

Health Development Training Courses

South Eastern Trust Area



April 2020 to March 2021

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Introduction and Four Key Themes

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.



BEHAVIOUR CHANGE AND GROUP WORK

Having Effective Conversations about Change: the conversation side to improving health literacy

Dates and Venues:

Thursday 9 July 2020, Training Room 1, Downshire Hospital, Downpatrick

Thursday 13 August 2020, Training Room 1, Downshire Hospital, Downpatrick

Facilitator/s: Ed Sipler Health Development Specialist / Addiction Service

Duration: 10:00 am to 4:30 pm

Target Audience:

This training is suitable for those with little or no training in health behaviour change and who have an opportunity to talk with their client group about lifestyle or parenting issues.

This training compliments training provided on Health Literacy and Making Every Contact Count.

About this Course:

The aim of this workshop is to strengthen workers knowledge, skills and confidence to offer opportunistic brief advice or engage in effective conversations about change which could improve health, wellbeing and relationships.

While based on the spirit of Motivational Interviewing (MI) this training would be less intense as MI which is taking conversations about change to a more skillful level.

Core objectives:

- Explore how conversational skills improves health literacy
- To explore delivery of the levels of a brief intervention

- Improve their understanding of how people change
- Identify factors and barriers that blocks change
- Improve core skills that encourage change
- Explore resources that can be used to facilitate conversations about change
- To build on skillful advice giving
- Help reduce resistance that can arise in sessions
- To explore our own attitudes towards sensitive issues
- Increase knowledge of the range of services available
- Identify opportunities in practice to incorporate conversations about change
- To improve the uptake of onward referral

Pre-requisite: None

Cost: Free of Charge

Booking Details: To confirm a place email Ed Sipler at: Ed.sipler@setrust.hscni.net

BEHAVIOUR CHANGE AND GROUP WORK

Introduction to Group Work – a one day workshop

Dates and Venues:

Monday 20 April 2020, Training Room 2, Downshire Hospital, Downpatrick

Facilitator/s: Ed Sipler Health Development Specialist / Addiction Service

Duration: 10:00 am to 4:30 pm

Target Audience: Any worker who wants to develop their skills in using groups in their work.

About this Course: Aim of Course: To improve participant's knowledge, understanding and confidence in facilitating groups.

It will explore:

- Adult learning styles
- How do groups facilitate change: Yalom's therapeutic factors
- Types of groups
- Group processes
- Role of the group leader
- Group work skills
- Co working
- Blending other therapeutic approaches into group work: particularly motivational interviewing
- Dealing with difficulties in the group
- Endings

Pre-requisite: Workers need no previous training in using groups.

Cost: Free of Charge

Booking Details: To confirm a place email Ed Sipler at: Ed.sipler@setrust.hscni.net



BEHAVIOUR CHANGE AND GROUP WORK

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

Dates and Venues:

Wednesday 29 & Thursday 30 July 2020, Training Room 2, Downshire Hospital, Downpatrick

Tuesday 25 & Wednesday 26 August 2020, Training Room 1, Downshire Hospital, Downpatrick

Facilitator/s: Ed Sipler Health Development Specialist / Addiction Service

Duration: 10:00 am to 4:30 pm

Target Audience:

Any worker trying to promote change with their clients.

About this Course:

This two day training event aims to explore behaviour change and introduce Motivational Interviewing as an effective approach to encourage change.

By the end of the course participants will:

- 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
- Recognise 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

Anyone who attends can avail of an optional learning opportunity. (It is voluntary as an addition to the 2 days training).

For 12 weeks participants will receive weekly worksheets to develop certain aspects of MI.

At the end of the 12 weeks those involved will be included in an evaluation of this extended learning effort.



Health Development
Department

You can indicate you want to join in in this extended learn during the training.

Pre-requisite: Participants must attend both days.

Cost: Free of charge

Booking Details: To confirm a place email Ed Sipler at: Ed.sipler@setrust.hscni.net



BEHAVIOUR CHANGE AND GROUP WORK

Motivational Interviewing: Going Beyond the Basics – Intermediate Practice

Dates and Venues:

Wednesday 1 July 2020, Training Room 1, Downshire Hospital, Downpatrick

Facilitator/s: Ed Sipler Health Development Specialist / Addiction Service

Duration: 10:00 am to 4:30 pm

Target Audience: Any worker who wants to develop their skills in using Motivational Interviewing. Practice sessions are part of this training where you can try the skills out in a safe environment.

About this Course:

Come to practise and extend your skills of using MI. Anyone who attends can avail of an optional learning opportunity. (It is voluntary as an addition to the 2 days training.

For 12 weeks participants will receive weekly worksheets to develop certain aspects of MI. At the end of the 12 weeks those involved will be included in an evaluation of this extended learning effort.

You can indicate you want to join in in this extended learn during the practice session.

Pre-requisite: For the practice session, workers should have previously attended an introduction to Motivational Interviewing workshop

Cost: Free of Charge

Booking Details:

To confirm a place email Ed Sipler at: Ed.sipler@setrust.hscni.net

DRUGS AND ALCOHOL

Alcohol Brief Intervention (ABI): A two hour bespoke training

Dates and Venues: To be organised by team leaders requesting the workshop

Facilitator/s: Ed Sipler, Health Development Specialist / Addiction Service

Duration: 2 hours

Target Audience:

Any worker who has contact with people who drink at hazardous or harmful levels.

About this Course:

This training will cover

- The levels of brief intervention
- A framework of brief intervention
- Screening tools
- The conversational skills involved in the discussion
- Resources available to support having these conversations
- The range of alcohol and drug services available

Pre-requisite: Team leaders should contact the course facilitator to discuss availability and options for this training initiative and discuss means which the training and the use of what is discussed will be evaluated.

Cost: Free of charge

Booking Details:

To confirm a place email Ed Sipler at: Ed.sipler@setrust.hscni.net

DRUGS AND ALCOHOL**Working with Substance Misuse – a one day workshop****Dates and Venues:**

Wednesday 8 July 2020, Training Room 1, Downshire Hospital, Downpatrick

Thursday 6 August 2020, Training Room 1, Downshire Hospital, Downpatrick

Facilitator/s: Ed Sipler Health Development Specialist / Addiction Service

Duration: 10:00 am to 4:30 pm

Target Audience:

This training is suitable for any practitioner whose clients misuse alcohol or drugs.

About this Course:

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.

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.

Pre-requisite: None

Cost: Free of Charge

Booking Details: To confirm a place email Ed Sipler at Ed.sipler@setrust.hscni.net

MENTAL HEALTH AND SUICIDE**Asist (Applied Suicide Intervention Skills Training)****Dates and Venues:**

Tuesday 10 and Wednesday 11 November 2020, Ards Community Network

Tuesday 19 & Wednesday 20 January 2021, Colin Neighbourhood Partnership, Cloona House

Facilitator/s: Health Development Mental Health Training Team

Duration: 2 Days 9.30am - 5pm on both days.

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.

About this Course: ASIST is a two day intensive, interactive and skills based course designed to help caregivers to recognise risk and learn how to intervene to prevent the immediate risk of suicide.

You will learn to:

- Identify people who have thoughts of suicide
- Seek a shared understanding of the reasons for thoughts of suicide and the reasons for living
- Review current risks and develop a plan to increase safety from suicidal behavior for an agreed amount of time
- Follow up on all safety commitments accessing further help as needed

Pre-requisite: Participants must have attended SafeTALK prior to attending this course.

Participants must attend the two full days of training.

This training is NOT suitable for anyone recently bereaved by suicide

Cost: Free of charge

Booking Details: Please contact Eileen Young at Eileen.young@setrust.hscni.net



MENTAL HEALTH AND SUICIDE

Mental Health First Aid

Dates and Venues:

Tuesday 15 and Wednesday 16 September 2020, Lisburn Library

Tuesday 26 and Wednesday 27 January 2021, Ards Community Network, Newtownards

Facilitator/s: Health Development Mental Health Training Team

Duration: 2 full days 9.30am to 5pm

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.

About this Course:

MHFA is a training programme that teaches members of the public how to help a person developing a mental health problem, experiencing a worsening of an existing mental health problem or in a mental health crisis.

Like traditional first aid, MHFA does not teach people to treat or diagnose a mental health or substance misuse condition. Instead it teaches people how to offer initial support until professional help is received or until the crisis resolves.

Pre-requisite: Participants must be willing to attend for two full days

Cost: Free of charge

Booking Details: Contact Eileen Young at Eileen.Young@setrust.hscni.net



MENTAL HEALTH AND SUICIDE

Positive Steps

Dates and Venues: TBC

Facilitators: Brien Frazer, SEHSCT & Linda Erskine, SET Recovery College

Duration: 6 weeks (6 x 2 hours sessions)

Target Audience: This universal programme can be used with most groups aged 12 and over.

About this Course:

Positive Steps is a flexible and interactive mental health promotion programme.

Delivered over 6 sessions the programme offers students the opportunity to try something new, have fun in their recovery and learn & practice strategies that aim to enhance confidence & well-being.

The Foundation of Positive Steps

The Recovery Model is central to the Positive Steps programme. Putting recovery into action means focusing care on supporting recovery and building the resilience of people with mental health problems, not just on managing their symptoms. Throughout Positive Steps we have aimed to keep recovery central to the ethos and working of the programme.

Pre-requisite: None

Cost: Free of charge

Booking Details:

Email: recovery.college@setrust.hscni.net

Phone: (028) 9041 3872 ext. 89872

Home 3, Ulster Hospital, Upper Newtownards Road, Dundonald BT16 1RH



MENTAL HEALTH AND SUICIDE

Positive Steps Training for Trainers (T4)

Dates and Venues: Tuesday 25 August 2020, Ards Community Network, Newtownards

Facilitator/s: Alison Doake

Duration: 4 hours 9.30am – 1.30pm

Targets Audience:

Anyone who can deliver an emotional wellbeing programme in a group setting

About this Course:

Positive Steps is a flexible and interactive emotional wellbeing programme which can be delivered to groups. The aim of the programme is to enhance the confidence and self-esteem of the participants. It is based around the 5 ways to wellbeing

This T4T will familiarise participants with the Positive Steps manual. It also will give them experience in planning & delivering the programme

Pre-requisite:

This training is interactive and all participants must be willing to take part in a group presentation.

All participants must have the capacity to deliver this training in a group setting and preferably have experience delivering to groups.

Cost: Free of charge

Booking Details: Contact Eileen Young by email: Eileen.Young@setrust.hscni.net



MENTAL HEALTH AND SUICIDE

safeTALK Training

Dates and Venues:

Tuesday 21 April 2020, Colin Neighbourhood Partnership, Cloona House

Wednesday 20 May 2020, Ards Community Network, Newtownards

Tuesday 23 June 2020, Downshire Hospital, Downpatrick

Thursday 10 September 2020, Newcastle Centre

Thursday 8 October 2020, Lisburn Library

Wednesday 18 November 2020, Colin Neighbourhood Partnership, Cloona House

Facilitator/s: Health Development Mental Health Training Team

Duration: 3 hours 9.30am – 12.30pm

Target Audience: 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. safeTALK can be delivered to anyone over the age of 16 working or living in the SEHSCT area.

About this Course:

safeTALK - Suicide Alertness for everyone

The training equips participants with the skills to recognise a person with thoughts of suicide, to engage them and connect them with an organisation or individual who can intervene and keep them safe.

Pre-requisite: Not suitable for anyone recently bereaved by suicide

Cost: Free of charge

Booking Details: Email Eileen Young at Eileen.Young@setrust.hscni.net

MENTAL HEALTH AND SUICIDE

Take 5 Ambassador Training

Dates and Venues:

Thursday 7 May 2020, Lisburn Library

Tuesday 2 June 2020, Ards Community Network

Thursday 2 July 2020, Training room 1, Downshire Hospital

Facilitator/s: Brien Frazer

Duration: 2.5 hours

Target Audience: Anyone working in their community with a role to promote positive mental health. The training is intended to build capacity among participants to enable them to promote the Take 5 message in their communities.

About this Course:

Most of us know when we are mentally and physically well, but sometimes we need a little extra support to keep well.

There are five simple actions to help maintain and improve your emotional wellbeing in everyday life. The Take 5 ambassador training aims to:

- raise awareness and understanding of the Take 5 message
- To provide and explore the resources necessary to promote the Take 5 message in our local communities
- To create a network of Take 5 Ambassadors working to improve our communities wellbeing

Pre-requisite: Participants should be willing to promote the Take 5 message in their communities.

Members of the Take 5 Ambassador network will be encouraged to engage with other Ambassadors on a regular basis, sharing examples of their work and promoting best practice.

Cost: Free of charge

Booking Details: Please contact brien.frazer@setrust.hscni.net for more details





MENTAL HEALTH AND SUICIDE

Understanding Self Harm

Dates and Venues:

Tuesday 9 June 2020, Colin Neighbourhood Partnership, Cloona House

Tuesday 8 September 2020, Ards Community Network, Newtownards

Wednesday 2 December 2020, Lisburn Library

Facilitator/s: Health Development Mental Health Training Team, ZEST Trainers

Duration: 3.5 hours, 9.30am to 1pm

Target Audience: Anyone working in a caring role within the SEHSCT area

About this Course:

This training is an introduction to issue of self- harm and how it can be impacted by alcohol misuse.

It aims to:

- 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

Pre-requisite: This training is for carers not people who are self- harming.

Cost: Free of charge

Booking Details: To confirm a place email Eileen Young at Eileen.young@setrust.hscni.net

MENTAL HEALTH AND SUICIDE

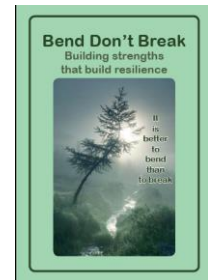
Using guided self-help for people with low moderate mental health difficulties and to build resilience – Bend Don't Break

Dates and Venues:

Thursday 20 August 2020, Training Room 2, Downshire Hospital,
Downpatrick

Facilitator/s: Ed Sipler Health Development Specialist / Addiction Service

Duration: 10:00 am to 4:30 pm



Target Audience: Any worker who can commit to using this intervention. Preference will be given to those who demonstrate their capacity to use it in practice.

About this Course: 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.

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.

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.

Pre-requisite:

- Be able to work one-to-one or in groups with people over 5-6 sessions.
- Have 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.

Cost: Free of charge

Booking Details: To confirm a place email Ed Sipler at: Ed.sipler@setrust.hscni.net

MENTAL HEALTH AND SUICIDE

Using guided self-help for people with low moderate mental health difficulties and to build resilience support session – Bend Don't Break

Dates and Venues:

Wednesday 22 July 2020, Training Room 1, Downshire Hospital, Downpatrick

Facilitator/s: Ed Sipler Health Development Specialist / Addiction Service

Duration: 10:00 am to 1:00 pm

Target Audience:

Any worker who has had training in using Bend Don't Break over the past number of years.

About this Course:

A wide range of workers have been trained to use guided self-help (Bend Don't Break) in their work.

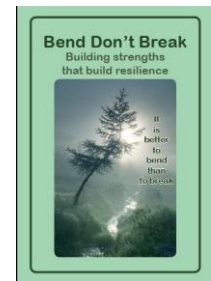
This workshop creates the opportunity to gather workers together to explore the successes and challenges of using this approach.

Workers can use the morning as a refresher, explore challenges or see the adaptations of the material for young people.

Pre-requisite: Workers should have had previous training in using guided self-help (low intensity CBT based work)

Cost: Free of charge

Booking Details: To confirm a place email Ed Sipler at: Ed.sipler@setrust.hscni.net





SEXUAL: HEALTH

HIV Awareness Training

Dates and Venues: Full list available on HRPTS

Facilitator/s: HIV Training Team, South Eastern Trust

Duration: 2pm – 4.30pm

Target Audience: All Health & Social Care Staff.

About this Course:

This course provides a good opportunity to learn more about HIV, raise personal and professional awareness of prevention, testing and treatment.

What is covered:

- What is HIV
- NI Statistics
- STIs
- Testing & Treatment
- Prevention
- Reducing Stigma

Pre-requisite: None

Cost: This course is funded by the SEH&SCT Health Development Department. Please see booking form for conditions.

Booking Details: Training sessions can be arranged for individual teams, wards, departments or in the community. For further information please contact Gabrielle O'Neill, Health Development Specialist – Sexual Health/Disability: gabrielle.oneill@setrust.hscni.net

Booking via HRPTS



SEXUAL: HEALTH

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

Dates and Venues: Ongoing Online Programme

Facilitator/s: N/a

Duration: The estimated time to complete the programme is 45 minutes, however, this does not include the additional reading provided.

Target Audience: Individuals working in any setting

About this Course: 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.

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.

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

Participants have the option of completing the programme from beginning to end or saving progress and returning at another time to complete.

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.

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 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.

Pre-requisite: Access to a computer is essential - HSC Staff

Cost: Free of Charge

Booking Details: <http://lgbtelearning.hscni.net>

Gabrielle O'Neill Health Development Specialist – Sexual Health & Disability

Email: Gabrielle.oneill@setrust.hscni.net

SMOKING CESSATION

Tobacco Control in Clinical Practice

Dates and Venues: Please contact claire.black@setrust.hscni.net for dates and venues

Facilitator/s: SET Stop Smoking Team

Duration: 1 hour

Target Audience: It is suitable for anyone working in the statutory, voluntary and community sectors who come into contact with clients / patients who smoke.

About this Course:

This is a short one-off session and is aimed at anyone who works with patients or clients who smoke. The training involves:

- 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
- How to refer to the service or other sources of support

This course will help to improve your skills in providing support to people who want to stop smoking.

Pre-requisite: None

Cost: Free of Charge

Booking Details: Please contact: claire.black@setrust.hscni.net or 077 252 18345 for further details.

PHYSICAL ACTIVITY

Boccia

Dates and Venues:

20 October 2020, Knockbracken Hall, Knockbracken Health Care Park

Facilitator/s: Disability Sports NI (via Health Development)

Duration: 9.45am - 1.30 pm

Target Audience: Currently working with people who would benefit from this adaptable physical activity with the plan to offer this as a group activity to your client base.

About this Course:

Boccia is a paralympic sport that can be played by anyone, with or without a disability. Originally designed for people with severe cerebral palsy, it is now enjoyed by players with a wide variety of disabilities. It is easy for a beginner to pick up quickly, but builds in intensity and complexity as players hone their skills.

The Boccia Leaders Award provides attendees with a base level of knowledge and skills to plan and lead fun and engaging boccia sessions.

The 3 hour course gives both theoretical and practical guidance surrounding a player's needs, how to support players skills development and what the current competition structures are for players wishing to get involved in the sport.

Pre-requisite: Currently working with groups of people disabled or otherwise who would benefit from this physical activity.

Cost: Free of charge

Booking Details: Email: Jennifer.gorman@setrust.hscni.net to register of for more details

PHYSICAL ACTIVITY

Chair Based Activity Training

Dates and Venues:

20, 27 May & 10 June 2020, Knockbracken Hall, Knockbracken Health Care Park

Facilitator/s: Life Dock Training (via Health Development)

Duration: 9.45 am - 5.00 pm on 20 & 27 May and 2pm - 4.30pm
(Attendance on all 3 dates is compulsory)

Target Audience: Currently working with people with mobility, balance and confidence problems with the plan to offer this as a group activity to your client base.

About this Course: Chair based activity provides a place of security particularly for those with mobility, balance and confidence problems, and can help improve strength and flexibility.

This fully accredited course (OCN Level 2) has been designed to enable potential leaders to:

- Deliver a safe and effective chair based activity session in a fun way for less active and older people
- Understand the implications of physical activity and the older participants
- Employ motivation techniques and leadership skills
- Understand and implement health and safety issues

This is an Open College Network Level 2 accredited course and involves completion of a short workbook and practical assessment. Day 3 is a workshop designed to reinforce learning, build confidence and address any challenges learners may have experienced when delivering to their groups. This workshop will encourage participants to practise what they have learned in anticipation of the workshop.

Pre-requisite: Currently working with people with mobility, balance and confidence problems.

Cost: Free of charge

Booking Details: Email: Jennifer.gorman@setrust.hscni.net to register or for more details

PHYSICAL ACTIVITY

Chi Me Animal Frolic

Dates and Venues:

9,16, 30 September 2020, Knockbracken Hall, Knockbracken Health Care Park

Facilitator/s: LifeDock Training (via Health Development)

Duration: 9.45 - 5.00pm on 9 & 16 and 2.00 - 4.30pm on 30 September

Target Audience: Currently working with people who would benefit from this adaptable physical activity with the plan to offer this as a group activity to your client base.

About this Course: A fun Tai Chi session creating a sense of calm and well-being. Sessions included are simple movements that mimic the Tiger, Deer, Bear, Monkey, and Bird to promote relaxation, co-ordination, concentration and confidence, while reducing stress and anxiety.

Chi Me Animal Frolics can help to:

- Reduce anxiety and stress levels
- Improve focus and concentration
- Enhance memory and enhance creativity
- Develop motor skills and co-ordination
- Develop self control
- Reduce inappropriate behaviour
- Promote a sense of calm and well-being
- Improve balance, strength, muscle tone, agility and flexibility
- Improve self esteem

Ideal for anyone working with:

- CAHMS Services
- Children and young people aged 5-16 Adults or children with intellectual disabilities or difficulties

Pre-requisite: Currently working with children and young people aged 5-16, CAHMS Services or adults or children with intellectual disabilities or difficulties

Cost: Free of charge

Booking Details: Email: Jennifer.gorman@setrust.hscni.net to register of for more details



PHYSICAL ACTIVITY

Chi Me

Dates and Venues:

9, 16 & 30 September 2020, Knockbracken Hall, Knockbracken Health Care Park

Facilitators: Life Dock Training (via Health Development)

Duration: 9.45 am - 5.00 pm on 9 & 16 September and 2pm – 4.30pm on 30 September
(Attendance on all 3 dates is compulsory)

Target Audience: Currently working with people who would benefit from this adaptable physical activity with the plan to offer this as a group activity to your client base.

About this Course:

This is a fully accredited course through the Open College Network and is a series of Tai Chi influenced exercises that will equip course participants with the skills necessary to lead group sessions and also enable them to gain benefits by applying the techniques as individuals.

The LifeDock Chi Me course, can significantly reduce the risk of falls in older people. It can also improve muscular strength, balance, co-ordination, flexibility, and relaxation. Chi Me can be easily be adapted for anyone, from the most fit to those confined to wheelchairs. People with learning difficulties, depression and those recovering from surgery will also gain benefits. This programme includes specific exercises which may aid in falls prevention.

This is an Open College Network Level 2 accredited course and involves completion of a short workbook and practical assessment. Day 3 is a workshop designed to reinforce learning, build confidence and address any challenges learners may have experienced when delivering to their groups. This workshop will encourage participants to practise what they have learned in anticipation of the workshop.

Pre-requisite: Currently working with older people or those with mental health or learning disabilities.

Cost: Free of charge

Booking Details: Email: Jennifer.gorman@setrust.hscni.net to register of for more details

PHYSICAL ACTIVITY

On Your Feet Exercise

Dates and Venues:

6, 13 January and 10 February 2021, Knockbracken Hall, Knockbracken Health Care Park

Facilitator/s: LifeDock Training (via Health Development)

Duration: 9.45 am - 5.00 pm on 6 & 13 January and 2.00 pm - 4.30 pm on 10 February

Target Audience: Currently working with people who would benefit from this adaptable physical activity with the plan to offer this as a group activity to your client base.

About this Course:

As the name suggests, this programme encourages the participants to be 'On their Feet' and has been described as 'Exercise in Disguise'.

This fully accredited course (through the Northern Ireland Open College Network) has been designed for those who understand the values and rewards of bringing physical activity to frail, older people and those with disabilities.

The On Your Feet course is for those who find a traditional exercise class too much but are still mobile and active. The course is designed to keep people on their feet, promote independence and improve fitness levels. It also improves reflexes, bone strength (which helps in the fight against osteoporosis), co-ordination and balance, which is a vital aid in falls prevention.

There is a very strong social aspect to this course as participants interact with each other, talk, laugh and have fun.

The On Your Feet course can:

- Improve general fitness (including lung function)
- Improve mobility, strength and flexibility
- Improve posture and alignment
- Promote independence
- Improve social life
- Slow down age related illnesses and conditions
- Provide great fun.

This is an Open College Network Level 2 accredited course and involves completion of a short workbook and practical assessment.

Day 3 is a workshop designed to reinforce learning, build confidence and address any challenges learners may have experienced when delivering to their groups. This workshop will encourage participants to practise what they have learned in anticipation of the workshop.

Pre-requisite: Currently working with groups of older people with limited mobility, mental and physical disabilities and learning disabilities.

Cost: Free of charge

Booking Details: Email: Jennifer.gorman@setrust.hscni.net to register of for more details



PHYSICAL ACTIVITY

Strictly Active Dance

Dates and Venues:

16 & 23 June 2020, Lough Moss Leisure Centre, Carryduff

19 & 26 January 2021, Lough Moss Leisure Centre, Carryduff

Facilitators: Health Development Department

Duration: 9.30 am - 4pm (Attendance on both days compulsory)

Target Audience:

Currently working with people who would benefit from this adaptable physical activity with the plan to offer this as a group activity to your client base.

About this Course:

A two-day training course enabling creativity and well being through dance/movement, specially designed for those working with older people or those with limited mobility.

Participants will experience and learn about the benefits that dance/movement can bring to residents in their workplace. Each participant will be given a Toolkit providing a clear outline of simple ideas and suggestions that can be delivered with the accompanying music CD.

***Participants please wear loose, comfortable clothing and flat shoes suitable for moving in. No dance experience necessary.**

Pre-requisite:

Cost: Free of charge

Booking Details: Email: Jennifer.gorman@setrust.hscni.net to register of for more details



PHYSICAL ACTIVITY

Walk Leader

Dates and Venues:

Thursday, 23rd April 2020 – Lough Moss Leisure Centre, Carryduff

Thursday, 18th June 2020 – Londonderry Park Pavilion, Newtownards

Thursday, 17th September 2020 – Lough Moss Leisure Centre, Carryduff

Thursday, 11th March 2021 – Clare Lodge, Newcastle

Facilitator/s: Wendy McDowell – Community Health Development Practitioner

Duration: 1 day course - 9.45am-4.00pm

Target Audience: Anyone wishing to set up a Walking For Health walking group as part of their work role or in a voluntary capacity.

PLEASE NOTE: Free insurance cover is provided to participants leading walks in an unpaid voluntary capacity.

About this Course:

Aim: To train adults to lead health walks in their local community or workplace.

Learning Objectives:

- To understand the health benefits of walking
- 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.

This is a basic level course which promotes low level health walks for adults who are inactive.

Pre-requisite:

- 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 a 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.

PLEASE NOTE:

By booking a place on Walk Leader Training, you are agreeing to all of the above.

In addition for SET staff:

- 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

Cost: 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.

Booking Details: Please contact Health Development on 028 9250 1373

COMMUNITY NUTRITION TRAINING

Training Dates for Nutrition Courses 2020/21

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!, I Can Cook it! and Food Values require your manager to agree to you delivering the programmes at least once a year. A pre training visit to meet you and your manager is required for these programmes before a place can be confirmed. A post training visit to your programme is also required. You will need to have access to a kitchen to deliver these programmes.

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 email 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. Tutors who do not meet these requirements will be removed from our database. Printed resource packs remain the property of either Public Health Agency or South Eastern Trust and must be returned if tutors do not meet the above criteria.



COMMUNITY NUTRITION TRAINING

Annual Update and Celebration Event

Dates and Venues:

Tuesday 2nd March 2021 provisional, venue to be confirmed

Duration: 9.15am - 1.00pm

Number of places: 40

About this Course:

Half date update session for tutors who have completed nutrition training courses. Topic to be confirmed.

It is essential to attend the annual update to remain on our database and retain your training manuals.

COMMUNITY NUTRITION TRAINING

Cook it!

Dates and Venues:

Tuesday 8 & Tuesday 15 September 2020, Lough Moss Leisure Centre, Carryduff

Tuesday 12 & Tuesday 19 January 2021, Lough Moss Leisure Centre, Carryduff

Duration: 2 days 9:15pm – 4:30pm

Number of places: 12

About this Course: 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. Access to a kitchen is required to deliver the programme.

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.

COMMUNITY NUTRITION TRAINING**Early Years Nutrition****Dates and Venues:**

Thursday 27 August 2020, Lough Moss leisure Centre, Carryduff

Duration: 9.15am – 2.00pm

Number of places: 12

About this Course: A practical training course to enable those attending to deliver a 3 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.

COMMUNITY NUTRITION TRAINING**Food Values****Dates and Venues:**

Tuesday 13 October 2020, 2nd Saintfield Presbyterian Church Hall

Tuesday 9 February 2021, Trinity Community Initiatives, Lisburn

Duration: 9:15am - 4:00pm

Number of places: 12

About this Course:

A food budgeting programme which covers planning meals, best value shopping and cooking.

This is a one day training to enable participants to deliver a 4 week course. Access to a kitchen is required to deliver the programme. Tutors need to have a basic knowledge of cooking. Please see notes above re pre- and post- training requirements.



COMMUNITY NUTRITION TRAINING

Good Food Toolkit

Dates and Venues:

Wednesday 6th May 2020, Downshire Hospital, Downpatrick

Duration: 9:15am - 4pm

Number of places: 20

About this Course:

A one 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.

COMMUNITY NUTRITION TRAINING

I Can Cook It!

Dates and Venues:

Tuesday 3 & Tuesday 17 November 2020, St Mark's Church Hall, Newtownards

Duration: 2 days 9:15am - 4.30pm

Number of places: 12

About this Course: The I Can Cook it! programme has been adapted to meet the needs of people with a learning disability or who may have literacy difficulties. 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. Access to a kitchen is required to deliver the programme. 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.



COMMUNITY NUTRITION TRAINING

Nutrition Cue Cards

Dates and Venues:

Tuesday 16 June 2020, Lagan Valley Hospital, Lisburn

Duration: 9.15am - 1.30pm

Number of places: 15

About this Course:

This new half day course has been designed specifically for staff working with children & young people within the leisure services setting but is open to a wider audience. A practical & user-friendly bite-sized message resource (cue cards) will be provided to those attending the training to support their work with children & young people aged 11-18 years.

The cue cards are age specific and are not designed for use outside of this age range.



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, Linenhall Street, Lisburn Health Centre BT28 1LU