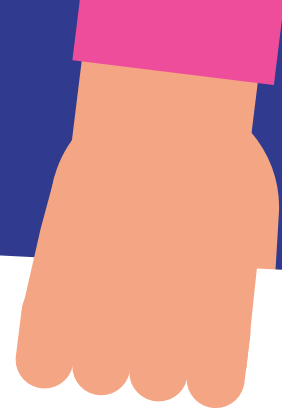




**Health
Improvement,
Equality &
Involvement**

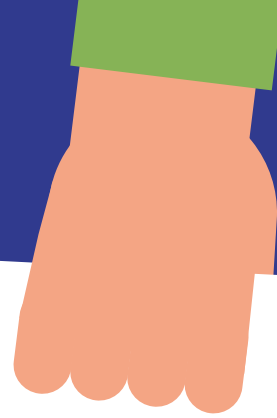
Training Brochure

September 2019~March 2020



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Introduction

Welcome to the Health Improvement, Equality and Involvement (HIEI) Department Training Brochure September 2019 to March 2020.

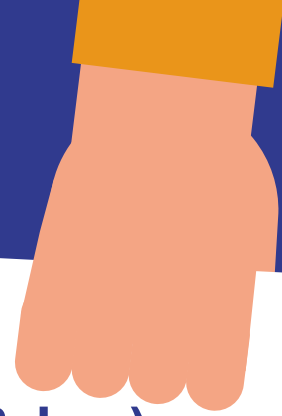
As a department we target health inequalities within the West and aim to improve the health and wellbeing of all people who live and work within the WHSCT area. The service works directly with staff and the public as well as in partnership with other statutory, voluntary and community organisations.

The department is entering a new and exciting stage with the WHSCT's increased commitment to co-production, service user and carer involvement. We are now actively seeking service users and carers to work with the HIEI team in shaping our training provision and development of new programmes so that our service becomes more responsive to your needs.

The context for our work is defined by the Programme for Government Framework, Health and Wellbeing 2026-Delivering Together and the Making Life Better Public Health Framework for Northern Ireland 2012-2023.

We aim to build on the skills and capacity of people to deliver quality, effective health improvement programmes; co-ordinate and facilitate health improvement activities and provide information and advice.

This brochure outlines the various training course that we offer relating to the health and wellbeing agenda.



ASIST (Applied Suicide Intervention Skills Training) (2 days)

Participants must have attended SafeTALK prior to attending ASIST.
This training is not suitable for anyone recently bereaved by suicide.

Date & Venue: 12 & 13 November 2019
Bawnacre Centre,
Castle Street, Irvinestown

3 & 4 December 2019
Lecture Theatre 1 & 2
MDEC Building,
Altnagelvin Hospital, L'Derry

14 & 15 January 2020
Omagh Leisure Complex,
Omagh

10 & 11 March 2020
Holywell Trust,
Bishops Street, L'Derry

Facilitators: ASIST Trainers

Duration: 2 days-8 hours per day
(9am-5pm)

Target Audience: This training is aimed at professionals and individuals who are working in an area where they are likely to come into contact with someone who is at risk of suicide. It is suitable for mental health professionals, social workers, counsellors, ambulance staff, community volunteers, etc.

Aim of 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.

Learning Objectives: As an ASIST trained first aid intervention caregiver, you will be better able to:

- Identify people who have thoughts of suicide
- Understand how your beliefs and attitudes can affect suicide interventions
- 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 behaviour for an agreed amount of time
- Follow up on all safety commitments, accessing further help as needed.

Course Content: You must attend the two full days of training. Participants develop their skills through observation; supervised simulation experiences and role play in large and small groups and cover the following:

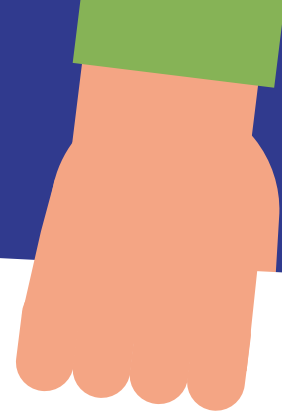
Connecting: Examines participants own attitudes towards suicide

Understanding: Provides participants with the knowledge and skills to recognise risks and develop safe plans

Assisting: Presents a model of effective suicide intervention

Networking: Generates information about resources in the local community





Boccia Leaders Award

Date & Venue: 22 October 2019
Bawnacre Centre,
Castle Street,
Irvinestown

Facilitators: Disability Sport NI

Duration: 3.5 hours (1pm-4.30pm)

Target Audience: Those working with older people, people with disabilities or mobility problem.

Aim of Course: To enable participants to facilitate Boccia sessions.

Learning Objectives:

- Background to Boccia
- Court layout
- Warm-ups
- Propulsion skills
- Game play
- Rules and classification

Boccia (pronounced “Bot-cha”) is a Paralympic sport designed specifically for athletes with a disability affecting loco motor function, but is also enjoyed by older people and those with limited mobility. Boccia is played indoors on a court similar in size to badminton court. Athletes throw, kick or use a ramp to propel a ball onto the court with the aim of getting closest to a “jack” ball.

Boccia equipment is not provided to participants to take away with them after the course. Participants will be expected to purchase or access their own Boccia equipment to enable them to commit to actively facilitate Boccia sessions on a regular basis.





NEW

Chair Based Activity

Date & Venue: 5 March 2020
Melvin Sports Complex,
Melvin Road,
Strabane

Facilitators: Disability Sport NI

Duration: 3.5 hours (1pm-4.30pm)

Target Audience: Group or community leaders who deliver programmes for rehabilitation, older people or people with restricted mobility.

Aim of Course: To equip participants with the knowledge and skills to deliver a range of chair based activities.

Course Content: Theoretical and practical knowledge on delivering a range of sports and activities that people can participate in from a seated position.

On completion of the course, all participants will receive a resource pack.





NEW



Connections Suicide Awareness

This training is not suitable for anyone recently bereaved by suicide.

Date & Venue: 22 January 2020
Boardroom,
Omagh Hospital and Primary
Care Complex,
Omagh

26 February 2020
Lecture Theatre 2,
MDEC Building,
Altnagelvin Hospital,
L'Derry

Facilitators: Health Improvement,
Equality & Involvement
Department

Duration: 3 hours (9.30am-12.30pm)

Target Audience: Open to anyone over the
age of 16 years.

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

Learning Objectives: You will leave the
course with knowledge of the following
topics and the confidence to help others
if they need it:

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

Course Content:

- Vulnerability to suicide-the road-map of your life
- Myths and stigma
- Emotional wellbeing and self-care
- Steps for helpers
- Sources of support.



APPLY
HERE



NEW

Connecting With Young Men: Engaging young men in mental health and wellbeing

Date & Venue: 3 October 2019
Old School Canteen,
Tyrone and Fermanagh
Hospital,
Omagh

Facilitators: Engage Trainers

Duration: 7 hours (9.30am-4.30pm)

Target Audience: Suitable for any practitioner of any gender who works with young men in any setting.

Aims of Course:

- To understand the key issues that impact on young men and their mental health and wellbeing
- To be able to effectively engage with young men and signpost to a range of services.

Learning Objectives:

- Demonstrate why we need to work with young men as a specific group
- Help participants reflect on their own value base, experience, attitudes towards and expectations of young men
- Explore the world of young men, the issues that they face and the opportunities that exist to engage with them
- Model and offer practical suggestions about what works with young men
- Increase the confidence of participants in relation to working with young men and to help them believe 'it can be done'.

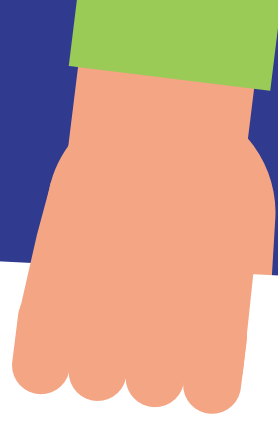
Course Content:

The course will explore;

- Why we need to work with young men as a specific group?
- Understanding young men through their eyes
- Gender bias and health
- Value base, experience and attitudes
- Barriers to young men seeking help and support
- Opportunities to create the conditions for engagement.



**APPLY
HERE**



Consent Train the Trainer

Date & Venue: 24 October 2019
Conference Room,
Limavady Health Centre,
Limavady

Facilitators: Common Youth
(formerly known as Brook NI)

Duration: 6 hours (10am-4pm)

Target Audience: Practitioners, youth workers, teachers or anyone working in a role that supports young people.

Aims of Course:

- To raise awareness about the concept of consent
- To train participants in the delivery of a workshop for young people about consent.

Learning Objectives:

- Explore participants understanding of consent and the law
- Explore peer norms and how to talk to young people about consent
- Build confidence in participants in order for them to deliver sessions about consent to young people in their workplaces and communities.

Course Content:

- What is consent all about?
- The law in relation to consent
- What do we mean by peer norms?
- The afternoon session will teach participants how to deliver a workshop about consent to young people.





NEW

Developing Resilience

Date & Venue: 5 December 2019
Shared Futures Centre,
Irish Street,
L'Derry

10 December 2019
Lecture Theatre,
South West Acute Hospital,
Enniskillen

Facilitators: Health Improvement,
Equality & Involvement
Department

Duration: 7 hours (9.30am-4.30pm)

Target Audience: Open to anyone from the
community and voluntary sector.

Aim of Course: To support and strengthen
staff resilience.

Learning Objectives:

- Personal and professional reflection
- Increase self-awareness
- Outline challenges and protective factors
- Develop a toolkit including practical strategies to support you
- Developing strengths.

Course Content:

- Bend or break
- Personality types
- Risks
- Understanding stages of stress to strengthen your resilience
- Personal resilience exercise
- Developing your resilience action plan.



**APPLY
HERE**



NEW

Digital Safeguarding Awareness (Esafety Training)

Date & Venue: 1 November 2019
Lecture Theatre,
South West Acute Hospital,
Enniskillen

11 February 2020
Venue TBC,
Limavady area

Facilitators: Health Improvement,
Equality & Involvement
Department

Duration: 3 hours (9.30am-12.30pm)

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

Aims of Course:

- To increase awareness about the benefits and harm facing children and young people in the online world
- To provide resources to support practitioners in their safeguarding work with children.

Learning Objectives: The training will focus on more than just 'Esafety' and will discuss Digital Safeguarding elements of:

- Promotion of digital literacy
- Critical thinking skills and resilience
- Prevention of harm
- Protection strategies when harm has occurred.

Course Content: Themes will include:

- Grooming and radicalisation
- Cyberbullying
- "Sexting"
- Inappropriate content (including pornography)
- Online reputation and parent-created footprints
- Tracking, privacy, identity theft
- Gaming, gambling and persuasive design
- Mental health
- Signposting.



**APPLY
HERE**



NEW



Engage Men's Health Training

Date & Venue: 26 September 2019
Old School Canteen,
Tyrone and Fermanagh Hospital,
Omagh

Facilitators: Engage Trainers

Duration: 7 hours (9.30am-4.30pm)

Target Audience: This course is suitable for any practitioner of any gender who works with men in any setting.

Aim of Course: To increase understanding of men's health issues and best practice to engage men with health and social services.

Learning Objectives:

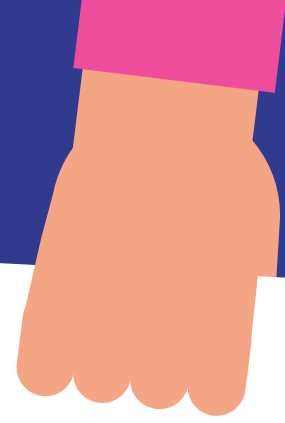
- Understand the broad determinants of men's health, including how gender influences their approach to looking after their own health
- Understand how to guide health consultations with men using brief intervention and motivational interviewing techniques
- Understand and apply best practice guidance
- Be aware of how to set up and support effective group work with men
- Be aware of the barriers that men experience when accessing health and social care services.

Course Content: The course will explore;

- Why do we need to work with men as a specific group?
- Understanding men through their eyes
- Gender bias and health
- Value base, experience and attitudes
- Barriers to men seeking help and support
- Opportunities to create the conditions for engagement.



APPLY
HERE



Facilitating Groups

Date & Venue: 16 October 2019
Venue TBC,
Omagh area

Facilitators: Health Improvement,
Equality & Involvement
Department

Duration: 7 hours (9.30am-4.30pm)

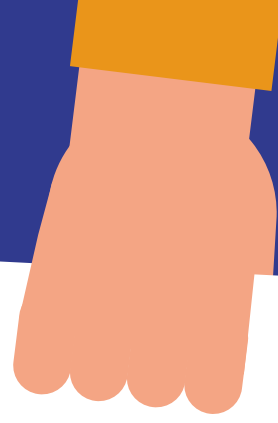
Target Audience: Those who have limited
experience of working with groups or who
want to develop their skills in group work.

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

Learning Objectives:

- Understanding of what a group is and why is it successful or unsuccessful?
- Recognition of basic theory and practice for facilitating a group
- Awareness of the importance of building trust, communication and listening skills
- Understanding of group delivery and group life
- Knowledge of roles and associated behaviours that people take on in a group.





Falls Prevention Training

Date & Venue: 12 December 2019
Shared Futures Centre,
Irish Street,
L'Derry

Facilitators: Health Improvement,
Equality & Involvement
Department

Duration: 3 hours (9.30am-12.30pm)

Target Audience: Anyone working with
older people.

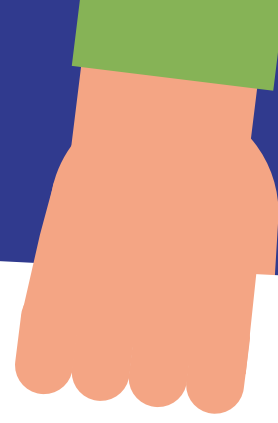
Aim of Course: To train people working
with the over 65's to deliver basic falls
prevention messages.

Learning Objectives: Participants will be
aware of the causes for falls in older people
and will be able to disseminate the learning
to reduce falls in the home.

Course Content:

- Statistics for falls in older people
- Why falls occur
- Coping strategies when a person falls
- How to deliver falls prevention messages to older people.





Food Values Tutor Training

Date & Venue: 20 February 2020
APEX Living Centre,
Unit 15,
Springtown Industrial Estate,
L'Derry

Facilitators: Community Food &
Nutrition Team

Duration: 6 hours (10am-4pm)

Target Audience: Community and voluntary
organisations.

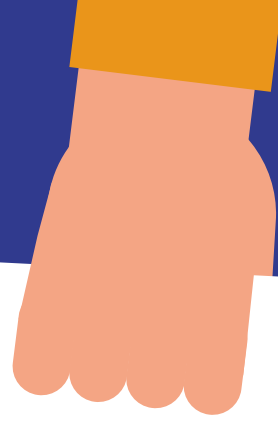
Aims of Course:

- To empower participants to deliver a 4-week Food Values programme to their service users in the context of health and wellbeing
- To increase knowledge of how to make healthy food choices and develop shopping and spending habits with a limited budget.

Learning Objectives:

- Increased confidence to deliver the Food Values programme
- Understand the basic concept of the Eatwell Guide
- Enhanced ability to plan and shop using a budget.





Good Food Toolkit

Date & Venue: 29 October 2019
Boardroom,
South West Acute Hospital,
Enniskillen

30 January 2020
Boardroom,
Gransha Park House,
L'Derry

Facilitators: Community Food &
Nutrition Team

Duration: 6 hours (10am-4pm)

Target Audience: Community workers who
have the chance to promote healthy eating
messages.

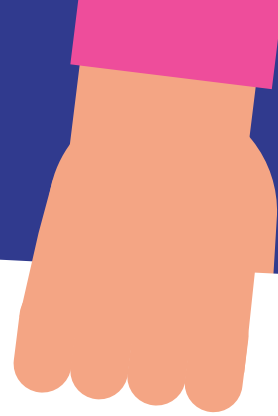
Aim of Course: To increase knowledge
of healthy eating and physical activity
messages.

Learning Objectives: Equip individuals
with skills to promote basic healthy eating
messages and physical activity guidelines
to adults.

Course Content

- The Eatwell Guide
- Nutrition and physical activity messages
- Food Labelling
- Shopping and cooking on low income.





HIV Awareness

Date & Venue: 27th November 2019
Lecture Theatre 1,
MDEC Building,
Altnagelvin Hospital,
L'Derry

Facilitators: Health Improvement,
Equality & Involvement
Department.

Duration: 2.5 hours (2pm-4.30pm)

Target Audience: Anyone working in the
statutory, community and voluntary sector.

Aims of Course:

- To improve knowledge and raise awareness about HIV
- To raise awareness of the impact of prejudice and stigma for people living with or affected by HIV
- To encourage participants to share learning with colleagues, family and friends
- To sign post to other sources of support and information in relation to HIV.

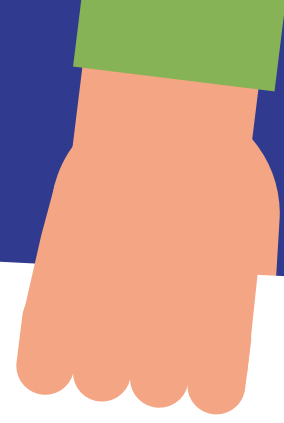
Learning Objectives: By the end of the session participants will have;

- An increased understanding of what HIV is and how it is transmitted
- An increased understanding of HIV and pregnancy
- An increased awareness of HIV testing and treatment
- Explored how stigma and discrimination can impact upon those living with or affected by HIV
- An understanding about where to go for further support around issues relating to HIV.

Course Content: The course will explore;

- What is HIV
- HIV transmission
- HIV testing and treatment
- HIV pregnancy
- Statistics
- Prevention
- Stigma and discrimination
- Sign posting to other sources of support and information.





I Can Cook It! (2 days)

Date & Venue: 16 & 23 January 2020
Venue TBC,
Strabane area

Facilitators: Community Food &
Nutrition Team

Duration: 2 days-6 hours per day
(10am-4pm)

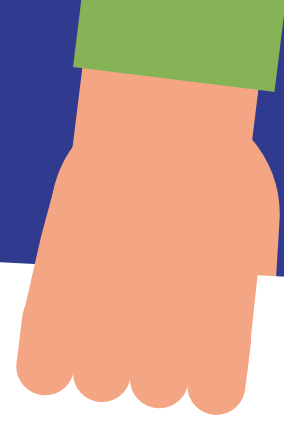
Target Audience: Suitable for those working
with individuals with a learning disability.

Aim of Course: To support people with a
learning disability who want to enhance
their cooking skills and who are interested
in healthy eating where cost is a
consideration.

Course Content:

- Diet, health and learning disability
- Basic nutrition information and the Eatwell Guide
- Delivering the 'I Can Cook It!' programme
- Experiencing an 'I Can Cook It!' session
- Preparing to deliver.





Inclusive Skills and Games

Date & Venue: 15 January 2020
Lecture Theatre 1,
MDEC Building,
Altnagelvin Hospital,
L'Derry

Facilitators: Disability Sport NI

Duration: 3.5 hours (1pm-4.30pm)

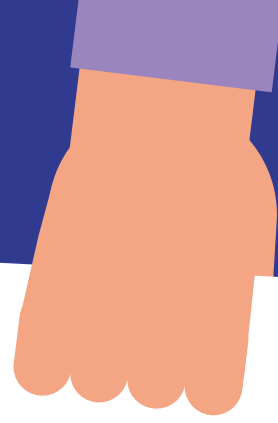
Target Audience: Those working with children and young people with physical, sensory and learning disabilities or mixed groups of disabled and non-disabled children.

Aim of Course: To gain knowledge in facilitating basic activities relating to core skills (movement, throwing, catching and striking) for children with physical, sensory or learning disabilities aged 5+.

Learning Objectives:

- Participate in practical demonstrations relating to core skills
- Consider how to adapt activities to promote participation of children with disabilities.





Mental Health First Aid (2 days)

Date & Venue: 25 & 26 November 2019

Lecture Theatre 1,
MDEC Building,
Altnagelvin Hospital,
L'Derry

28 & 29 January 2020

The Hub,
Campsie,
Omagh

18 & 19 February 2020

Lecture Theatre 1,
MDEC Building,
Altnagelvin Hospital,
L'Derry

24 & 25 March 2020

AMH Fermanagh
New Horizons,
Drumcoo,
Enniskillen

Facilitators: AWARE NI

Duration: 2 days-7 hours per day
(9.30am-4.30pm)

Aim of Course: To increase participants knowledge and skills in providing initial support for someone with a mental health problem.

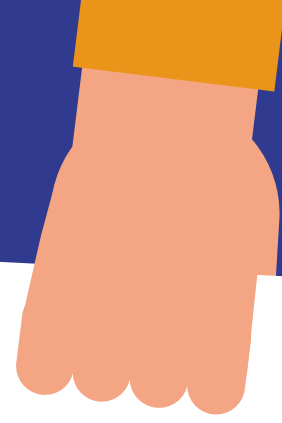
Learning Objectives:

- Increase knowledge and skills to recognise the symptoms of mental health problems
- Develop skills to provide initial help
- Increase awareness of services to guide a person towards appropriate professional help.

MHFA is the help provided to a person in a mental health crisis. First aid is given until appropriate professional treatment is received or until the crisis resolves.

Please note: MHFA does not teach people to be therapists.





Moving More Often

Date & Venue: 9 October 2019
Old School Canteen,
Tyrone and Fermanagh Hospital,
Omagh

Facilitators: Health Improvement,
Equality & Involvement
Department

Duration: 6.5 hours (9.30 pm-4pm)

Target Audience: Health and social care
workers and volunteers who work with frailer
older people in a range of community,
residential and social care settings.

**Please note: This course is not aimed
at trained Allied Health Professionals
or Exercise Specialists.**

Aim of Course: To promote physical activity and
movement.

Learning Objectives:

- Highlight the importance of moving more often in later years
- Explore practical considerations when promoting physical activity and movement with frailer older people
- Enable participants to provide a range of activities which enhance existing physical activity programmes including group games.

Course Content

- Activity levels in later years
- Benefits of being active in later years
- Barriers to being active
- Motivation for physical activity and movement
- Preparation and safety for activity
- Activities and games to promote physical activity and movement.





NEW

Promoting Health in Your Community

Date & Venue: 28 January 2020
Old School Canteen,
Tyrone and Fermanagh Hospital,
Omagh

Facilitators: Health Improvement,
Equality & Involvement
Department

Duration: 3 Hours (9.30am-12.30pm)

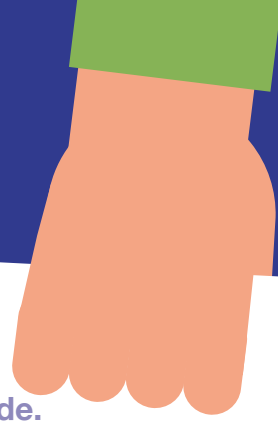
Aim of Course: To provide an introduction and exploration into how community representatives can promote health within their community.

Learning Objectives:

- Know and understand more about what we mean by the term health and wellbeing
- Explore what health and wellbeing issues are experienced by your community
- Explore the role of a Community Health Promoter
- Increase confidence in your role in promoting health and wellbeing
- Identify the support you will have when you are promoting the health and wellbeing of your community.



**APPLY
HERE**



SafeTALK

This seminar is not suitable for anyone recently bereaved by suicide.

Date & Venue: 9 October 2019
Body, Mind and Soul Centre,
Irish Green Street,
Limavady

4 December 2019
AMH New Horizons,
Drumcoo,
Enniskillen

5 February 2020
Lecture Theatre 2,
MDEC Building,
Altnagelvin Hospital,
L'Derry

Facilitators: SafeTALK Trainers

Duration: 3 hours (9.30am-12.30pm)

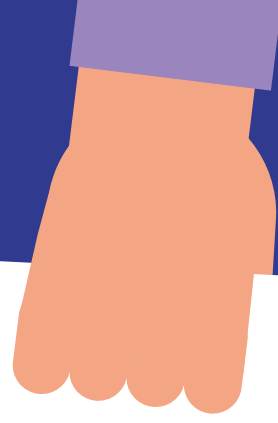
Target Audience: SafeTALK seminar can be delivered to anyone over the age of 16.

Aim of Course: To equip participants with the skills to recognise a person with thoughts of suicide, to engage them and then connect them with an organisation or individual who can intervene to help keep them safe.

Learning Objectives: Participants will have increased confidence and ability in instigating and adopting the 'T.A.L.K.' steps, especially asking the question around suicide.

- SafeTALK is a 3 hour seminar which raises general awareness on how to prevent suicide in our community
- The seminar equips participants with the skills to recognise a person with thoughts of suicide, to engage them and then connect them with an organisation or individual who can intervene to help keep them safe
- SafeTALK is ideally placed for delivery in a workplace or community setting.





Solid Start Weaning Programme

Date & Venue: 1 October 2019
Venue TBC,
Strabane area

4 February 2020
Venue TBC,
L'Derry area

Facilitators: Community Food &
Nutrition Team (CFNT)

Duration: 4 hours (10am–2pm)

Target Audience: Those working within a child care setting with the parent, carers or guardian of children from 0-1 year.

Aims of Course:

- To increase knowledge of the practical aspects of weaning
- To encourage, develop skills and confidence in the ability to provide healthy weaning foods for babies.

Learning Objectives:

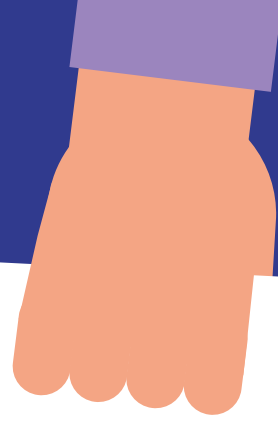
- Enhance skills, knowledge and practical aspects of weaning.

Course Content: The one-day course provides information and skills on running the 4 week programme in a group setting. Each session lasts 2-2.5 hours and are designed to be practical and fun. The programme content is as follows:

- Session one: Weaning Workshop (delivered by CFNT)
- Session two: First Foods-Suitable first foods and finger foods
- Session three: Moving On-Foods to move on to
- Session four: Family Foods-How to adapt healthy family meals.

Please note: Session one is a compulsory workshop delivered by CFNT. This session will provide group members with the nutrition information surrounding weaning.





Solihull Approach Foundation Training (2 days)

Date & Venue: 1 & 8 October 2019
Observation Room,
Omagh Hospital and
Primary Care Complex,
Omagh

3 & 10 December 2019
Resource Room 2,
Clinical Education Centre,
Altnagelvin Hospital,
L'Derry

Facilitators: Health Improvement,
Equality & Involvement
Department

Duration: 2 days-7 hours per day
(9.30am-4.30pm)

Target Audience: Agencies and organisations
working in the delivery of early years family
support provision.

Aim of Course: To understand the Solihull
Approach model of containment, reciprocity
and behaviour management and apply it into
your everyday work practice.

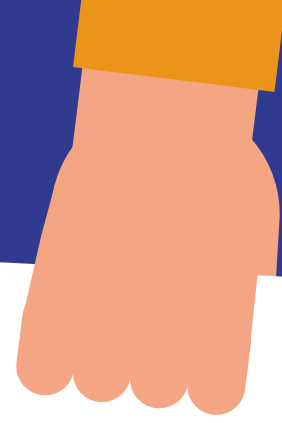
Learning Objectives:

- Understand and apply the Solihull model to your practice
- Understand the theory of attachment and apply it to your practice

- Understand how the baby brain develops and how the emotional and physical environment provided for the baby is critical for this development to take place impacting upon the child's ability to regulate his own emotions and behaviours
- Importance of practical group discussion to support your working practice
- Understand the factors that affect parenting and how to use the Solihull approach to help families overcome inhibiting factors
- Recognition of how effective communication skills with families experiencing difficulties can improve family life
- Importance of working with professionals to provide a multiagency approach and use of a common language using the Solihull Approach
- Importance of evaluating the effectiveness of your interventions.

Please note: This two day course is the basic entry for all other Solihull courses.





Solihull Parenting Group Facilitation Training

Date & Venue: 19 November 2019
Lecture Theatre 2,
MDEC Building,
Altnagelvin Hospital,
L'Derry

Facilitators: Health Improvement,
Equality & Involvement
Department

Duration: 7 hours (9.30am-4.30pm)

Target Audience: Practitioners who are working with children, young people and parents and have already completed the two day Solihull Approach Foundation Training course.

Aim of Course: To train participants on how to facilitate the Solihull Approach 'Understanding Your Child' 10 week programme to parents and carers of children.

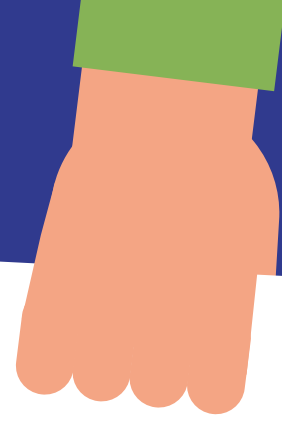
Learning Objectives:

- Understanding different parenting styles
- Development of skills and techniques to improve confidence in the delivery of the Solihull approach
- Awareness of the importance of family communication, how to promote awareness on this and understand the impact of communication styles on family life
- Support parents to help them understanding the needs of their children.

Course Content:

- Understand how to set up a parenting group
- Understand how to prepare for your parenting group
- Plan and prepare on each of the 10 sessions based on the resource pack.





Solihull Understanding Trauma Seminar

Date & Venue: 26 November 2019
Old School Canteen,
Tyrone and Fermanagh Hospital,
Omagh

21 January 2020
Lecture Theatre 1,
MDEC Building,
Altnagelvin Hospital,
L'Derry

3 March 2020
Old School Canteen,
Tyrone and Fermanagh Hospital,
Omagh

Facilitators: Health Improvement,
Equality & Involvement
Department

Duration: 7 hours (9.30am-4.30pm)

Target Audience: Practitioners who are working with children, young people and parents. To attend this training it is helpful to have attended the two day Solihull Approach Foundation training, although this is not a requirement.

Aim of Course: To develop an awareness of trauma, the effects that it has on children and young people and strategies you can use to support them.

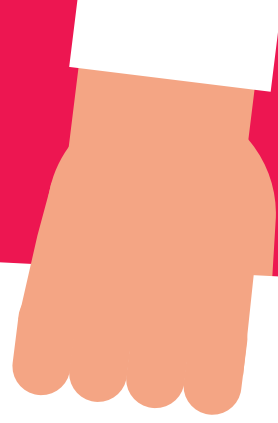
Learning Objectives:

- Understanding and awareness of ACE's -adverse childhood experiences
- Recognising the effects of trauma on children and adults
- Demonstrating how trauma can affect brain development
- Understanding how trauma affects behaviour, attachment and epigenetics
- Understanding how to support traumatised children, adults, families and communities
- Understanding how the Solihull approach model underpins all of the above.

Course Content: This is a one day seminar on trauma. It can be used as a stand-alone seminar, but it provides most value as a follow up to the two day Solihull Approach Foundation training to deepen knowledge.

The training includes a supporting information booklet.





NEW

Strictly Active Dance (2 days)

Date & Venue: 5 & 12 November 2019
Omagh Leisure Complex,
Omagh

Facilitators: Anthea McWilliams

Duration: 2 days-6.5 hours per day
(9.30am-4pm)

Target Audience: Those working with older people, people with dementia or adults with limited mobility. No previous dance experience required.

Aim of Course: To enable participants to support creativity and promote wellbeing through facilitating group dance and movement to music sessions.

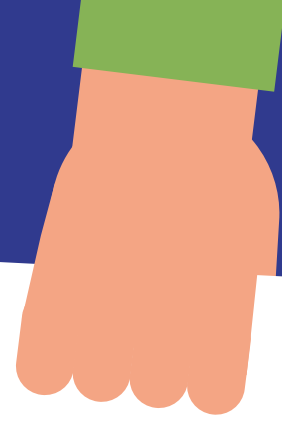
Learning Objectives:

- Experience and learn about the benefits that dance & movement can bring to older people and those with limited mobility
- Become familiar with the dance tool kit
- Develop confidence in facilitating movement and dance sessions with groups.

Course Content: For a preview of some of the course content, please log on to:

<https://m.youtube.com/watch?feature=youtu.be&v=CavLuiz9TW4>





Traffic Light Sexual Behaviours Toolkit Training

Date & Venue: 26 September 2019
Conference Room,
Limavady Health Centre,
Limavady

Facilitators: Common Youth
(formerly known as Brook NI)

Duration: 6 hours (10.00 am-4.00 pm)

Target Audience: Practitioners, youth workers
and teachers or anyone working in a role that
supports young people.

Aim of Course: To support practitioners working
with children and young people to identify,
assess and respond appropriately to sexual
behaviours by using a Traffic Light Toolkit. (This
toolkit uses a 'traffic light' system green, amber
and red to categorise sexual behaviours,
increase understanding of healthy sexual
development and to distinguish it from harmful
behaviour).

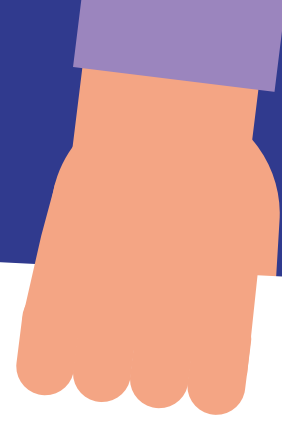
Learning Objectives:

- Increased awareness of the Traffic Light Toolkit and knowledge of how to use it
- Increased confidence in relation to identifying safeguarding issues early and responding appropriately to children and young people's sexual behaviours.

Course Content:

- Exploration of sex, sexuality and relationships with children and young people
- Discussion about the importance of being aware of how attitudes and values can impact on this work
- Maintaining boundaries
- Identifying and assessing behaviours after thorough observation or description
- Referral pathways for children and young people who need additional support.





Walk Leader

Date & Venue: 17 September 2019
Boardroom,
Gransha Park House,
L'Derry

11 February 2020
Boardroom,
South West Acute Hospital,
Enniskillen

Facilitators: Health Improvement,
Equality & Involvement
Department

Duration: 6.5 hours (9.30am – 4.00pm)

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

Aim of Course: To equip adults with the skills and knowledge to confidently lead health walks in their local community or workplace.

Learning Objectives:

- Understand the health benefits of walking
- Motivate inactive people to participate in health walks
- Develop walking for health programmes
- Plan and risk assess walking routes
- Lead safe and enjoyable health walks for people of all ages and abilities.

Please note: This is a basic level course which promotes low level health walks for people who are inactive.

All participants will be expected to be active as Walk Leaders within two months of attendance and commit to facilitating at least 12 walks per year as part of their work role or in a voluntary capacity.

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





Health Improvement, Equality & Involvement

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