

Health Development Training Courses

South Eastern Area

April 2019 to March 2020



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:	19 & 20 November 2019 14 & 15 January 2020
Venue:	Newtownards – November Colin Neighbourhood Partnership - January
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 safe TALK 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 Claire Kennedy on 028 9250 1373 (Monday to Thursday 9.00am – 1.00pm) or email Claire.kennedy@setrust.hscni.net for a booking form.



safeTALK Training

Dates:	4 th June 2019 – Lisburn 10 th September 2019 – Newcastle 10 th October 2019 – Downpatrick 11 th February 2020 – Colin Neighbourhood Partnership Additional sessions will be added depending on demand
Venue:	Please see above
Facilitators:	Health Development Mental Health Training Team
Duration:	3.5 hours 9.30am – 1.00pm
Cost:	Free of charge
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	Please contact Claire Kennedy on 028 9250 1373 (Monday to Thursday 9.00am – 1.00pm) or email Claire.kennedy@setrust.hscni.net for a booking form.



Understanding Self Harm

Dates & Venue:	4 th September 2019 – Newtownards 3 rd December 2019 – Colin Neighbourhood Partnership
Venue:	Please see above
Facilitators:	
Duration:	9.00am – 1.00pm
Cost:	Free of charge
Pre-requisite:	
Description:	<ul style="list-style-type: none">• To raise awareness and increase understanding of self-harm.• To increase understanding of the assessment and management of risk.• To understand why people who self-harm find it hard to change.• To explore alternate coping strategies.• To develop skills and sustain a positive working relationship with people who self-harm.
Target Audience:	Open to all caregivers wishing learn more about self-harm.
Booking Details	Please contact Claire Kennedy on 028 9250 1373 (Monday to Thursday 9.00am – 1.00pm) or email Claire.kennedy@setrust.hscni.net for a booking form.



Mental Health First Aid

Dates:	24 th & 25 th September 2019 – Newtownards 27 th & 28 th January 2020 - TBC
Venue:	Please see above
Facilitators:	Health Development Mental Health Training Team
Duration:	2 full days - 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, frontline public sector and voluntary sector workers, as well as members of the general public.
Booking Details	Please contact Claire Kennedy on 028 9250 1373 (Monday to Thursday 9.00am – 1.00pm) or email Claire.kennedy@setrust.hscni.net for a booking form.



Engage Young Men's Health

Dates:	TBC
Venue:	TBC
Facilitators:	Engage Training Team
Duration:	9.30am – 4.00pm
Cost:	Free of charge
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	Please contact Claire Kennedy on 028 9250 1373 (Monday to Thursday 9.00am – 1.00pm) or email Claire.kennedy@setrust.hscni.net for a booking form.



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, Experiences of Lesbian, Gay and Bisexual People in the Workplace. Rainbow Project, DSD, March</p>

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	http://lgbtelearning.hscni.net Gabrielle O' Neill Health Development Specialist – Sexual Health & Disability Email: Gabrielle.oneill@setrust.hscni.net



Introduction to Motivational Interviewing (MI) and Behaviour Change: a two day training event

Dates:	<p>Please indicate which you are signing up for:</p> <ul style="list-style-type: none"> • Introduction to MI: 23rd and 30th July 2019 or • Introduction to MI: 8th and 15th August 2019
Venues:	<p>Training Room 2, Downshire, Downpatrick (July) Training Room 1, Downshire, Downpatrick (August)</p>
Facilitator:	<p>Ed Sipler Health Development / Addiction Service – Health Development</p>
Time:	<p>10:00 am to 4:30 pm</p>
Cost:	<p>None</p>
Pre-requisite:	<p>Participants must attend both days</p>
Description:	<p>This two day training event aims to explore behaviour change and introduce Motivational interviewing as an effective approach to encourage change.</p> <p><u>By the end of the course participants will:</u></p> <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 <p>Anyone who attends can avail of an optional learning opportunity. (It is voluntary in addition to the 2 days training.)</p> <p>For 12 weeks participants will receive weekly worksheets to develop certain aspects of MI</p> <p>At the end of the 12 weeks those involved will be involved in an evaluation of this extended learning effort.</p> <p>You can indicate you want to join in in this extended learning during the training.</p>
Target Audience:	<p>Any worker trying to promote change with their clients</p>
Booking Details	<p>To confirm a place email Ed Sipler at:</p> <p>Ed.sipler@setrust.hscni.net</p>



Motivational Interviewing

Going Beyond the Basics: Intermediate Practice

Dates:	Intermediate practice session 9 July 2019
Venue:	Training Room 2 ,Downshire, Downpatrick
Facilitators:	Ed Sipler Health Development / Addiction Service
Duration:	10:00 am to 4:30 pm
Cost:	None
Pre-requisite:	For the practice session, workers should have previously attended an introduction to Motivational Interviewing workshop
Description:	<p>Come to practise and extend your skills of using MI.</p> <p>Anyone who attends can avail of an optional learning opportunity. (It is voluntary as an addition to the 2 days training.</p> <p>For 12 weeks participants will receive weekly worksheets to develop certain aspects of MI.</p> <p>At the end of the 12 weeks those involved will be involved in an evaluation of this extended learning effort.</p> <p>You can indicate you want to join in in this extended learn during the practice session.</p>
Target Audience:	Any worker who wants to develop their skills in using Motivational Interviewing
Booking Details	To confirm a place email Ed Sipler at: Ed.sipler@setrust.hscni.net



Using Low Intensity CBT for people with low moderate mental health difficulties and to build resilience

Dates:	<p>Please indicate which you are signing up for:</p> <ul style="list-style-type: none"> • Using Low intensity CBT: 2nd July 2019 or • Using Low intensity CBT 16th September 2019
Venues:	<p>Training Room 1, Downshire, Downpatrick (July) August training venue to be decided (Bangor/ Ards area)</p>
Facilitator:	<p>Ed Sipler Health Development / Addiction Service – Health Development</p>
Time:	<p>10:00 am to 4:30 pm</p>
Cost:	<p>None</p>
Pre-requisite:	<p>Be able to work one-to-one or in groups with people over 5-6 sessions.</p> <p>Have supervision where level of interventions and the need for onward referral are considered.</p> <p>Be willing to participate in an evaluation using this approach and materials with at least one client over the next three months.</p>
Description:	<p>This course is aimed at the workforce who see clients with mild or moderate emotional or mental health difficulties. Good thinking skills, support and self-care are central to supporting well-being and resilience.</p> <p>Low intensity work means the member of staff has the skills to coach people through the use of CBT based self-help material. The training will build the confidence and skills of participants to use a low intensity CBT resource: Bend Don't Break with their clients.</p> <p>Anyone who attends can avail of an optional learning opportunity. (It is voluntary as an addition to the initial day training where they will receive bi weekly worksheets to develop certain aspects using Bend Don't Break. At the end of the 12 weeks those involved will be involved in an evaluation of this extended learning effort.</p> <p>You can indicate you want to join in in this extended learn during the training.</p>
Target Audience:	<p>Any worker who can commit to using this intervention. Preference will be given to Health Visitors who can use this work during their listening visits</p>
Booking Details	<p>To confirm a place email Ed Sipler at Ed.sipler@setrust.hscni.net</p>



Working with Substance Misuse

A one day workshop

Dates:	Please indicate which you are signing up for: Working with substance misuse: 24th July 2019 or Working with substance misuse: 7th August 2019
Venues:	Training Room 1, Downshire, Downpatrick
Facilitator:	Ed Sipler Health Development / Addiction Service – Health Development
Time:	9:30 am to 4:30 pm
Cost:	None
Pre-requisite:	None
Description:	<p>When substance misuse reaches addiction levels, the Trust has an Addiction Service to address these needs. At the same time, substance misuse is a significant factor across a range of services and people drinking or using drugs can be ambivalent or resistant to change.</p> <p>The aim of this workshop is to strengthen workers' knowledge, skills and confidence to offer screening, identification and brief intervention, engage in effective conversations and interventions about change and effectively signposting clients and family members to the range of alcohol and drug services working across the South Eastern Trust.</p>
Target Audience:	This training is suitable for any practitioner whose clients misuse alcohol or drugs.
Booking Details	To confirm a place email Ed Sipler at: Ed.sipler@setrust.hscni.net



Tobacco Control in Clinical Practice

Dates:	Please contact claire.black@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 or clients who smoke. The training involves:</p> <ul style="list-style-type: none">• Reasons why people start smoking and understanding the habit;• 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: claire.black@setrust.hscni.net or 077 252 18345 to book your place or for further details.

Walk Leader Training

Dates:	<ul style="list-style-type: none"> ◆ Wednesday, 17th April - Ballynahinch Baptist Church ◆ Thursday, 30th May - Hillsborough Presbyterian Church ◆ Tuesday, 2nd July - Londonderry Park, Newtownards ◆ Tuesday, 10th September - Lough Moss Leisure Centre, Carryduff
Venue:	Wendy McDowell
Facilitators:	1 day course - 9.45am-4.00pm
Duration:	<p>This course is funded by SEH&SCT Health Development Department & Public Health Agency. Refreshments and a light lunch is provided - please advise of any dietary requirements at time of booking. Please see booking form for conditions.</p>
Cost:	<ul style="list-style-type: none"> • Be over the age of 18 years; • Be able to complete the full training day; • Have a reasonable level of fitness to lead health walks; • All participants will be expected to be active as Walk Leader within two months of attendance and commit to facilitating at least 12 walks per year as part of their work role or in a voluntary capacity; • Details provided for each Walking For Health group across SET area will be appropriately shared/promoted online. <p>PLEASE NOTE: By booking a place on Walk Leader Training, you are agreeing to all of the above.</p> <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 manager's approval to attend, if appropriate.
Pre-requisite:	<p>Aim: To train adults to lead health walks in their local community or workplace.</p> <p>Learning Objectives:</p> <ul style="list-style-type: none"> • To understand the health benefits of walking;

	<ul style="list-style-type: none"> • To motivate inactive people to participate in health walks; • To develop Walking For Health programmes; • To plan and risk assess walking routes; • To lead safe and enjoyable health walks for people of all ages and abilities. <p>This is a basic level course which promotes low level health walks for adults who are inactive.</p>
Description:	<p>Anyone wishing to set up a Walking For Health walking group as part of their work role or in a voluntary capacity.</p> <p>PLEASE NOTE: Free insurance cover is provided to participants leading walks in an unpaid voluntary capacity.</p>
Target Audience:	
Booking Details	Please contact Health Development on 028 9250 1373

BOOKING FORM



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



South Eastern Health
and Social Care Trust



Health Development
Department

Community Nutrition Training Courses 2019/20



Training Dates for Nutrition Courses 2019 /20

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 30 April 2019	Food Values	Lough Moss Leisure Centre Hillsborough Rd, Carryduff BT8 8HR	9:30am – 4:30pm	12	New food budgeting programme which covers planning meals, best value shopping and cooking. Any one trained in the previous Food Values course does NOT need to do this training and will receive the updated pack.
Tuesday 11 & 18 June 2019	Cook it!	Seymour St Methodist Church, Lisburn BT27 4XG	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.
Tuesday 6 August 2019	Early Years Nutrition	Seymour St Methodist Church, Lisburn BT27 4XG	9.15am – 2.00pm	12	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 or attend a Dietetic Food Hygiene session prior to course.
Tuesday 17 & 24	Cook it!	1st Comber Presbyterian	2 days 9:15pm –	12	Tutors will be trained to

September 2019		Church, High St, Comber BT23 5HL	4:30pm		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.
Tuesday 12 & 19 November 2019	I Can Cook it!	Edengrove Presbyterian Church, 15 Dromore Rd, Ballynahinch BT24 8AY	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.
Tuesday 10 December 2019	Food Values	Seymour St Methodist Church, Lisburn BT27 4XG	9:30am – 4:30pm	12	New food budgeting programme which covers planning meals, best value shopping and cooking. Any one trained in the previous Food Values course does NOT need to do this training and will receive the updated pack.

Tuesday 21 January 2019	Good food Toolkit	Kyle Room, Bayview Resource Centre 11-13 Ballyholme Rd, Bangor, BT20 5JH	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 4 February 2020	Annual update	Board Room Lagan Valley Hospital, 38 Hillsborough Rd, Lisburn, BT28 1JP	9.30am - 12.30pm	20	Half date update session for tutors who have completed nutrition training courses. Topic to be confirmed. <i>It is essential to attend the annual update to remain on our database and retain your training manuals.</i>
Thursday 13 February 2020	Annual update	Training Room 1 Downshire Hospital, Ardglass Rd, Downpatrick BT30 6JQ	9.30am - 12.30pm	20	Half date update session for tutors who have completed nutrition training courses. Topic to be confirmed. <i>It is essential to attend the annual update to remain on our database and retain your training manuals.</i>
Monday 2 March 2020	Annual update	Kyle Room, Bayview Resource Centre 11-13 Ballyholme Rd, Bangor, BT20 5JH	To be confirmed	20	Half date update session for tutors who have completed nutrition training courses. Topic to be confirmed. <i>It is essential to attend the annual update to remain on our database and retain your training manuals.</i>

- Note parking at Lagan Valley Hospital can be difficult. Parking restrictions are in force (£40 fine), so please allow enough time to park in a *legal* spot. Additional parking is available at Lisburn Leisureplex's overflow car park, located in Warren Park (behind SALTO) – approx. 10 minute walk away from Lagan Valley Hospital.