Healthy Places

Public Health & Wellbeing Solutions

HAPPY HEALTHY PEOPLE

...are at the heart of any great organisation.













"Every organisation in the country is affected by mental health problems in the workforce and, while there is growing awareness among employers that addressing these problems makes good business sense, much remains to be done."

- Centre for Mental Health Report, 2017

Every individual and organisation, no matter the size, can benefit from the training and support we offer.

- Productivity: The annual cost of mental health-related presenteeism (people coming to work and underperforming due to ill health) is £15.1 billion or £605 per employee in the UK.
- Attendance: On average, employees take 7 days off work a year for health reasons and it is estimated that mental health issues account for 40% of this figure. Yet up to 90% feel unable to be honest about this being the reason for their absence.
- Staff/skills retention: Almost a third (31%) of staff said that they would consider leaving their current role within the next 12 months if stress levels in their organisation did not improve.
- Organisational reputation: 60% of employees say they'd feel more motivated and more likely to recommend their organisation as a good place to work if their employer took action to support mental health and wellbeing.

Overview

Healthy Places Training- We offer a broad portfolio of relevant training courses to develop skills essential to improving a working environment or daily life. Find out more in this booklet.

Healthy Places Consultancy- Create a bespoke training package or wellbeing project developed specifically to suit your needs.

Healthy Places Membership- Become a member to receive discounts and reap the benefits of sustained focus on health and wellbeing.

Healthy Places Award- Recognise your investment and commitment to health and wellbeing at bronze, silver and gold levels with our award scheme. Through campaigns, promotions and tailored action plans, there is much we can achieve together.

We have training options to suit your timescales and budgets, from basic mental health awareness sessions to full, internationally recognised accreditations. The courses are also appropriate for individuals who wish to better equip themselves to support mental health and emotional wellbeing in everyday life.

Training:

Adult Mental Health First Aid (2 days) Adult Mental Health First Aid Lite (1/2 day) Youth Mental Health First Aid (2 day) Youth Mental Health First Aid Lite (1/2 day) Stress Awareness Workshop for Managers and Supervisors Emotional Resilience Workshop Confidence Building Body Image Awareness National PSHE CPD Programme Understanding Bereavement and Loss Adults Supporting Children and Young People through Bereavement and Loss Introduction to Statutory Relationship and Sex Education Making Every Contact Count (MECC)

In addition to scheduled dates and venues, we can offer our courses at a time and place that suits you. **Contact us for prices.**

01472 325500 | healthyplaces@nelincs.gov.uk

Independent research and evaluation shows that taking part in a MHFA course:

- Promotes early intervention which enables recovery
- Boosts knowledge and confidence in dealing with mental health issues
- Encourages participants to start a conversation with people who may be experiencing a mental health issue
- Reduces stigma around mental ill health
- Improves awareness and mental health literacy
- Improves confidence in guiding people to appropriate support

Read about the following four MHFA courses we offer...

Adult Mental Health First Aid (MHFA)

Free places for those working with children and young people

www.mhfaengland.org/individuals/adult/2-day/

Mental Health First Aid (MHFA) is an internationally recognised two day training course, designed to teach people how to spot the signs and symptoms of mental ill health and provide help on a first aid basis. Adult MHFA courses can be attended by people aged 16+ and are relevant for the general population. Everyone on an Adult MHFA course is taught a set of skills which enable them to support someone experiencing mental health issues.

Learning outcomes:

- Understanding of the issues that impact on and relate to people's mental health
- Develop practical skills that can be used every day, including being able to spot the signs and symptoms of mental health issues and feel confident guiding people towards appropriate support
- Understanding of mental health topics including, depression, suicidal crisis, anxiety, personality disorders, eating disorders, self-harm, psychosis, schizophrenia and bipolar disorder

Everyone who attends the course will receive a copy of the MHFA manual and workbook, which are both excellent support resources. When you have completed the course you will also receive a certificate to confirm that you are a trained Mental Health First Aider. These are included in the course fee.

Two day course £250

In addition to scheduled dates and venues, we can offer our courses at a time and place that suits you. **Contact us for prices.** 01472 325500 | healthyplaces@nelincs.gov.uk



Adult Mental Health First Aid Lite

Free places for those working with children and young people

www.mhfaengland.org/individuals/adult/half-day

Mental Health First Aid (MHFA) Lite is an introductory course designed to raise awareness of mental health issues. The course is for everyone aged 16+ and you don't need any qualifications or experience in mental health to take part. MHFA Lite is not intended to replace the two day MHFA training course but is a good introduction to understand and act on mental health issues.

Learning outcomes:

- Enable you to gain a wider understanding for yourself and others of the issues surrounding mental health
- Show how to work more effectively with people experiencing mental health problems
- Identify the discrimination surrounding mental health problems
- Define mental health and some mental health problems, including anxiety, depression, and psychosis

Everyone who attends the course will receive a copy of the MHFA Lite manual, which is an excellent support resource. When you have completed the course you will also receive a certificate to confirm that you attended. These are included in the course fee.

Half day course £50

Participant feedback "Being better informed will prepare me for issues that arise in the future. I will have a better understanding of what to do to support."

In addition to scheduled dates and venues, we can offer our courses at a time and place that suits you. **Contact us for prices.** 01472 325500 | healthyplaces@nelincs.gov.uk

Youth Mental Health First Aid

Free places for those working with children and young people

www.mhfaengland.org/individuals/youth/2-day/

Youth Mental Health First Aid (YMHFA) is an internationally recognised two day training course, designed to teach young people and adults how to spot the signs and symptoms of mental ill health and provide help on a first aid basis to young people aged 8-18 years. Everyone on a Youth MHFA course is taught a set of skills which enables them to support a young person experiencing mental health issues.

Learning outcomes:

- Spot the early signs of a mental health issue in young people
- Feel confident helping a young person experiencing mental ill health
- Provide help on a first aid basis and protect a young person who might be at risk of harm
- Help a young person recover faster and guide towards the right support
- Reduce the stigma of mental health issues, covering depression, suicidal crisis, anxiety, personality disorders, eating disorders, self-harm, and psychosis

Everyone who attends the course will receive a copy of the Youth MHFA manual and workbook, which are both excellent support resources. When you have completed the course you will also receive a certificate to confirm that you are a trained Youth Mental Health First Aider. These are included in the course fee.

Two day course £250

Participant feedback "Really interesting course. I now understand more ... and feel I can use this to help my friends, others and to even understand my own feelings..."

In addition to scheduled dates and venues, we can offer our courses at a time and place that suits you. **Contact us for prices.** 01472 325500 | healthyplaces@nelincs.gov.uk

Youth Mental Health First Aid Lite

Free places for those working with children and young people

www.mhfaengland.org/individuals/youth/half-day

Youth Mental Health First Aid (MHFA) Lite is an introductory course designed to raise awareness of young people's mental health and the issues that can affect this age group. The training is relevant for people who teach, work, live with and care for 8 to 18 year olds, including young people themselves. Youth MHFA Lite is not intended to replace the two day Youth MHFA training course but is a good introduction to those interested in young people's mental health.

Learning outcomes:

- Explore the issues around young people's mental health and how to relate to them
- Support young people who may be experiencing mental health issues
- Gain a wider understanding of some issues surrounding young people's mental health, including depression, anxiety, eating disorders and psychosis
- Interact more effectively with young people who are experiencing mental health issues
- Get an insight into the two day Youth MHFA course

Everyone who attends the course will receive a copy of the Youth MHFA Lite manual, which is an excellent support resource. When you have completed the course you will also receive a certificate to confirm that you have attended. These are included in the course fee.

Half day course £50

In addition to scheduled dates and venues, we can offer our courses at a time and place that suits you. **Contact us for prices.** 01472 325500 | healthyplaces@nelincs.gov.uk

Participant feedback "It has helped me to think of new ways to offer help, and also identified gaps in my knowledge that I would like to fill."

Stress Workshop for Managers and Supervisors

The Stress Workshop for Managers and Supervisors course has been designed to equip managers and supervisors with the skills and knowledge to look after and support staff/colleagues with emotional wellbeing. It covers mental health in the workplace, positive mental health, mental ill-health and stress in the workplace.

95% of workers who have taken sick leave as a result of stress gave their employers a different reason e.g. headache or an upset stomach.

Mental ill health is the third biggest cause of absenteeism, in the workplace (Office for National Statistics, 2014)

Excessive or prolonged stress can be a cause of mental and physical illness

Nearly a third of employees don't feel able to talk to their line manager about being stressed

Learning outcomes:

- Define mental health and know what constitutes good mental health
- Examine stress- what it looks like, how it feels and what you can do about it
- Explain mental illness, and highlight the difference between the term 'mental health' and 'mental ill health'
- Explain the links between mental health and the workplace
- Learn how to use the 'five ways to wellbeing'
- Support staff and colleagues with stress and mental health issues

Half day course £50

Participant feedback "Very useful and informative. Has given me improved confidence to speak to colleagues abound mental health.."

Emotional Resilience Workshop

Suitable for age 16+, the **Emotional Resilience Workshop** has been designed to enable you to take charge of your emotional resilience and wellbeing. It helps you to think differently about everyday pressures and challenges and provides you with strategies to deal with them more effectively. The course is full of interactive activities, thought provoking, practical tools and techniques for you to take away and use.

A resilient person is more likely to ...

- 1. Recognise and manage their own feelings, and understand the feelings of others
- 2. Have a sense of independence and self-worth
- 3. Form and maintain positive, mutually respectful relationships with others
- 4. Be able to solve problems and make informed decisions
- 5. Have a sense of purpose and goals for the future

Learning outcomes:

- Recognise complexities of wellbeing
- Understand comfort zones
- Apply the wellbeing models like the 'circle of concern'
- Learn new ways to cope and the 'five ways to wellbeing'

Half day course £50

Body Image Awareness

Body image issues affect 60% of adults and nearly half of all young people.

This course is for people who live or work with children and young people.

Learning outcomes:

- Understand what body image awareness means and how a negative body image can affect individuals.
- Recognise factors that can help young people develop a positive body image including what actions you can take to foster positive body image in your home or place of work.
- Familiarise yourself with up-to-date resources you can use with young people.

1 day course £100

National PSHE CPD Programme

The PSHE CPD Programme will provide you with accredited recognition of PSHE CPD training and enable you to deliver PSHE to a high standard. It is designed for teachers, teaching assistants, HLTA, community/school nurses, police officers, fire and safety officers and other professionals involved in the delivery of PSHE education in schools and other settings.

The Programme aims to improve the competence and confidence of those delivering PSHE.

Learning outcomes:

- Confidence in planning and delivering PSHE
- Confidence and skills in addressing sensitive and/or controversial issues
- The ability to effectively assess learning and progression in PSHE
- A high level of subject expertise and vision within PSHE
- A PSHE curriculum which enhances the school ethos, values and pastoral care
- The ability to proactively address areas including mental wellbeing, CSE and wider safeguarding issues

The programme includes three training days, access to the University e-library, accreditation, registration and assessment fees as well as course materials.

3 day course- £1000 per person.

Payment will be due once registration is completed with the university. All three days must be attended. Non-attendance will result in failure to complete the course. Payment is non-refundable.





Understanding Bereavement and Loss

If you find it difficult to talk about dying, death and bereavement you are not alone.

Grief affects people in different ways and at different times, so there are no hard and fast rules for what to say and what not to but this course will help you understand bereavement and loss and give you useful skills to address it.

Learning outcomes:

- Understand the process of grief and bereavement
- Explain grief and bereavement
- Use practical skills to support people experiencing grief and bereavement
- Outline stages of grief
- Outline the varying emotional responses to grief and bereavement
- Identify appropriate support services

Half day course £50

Adults Supporting Children and Young People through Bereavement and Loss

For adults who work with children and young people, this course will help you to support a child or young person who has suffered a loss so they can make sense of their experience and move forward with their lives with confidence and hope. It is important to their mental health and emotional wellbeing that they receive the correct help and understanding.

Learning outcomes:

- Gain an understanding of the grieving process
- Know how to explore the issues of bereavement and loss positively
- Identify useful resources and agency support
- Provide support in respect of policy development

1 day course £100

Introduction to Statutory Relationship and Sex Education

From September 2019, all primary schools will be required to teach age appropriate relationship education and all secondary schools will be required to teach age appropriate relationship and sex education.

Learning outcomes:

- A brief update on the current status of PSHE/RSE and upcoming government actions
- The opportunity to reflect on your schools existing PSHE/RSE provision, identifying any gaps and training needs
- Policy development ideas and planning
- A brief overview of how the Healthy Places team can support you in developing your PSHE & RSE provision
- The opportunity to meet other colleagues and share good practice.

Half day session Free session funded by Public Health England

Making Every Contact Count (MECC)

Achieve large scale change by mobilising your workforce to increase public engagement with services that improve health and wellbeing.

This is about teaching people to take the right approach, at the right time, with the right person.

There is an e-learning package available for organisations to support all workers in your setting to engage in conversations. (10-20min completion time)

Cost: £105 registration - £5 per employee.

There is also a MECC workshop to support e-learning and further develop skills for individuals to have effective conversations using principles of motivational interviewing.

Time: 3hrs

Cost: £400 (min 8, max 25)

Other Services

Healthy Places Consultancy

Require training and development in another area? Talk to us about your needs so that we can develop a bespoke training package or wellbeing project tailored to the individuals in your organisation.

£75 per hour Day rate £500

Goal setting & action planning or annual review from £268 (dependent on size and needs of organisation)

Aim: establish your organisations' starting point, decide goals and action plan.

Base price covers two meetings plus our planning time [4 hours in total] e.g.:

- Meeting to discuss organisational survey (completed beforehand) and identify goals
- Follow-up meeting to confirm goals and discuss action plan
- Plan
- Available to answer basic queries by phone/email

Additional meetings/planning work charged per hour

Annual Membership £500

Membership payable on an annual basis. For this we would offer:

- Goal setting & action planning/Annual review (see above)
- Introductory workshop (e.g. staff survey/consultation)
- Website access to members section
- 2 network events per year, 2 people per organisation
- E-Newsletter: courses; campaigns
- 20% discount off any further Healthy Places training booked within the membership period
- Making Every Contact Count (MECC) e-learning

Healthy Places Award (One off fee)

Recognise your commitment to good mental health and emotional wellbeing through our Award scheme. Membership is required to access our Award scheme.

Bronze £300:

- Access to Award resources
- Introductory workshop
- 1 support meeting
- 1 pre-assessment meeting
- Assessment
- Award certificate & promotion through our social media channels

Silver £370:

- Award resources
- Introductory workshop
- 2 support meetings
- Pre-assessment meeting
- Assessment
- Award certificate & promotion through our social media channels

Gold £440:

- Award resources
- Introductory workshop
- 3 support meetings
- Pre-assessment meeting
- Assessment
- Award certificate & promotion through our social media channels

Platinum FREE for those achieving a Gold award and who maintain their annual membership:

- Pre-assessment meeting
- Assessment
- Award certificate & promotion through our social media channels

Wellbeing Service Promotional Activities - Healthy Places parent service, the Wellbeing Service, provides health and wellbeing promotional activities. The team will take banners, poster, flyers and more that relate to your health and wellbeing topics of interest.

We update our course schedule online at healthyplaces.co.uk

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