>To develop skills and sustain a positive working relationship with people who self-harm</p>
Target Audience:	Open to all Care givers wishing learn more about self-harm.
Booking Details	Contact Carol Brown on 028 9151 0275 or Email: Carol.brown@setrust.hscni.net



Walk Leader Training

Dates:	Thursday 19th April 2018
Venue:	St Patrick's Pastoral Centre, Chapel Hill, Lisburn
Facilitators:	Wendy McDowell
Duration:	9.45am - 4pm
Cost:	This course is funded by the SEH&SCT Health Development Department. Please see booking form for conditions.
Pre-requisite:	<ul style="list-style-type: none"> • Be over the age of 18 years; • Be able to complete the full training day; • Be able to walk at least 30mins at a moderate pace; • Be committed to delivering at least 4 Walking for Health walks per year; • Details for each Volunteer Walk Leader/Walking Group will be held on the Walking For Health database and information on health walks shared throughout SET area; <p>In addition for SET staff:</p> <ul style="list-style-type: none"> • Be clear about how the Walking for Health programme could be delivered within a workplace, if appropriate (ie client group); • Have line managers approval to attend, if appropriate
Description:	<p>The purpose of this training is to equip participants with the skills required to lead safe health walks throughout community and workplaces.</p> <p>By the end of the training day, participants will be able to:</p> <ul style="list-style-type: none"> • set up a local walking programme; • lead safe and enjoyable walks for adults of all ages and abilities; • promote the health benefits of walking; • motivate people to start and continue walking
Target Audience:	Anyone wishing to facilitate a walking group for those 18 years and over to improve health & wellbeing throughout community or workplace within SET area.
Booking Details	Please contact Paula Hookings for further details

Walk Leader Training



Health Development
Department

Dates:	Thursday 7th June 2018
Venue:	Comber Leisure Centre
Facilitators:	Wendy McDowell
Duration:	9.45am - 4pm
Cost:	This course is funded by the SEH&SCT Health Development Department. Please see booking form for conditions.
Pre-requisite:	<ul style="list-style-type: none"> • Be over the age of 18 years; • Be able to complete the full training day; • Be able to walk at least 30mins at a moderate pace; • Be committed to delivering at least 4 Walking for Health walks per year; • Details for each Volunteer Walk Leader/Walking Group will be held on the Walking For Health database and information on health walks shared throughout SET area; <p>In addition for SET staff:</p> <ul style="list-style-type: none"> • Be clear about how the Walking for Health programme could be delivered within a workplace, if appropriate (ie client group); • Have line managers approval to attend, if appropriate
Description:	<p>The purpose of this training is to equip participants with the skills required to lead safe health walks throughout community and workplaces.</p> <p>By the end of the training day, participants will be able to:</p> <ul style="list-style-type: none"> • set up a local walking programme; • lead safe and enjoyable walks for adults of all ages and abilities; • promote the health benefits of walking; • motivate people to start and continue walking
Target Audience:	Anyone wishing to facilitate a walking group for those 18 years and over to improve health & wellbeing throughout community or workplace within SET area.
Booking Details	Please contact Paula Hookings for further details

Walk Leader Training



Health Development
Department

Dates:	Thursday 13th September 2018
Venue:	Ballynahinch Baptist Church
Facilitators:	Wendy McDowell
Duration:	9.45am - 4pm
Cost:	This course is funded by the SEH&SCT Health Development Department. Please see booking form for conditions.
Pre-requisite:	<ul style="list-style-type: none"> • Be over the age of 18 years; • Be able to complete the full training day; • Be able to walk at least 30mins at a moderate pace; • Be committed to delivering at least 4 Walking for Health walks per year; • Details for each Volunteer Walk Leader/Walking Group will be held on the Walking For Health database and information on health walks shared throughout SET area; <p>In addition for SET staff:</p> <ul style="list-style-type: none"> • Be clear about how the Walking for Health programme could be delivered within a workplace, if appropriate (ie client group); • Have line managers approval to attend, if appropriate
Description:	<p>The purpose of this training is to equip participants with the skills required to lead safe health walks throughout community and workplaces.</p> <p>By the end of the training day, participants will be able to:</p> <ul style="list-style-type: none"> • set up a local walking programme; • lead safe and enjoyable walks for adults of all ages and abilities; • promote the health benefits of walking; • motivate people to start and continue walking
Target Audience:	Anyone wishing to facilitate a walking group for those 18 years and over to improve health & wellbeing throughout community or workplace within SET area.
Booking Details	Please contact Paula Hookings for further details

Walk Leader Training



Health Development
Department

Dates:	Thursday 4th October 2018
Venue:	St Patrick's Chapel Hill, Lisburn
Facilitators:	Wendy McDowell
Duration:	9.45am - 4pm
Cost:	This course is funded by the SEH&SCT Health Development Department. Please see booking form for conditions.
Pre-requisite:	<ul style="list-style-type: none"> • Be over the age of 18 years; • Be able to complete the full training day; • Be able to walk at least 30mins at a moderate pace; • Be committed to delivering at least 4 Walking for Health walks per year; • Details for each Volunteer Walk Leader/Walking Group will be held on the Walking For Health database and information on health walks shared throughout SET area; <p>In addition for SET staff:</p> <ul style="list-style-type: none"> • Be clear about how the Walking for Health programme could be delivered within a workplace, if appropriate (ie client group); • Have line managers approval to attend, if appropriate
Description:	<p>The purpose of this training is to equip participants with the skills required to lead safe health walks throughout community and workplaces.</p> <p>By the end of the training day, participants will be able to:</p> <ul style="list-style-type: none"> • set up a local walking programme; • lead safe and enjoyable walks for adults of all ages and abilities; • promote the health benefits of walking; • motivate people to start and continue walking
Target Audience:	Anyone wishing to facilitate a walking group for those 18 years and over to improve health & wellbeing throughout community or workplace within SET area.
Booking Details	Please contact Paula Hookings for further details

BOOKING FORM



**Health Development
Department**

Course Name:	
Course Date:	
Course Venue:	
Name:	
Address (work)	
Postcode:	
Tel:	
Work Mobile:	
Job Title:	
Email:	
Do you have any special requirements that will assist you to attend this course?	
How did you hear about this course?	
Line Managers Job Title:	
Line Managers Name:	
Line Managers Signature:	
Employer / Department / Directorate:	

Conditions:

- Candidates who fail to report for training may incur a financial penalty to cover the cost of organising the course.
- I agree to undertake all anonymous evaluations associated with my participation in this training.
- Cancellations are subject to a minimum of 5 days' notice.
- Catering will **not** be provided unless stated otherwise.

Signature: _____

Please return your completed booking form to Health Development unless otherwise stated in training advert:

Health Development Department

Lisburn Health Centre,
Level 5, Health Development,
Linenhall Street,
Lisburn, BT28 1LU

Tel: 028 9250 1373 **Email:** Health.Development@setrust.hscni.net



Health Development
Department

Community Nutrition Training Courses 2018/19

Training Dates for Nutrition Courses 2018 / 19

Please find below dates for training courses run by the Community Dietitians.

All training is free and includes comprehensive resource packs.

Training is designed to be delivered as part of your work. Trust employees delivering these programmes as part of their work are covered by Trust insurance. **Any delivery outside of this is not covered and tutors must take out their own insurance.** Non Trust employees need to check that they are covered by their employer's insurance.

Cook it and Choose to Lose require your manager to agree to you delivering the programmes at least twice once a year. A pre training visit to meet you and your manager is required for both these programmes before a place can be confirmed. A post training visit is also required.

This year we are running two smaller Cook it programmes at different times of the year.

For all courses places are allocated on first come first served basis. Those not successful in gaining a place will be put onto a waiting list for the next course.

To request a place on training please contact training.dietitians@setrust.hscni.net
OR Tel: 90411792 and leave a message.

PLEASE NOTE: All tutors are required to complete feedback via monitoring and evaluation forms as required and attend at least one annual update session in order to remain registered as a tutor. Tutors who do not meet these requirements will be removed from our database. Printed resource packs remain the property of either PHA or South Eastern Trust and must be returned if tutors do not meet the above criteria.



Courses Available

Date(s)	Name of Course	Venue	Length of Course	No. of places	Any other Comments
Tuesday 17th April 2018	<i>Good food Toolkit</i>	Training Room 1, Downshire Hospital, Ardglass Rd, Downpatrick, BT30 6RA	9:15am -4:30pm	20	A 1 day training course for those wishing to deliver healthy eating messages to groups. This flexible programme is suitable for those working with adults delivering either a one off session or a series of sessions. This is a revised and updated programme and contains new, additional resources developed by ourselves.
Tuesday 15th May and 22nd May 2018	<i>Cook it!</i>	1st Comber Presbyterian Church, High St, Comber BT23 5HL	2 days 9:15pm – 4:30pm	12	Tutors will be trained to deliver a practical 6 week programme to groups to help improve their nutritional knowledge and cooking skills. Recipes are designed with those on a budget in mind. Day 2 includes a practical Cook it session. Tutors need to have a basic knowledge of cooking. Please see notes above re pre- and post- training requirements. You must be available to attend both training days.
Friday 1st June 2018	<i>Goodfood Toolkit update to new pack</i>	Conference Room, Warren Children’s Centre, Woodland	9.30 – 12.30pm	15	Update session for those trained in Goodfood Toolkit between 2015 and February 2016 to convert to the new updated pack

		Park, Lisburn			
Tuesday 12 th and 19 th June 2018	<i>I Can Cook it!</i>	Lough Moss Leisure Centre, Hillsborough Rd, Carryduff, Belfast BT8 8HR	2 days 9.15 -4.30pm	12	The Cook it programme has been adapted to meet the needs of people with a learning disability. Participants do not need to be Cook it! trained. Tutors will be trained to deliver a practical 8 week programme to groups to help improve their nutritional knowledge and cooking skills. Day 2 includes a practical cooking session. Tutors need to have a basic knowledge of cooking. Please see notes above re pre- and post- training requirements. You must be available to attend both days.
Friday 14 th September 2018	<i>Early Years Nutrition</i>	1st Comber Presbyterian Church, High St, Comber BT23 5HL	9.15am – 2.00pm	10	A practical training course to enable those attending to deliver a four session practical programme to support parents to wean babies safely based on current nutritional advice. Access to a kitchen is required to deliver the programme. Applicants must have Food Hygiene awareness training.