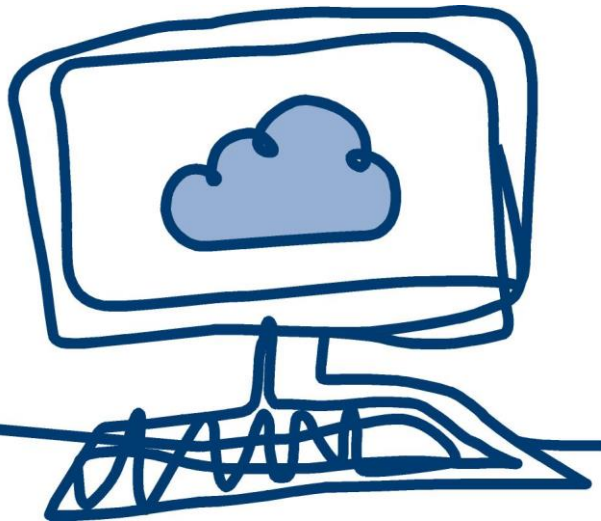


Virtual Training
Programme



Swindon and
Gloucestershire

virtual training



Hello readers, a friendly welcome to our new, refreshed virtual training brochure. Here at Swindon and Gloucestershire Mind we can support your organisation and employees in these unprecedented times through our online training, which will maximise the mental health and wellbeing potential of your team and help identify problem areas, give tools to manage challenges and build resilience.

Virtual Training Courses and Workshops

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Adult Mental Health Aware - Half Day

The (Mental Health Aware (MHFA) Half day is now a 4-hour introductory Mental Health Awareness course to help increase participants' knowledge and understanding of mental health, including stress recovery and stigma. It also aims to increase participants' confidence to begin a conversation about mental health.

Topics covered are:

- An understanding of what mental health is and how to challenge stigma
- A basic knowledge of some common mental health issues
- An introduction to looking after your own mental health and maintaining wellbeing
- Confidence to support someone in distress or who may be experiencing a mental health issue

On completion you will get an MHFA manual to keep and refer to whenever you need it and a certificate to say you are MHFA Aware.



Helping your
workforce to
become more
mental health
aware.

Adult Mental Health First Aid.

The Mental Health First Aid course is a practical skills and awareness course designed to equip learners with the skills and confidence to spot the triggers and signs of mental health issues, and provide support and signposting to self-help, or professional services.

The new online version of MHFA First Aid course delivers the same evidence-based learning outcomes as the popular 'face-to-face' Adult MHFA Two Day course in an accessible and flexible online format. The course is structured around a blend of individual learning and live sessions. These are all conducted online via MHFA England's new Online Learning Hub – an integrated learning platform. With one login, learners can access, interact with, and complete their learning modules for both their individual learning and instructor-led live sessions. Individual learning is a mix of reading, videos, and workbook activities.

It typically takes 15hrs for a learner to complete the course.

This is structured for the learner in the following way:

- Individual learning – 1hr
- Live session one – 1hr 45min
- Individual learning – 2hrs
- Live session two – 2hrs 20min
- Individual learning – 2hrs
- Live session three – 2hrs
- Individual learning – 2hrs
- Live session four – 1hr 55min

Every live session includes a 10min break.

Learners who complete all aspects of the course will be certified by Mental Health First Aid England. They will receive an e certificate

Adult Mental Health Refresher - Half Day

The 4 hour course is designed to empower MHFA Mental Health First Aiders and MHFA Champions to maintain their knowledge and skills

The new Refresher course will allow anyone who has successfully completed MHFA England's Two Day or One Day courses to keep their skills up-to-date annually. It aims to ensure participants keep their awareness of mental health supports current; update their knowledge of mental health and what influences it; and practice applying the Mental Health First Aid action plan.

Delegates receive a manual/workbook and ALGEE card. There is a certificate on completion.

This course does not refresh the half day course

The Refresher can be taken every 3 years. If your last MHFA first aid course was pre 2016 its best to take the 2 day again because it had a major update in 2016.

Virtual Workshops Outlines

We offer a selection of Virtual Workshops to support Better Mental Health in the workplace. Please see below for a list of our most popular workshops which may suit your needs.

We aim to be flexible to meet your business's needs, this means prices vary depending on your different requirements such as number of workshops, and time.

Wellbeing Skills (Using the 5 ways to wellbeing)

1.5 Hours, 6–12 participants.

- Discuss what is mental being.
- Understanding the Five ways to wellbeing.
- Reflection, and creating your own plan.
- Looking after your mental wellbeing whilst working.
- Activity around the subject.

Stress at work and home

1.5 Hours, 6 – 12 participants.

- To understand stress and how it affects our body.
- Identify individual sources of Tension and Stressors.
- Learn ways of self-help to reduce the impact of stress.
- Activity around the subject.

Anxiety at work and home.

1.5 Hours, 6-12 Participants.

- To understand the difference between Stress and Anxiety.
- To understand Anxiety and how it affects our body.
- To begin to Identify your own anxieties.
- Learn ways of self-help to reduce anxiety.
- Activity around the subject.

Depression at work and home.

1.5 Hours, 6-12 Participants.

- To consider how our mood fluctuates.
- Understanding signs, symptoms and possible causes of depression.
- Clarify what helps with depression.
- Learn ways of self-help.
- Activity around the subject.

Getting Active for better mental Health.

1.5 Hours, 6-12 Participants.

- To assess exercise alongside physical and mental health facts.
- Consider the links between physical and mental health.
- Understand how getting active can improve mental health.
- Ways to increase physical activity.
- Staying motivated.
- Activity around the subject.

Strengthening personal resilience.

1.5 Hours, 6-12 Participants

- What is resilience?.
- How can we improve resilience?.
- Creating a resilience tool box.
- Activity around the subject.

Virtual Training Programme

Working from home workshop.

2hrs, 6-12 participants.

- What is mental wellbeing and why is it important?
- Understanding how COVID might impact wellbeing and working from home.
- Who else do you support?
- 5 ways and working well from home.
- Creating resilience and why this helps.

Line managing – Creating a resilient team.

2hrs, 6-12 participants.

- What is mental wellbeing and why is it important?
- Understanding how COVID might impact individuals' wellbeing and affect productivity.
- Looking after your wellbeing.
- Ways to support your teams' resilience.
- Online resources.

Trauma workshop.

3hrs, 6 -12 participants.

- What is mental health and wellbeing.
- What is Trauma.
- Understanding Effects of Trauma.
- Looking after your Mental Health.
- How to support others.

Mental Health taster session.

3hrs – 6 -12 participant.

- To understand the natural fluctuations of mental health, especially during the COVID pandemic.
- Consider Stigma, myths and stereotypes.
- Recognising signs and symptoms of mental ill health.
- Communication around mental health.
- Exploring resilience and self-management to help with mental health and well being.

Suicide awareness Workshop.

3hrs, 6-12 participants.

- Understanding creating a safe space.
- Considering Figures around suicide.
- Looking at The power of words – myths and truths.
- Talking about suicide – Asking the questions.
- Know what to do next.

Course dates and costs

| Scheduled Courses – August and September 2020 | | |
|---|-----------|-----|
| Workshop and Course Dates | Delegates | |
| | Min | Max |
| Trauma Workshop. 3rd August, 9:30am – 12:30 (3hrs). | 6 | 12 |
| Working from home. 10th August, 9:30 – 11:30am (2hrs). | 6 | 12 |
| Line Managing – Creating a resilient team. 24th August, 9:30 – 11:30am (2hrs). | 6 | 12 |
| Mental Health Refresher - Half Day. 25th August, 9:30am – 1:30 (4hrs). | 6 | 12 |
| Suicide Awareness 26th August, 9:30 – 12:30pm (3hrs). | 6 | 12 |
| Trauma Workshop 2nd September, 9:30am – 12:30pm (3hrs). | 6 | 12 |
| Working from home. 2nd September, 1:30pm – 3:30pm (2hrs). | | |
| Mental Health Awareness - Half Day. 7th September, 9:30am – 1:30pm (4hrs). | 6 | 12 |
| Adult Mental Health First Aid. 4x live sessions, 14th, 15th, 21nd, 22nd, September, 11:00am – 1:30pm. (2.5 hrs per session). | 6 | 12 |

| MHFA Course Costs | | |
|-------------------------------------|--------------|----------|
| Course Title | Per Delegate | In House |
| Adult Mental Health First Aid. | £200 | £1,500 |
| Mental Health Refresher - Half Day. | £100 | £700 |
| Mental Health Awareness - Half Day. | £100 | £700 |

| Virtual Workshop Costs | | |
|------------------------|--------------|----------|
| Course Type | Per Delegate | In House |
| 90 Minute Workshops | £50 | £400 |
| 2 Hour Workshops. | £50 | £450 |
| 3 Hour Workshops. | £70 | £500 |

Could we become partners?

The chances are if you are reading this brochure then you already have an interest in raising the awareness of mental health and workplace wellbeing, therefore you may want to explore how you or your organisation can further help support Swindon and Gloucestershire Mind continue to share the message.

- Does your organisation have charitable partnerships already in place that are reviewed regularly?
- Do you have a charity of the year?
- Does your organisation or you as an individual carry out any fundraising events?

If the answer to any of the above is yes and you would consider Swindon and Gloucestershire Mind as your charity of choice, please do get in contact as we would love to discuss any partnership opportunities further.



Swindon and Gloucestershire Mind
Sanford House,
Sanford Street,
Swindon
SN1 1HE

Telephone: 01793 432031

Email: admin@sgmind.org.uk



**Swindon and
Gloucestershire**