

# Western Health & Social Care Trust • Health Improvement Department • Training Sept 14 - March 15



The Health Improvement Department aims to improve the Health and Wellbeing of people within the Western Health and Social Care Trust area and to address inequalities in health.

The Department works towards Government health priorities; builds on the skills and capacity of people to deliver quality, effective health improvement programmes; co-ordinates and facilitates health improvement activities and provides a resource of information and advice. The service works directly with staff and the public as well as in partnership with other statutory, voluntary and community organisations.

### Training

We deliver various training courses related to improving health and wellbeing.

### Information and advice

Staff are available to offer information and advice on a range of health related issues.

### Resource provision

Materials and leaflets are available to support specific Health Improvement Initiatives. Funding supports programme delivery in line with local and regional strategies.

### Policies and procedures

The team are involved in developing specific health related policies and procedures.

### Settings

Staff support Health Improvement activities in communities, schools and workplaces throughout the WHSCT.

### Partnership working

Our key to success is working in partnership with community, voluntary and statutory organisations.

### Project development

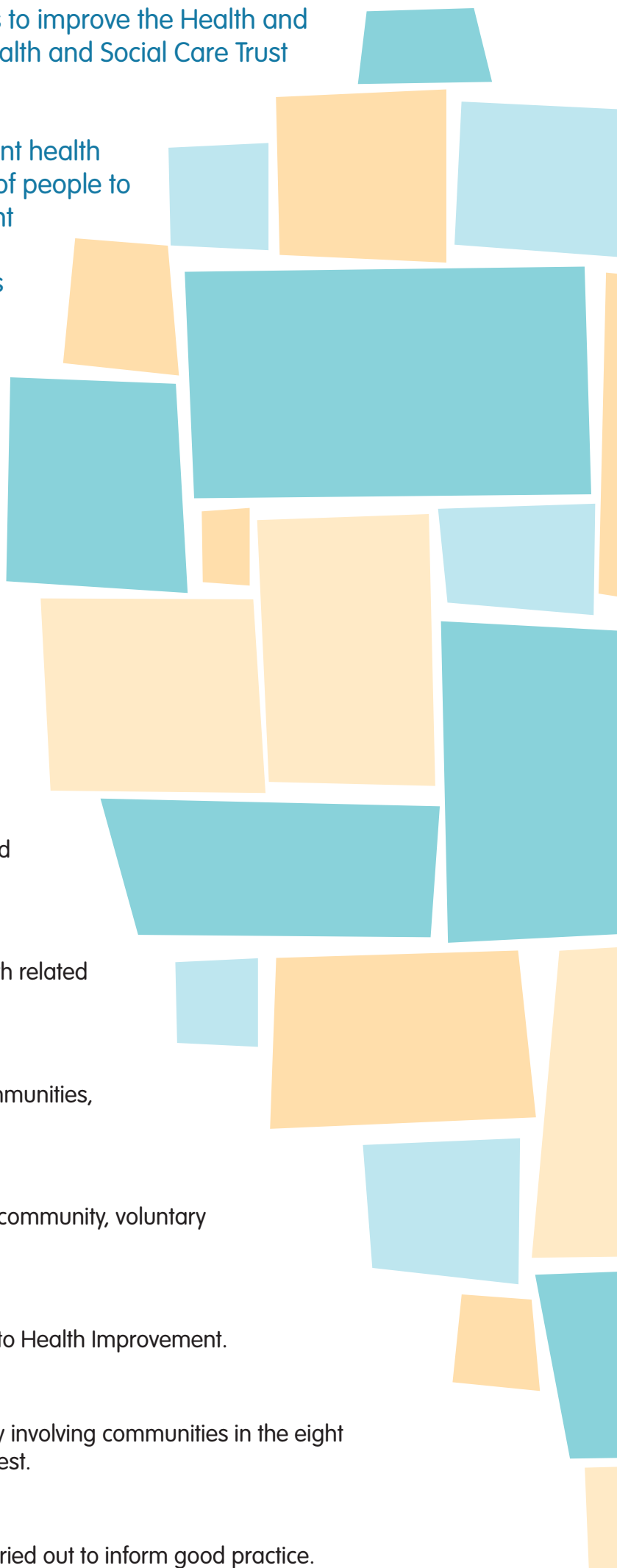
We aim to create new innovative projects related to Health Improvement.

### Community Development

We utilise a community development approach by involving communities in the eight Neighbourhood Renewal Areas throughout the west.

### Research and evaluation

Various pieces of research and evaluation are carried out to inform good practice.



# Safer Internet Day

## Date

Safer Internet Day: Tuesday 10 February 2015

Do you work with children, young people and others who may be at risk on line? Have you trained as a ThinkUKnow trainer and want to keep your knowledge and skills up to date?

To celebrate Safer Internet Day 2015, the Health Improvement Department is co-ordinating a series of events and training over the month of February to highlight emerging online issues such as:

- Cyberbullying, grooming and sexting, why our kids are at risk
- What is a Digital Footprint?
- What you can do to stay safe online
- How and where to report a problem

Events will include keynote speaker Wayne Denner, Youth Communications Expert, Online & Digital.

Details to follow as events are confirmed.

**'Let's create a better internet together!'**

Coming  
Soon...



# Facilitating Groups

## Date & Venue

March 2015, Date to be confirmed

## Facilitators:

Health Improvement Department

## Course Aim:

This course provides an overview of group work theory and practice for anyone working to promote health and wellbeing.

If you are interested in this course please email your contact details to include name, contact number and email address to:

**[health.improvement@westerntrust.hscni.net](mailto:health.improvement@westerntrust.hscni.net)**



Coming  
Soon...

# My BODY, Your Body, Every BODY

## Date & Venue

2 December 2014, Tesco's Training Room,  
Strand Road, Derry/Londonderry

## Facilitators:

WHSCT Eating Disorder Service

## Duration:

One Day Course

## Aimed at:

Community and voluntary groups and those working with people aged 16+ who have a particular interest in raising awareness about Body Image within their group/organisation.

## Course Aim:

Have an increased awareness of body image and the factors that can contribute to a negative body image.

## Learning Objectives:

On completion of the workshop the participant should feel confident to utilise the information from the My BODY, Your BODY, Every BODY programme in their own organisation.

## Course Content:

- What is Body Image?
- Body Image and Social Construction
- Body Image and Media Influences
- Promoting Healthy Body Image

**On completion of the workshop participants will be provided with the My BODY, Your BODY, Every BODY resource pack. This can be tailored to suit the needs of your organisation.**



New  
Course

# Falls Prevention for Leaders of Older Peoples Groups

## Date & Venue

27 January 2015, Tara Centre, Omagh

## Facilitators:

Sandra Semple, Health Improvement Department

## Duration:

9:30am - 12:30pm

## Aimed at:

People working with older peoples groups in the community.

## Course Aim:

To make people aware of the risk factors for falls and how to prevent falls in older people.

## Learning Objectives:

Increased knowledge of falls prevention strategies and the risk factors.

## Course Content:

The course will cover:

- Current statistics in falls in elderly people
- Why falls occur
- Prevention methods
- Osteoporosis awareness
- Coping strategies when a person falls

**This is a new training course which will be piloted in Omagh.**



New  
Course

# Self-Harm

## Dates & Venues

5 November 2014, St Columb's Park House, Derry/Londonderry

12 November 2014, Tara Centre, Omagh

## Facilitators:

Marie Dunne, Health Improvement Department

## Duration:

One Day Course

## Aimed at:

The training is offered to anyone working with or supporting individuals who are at risk of self-harm and their families.

## Course Aim:

This training **will not teach you to be a therapist** but it will help you in your role to understand self-harm, the stigma associated with it and how to offer help.

## Learning Objectives:

- Clear and accurate information about self-harm
- Increased understanding of what is self-harm
- Understanding the person behind the behaviour
- Understanding the family system
- Understanding the importance of compassion
- Confidence in your ability to provide initial information and support to someone who is self-harming

## Course Content:

The training is divided into three sessions:

### Session 1 What is self-harm.

Definitions. Concepts. Life experiences/feeling/functions.

### Session 2 The person behind the behaviour.

Theories of personality. Theories of child development.

### Session 3 The family system.

Rules and roles. Supporting the family member. The importance of compassion. Risk management.



New  
Course



# Boccia Leaders Award

## Date & Venue

3 February 2015, Melvin Sports Complex, Strabane

## Facilitators:

Disability Sports NI

## Duration:

1.00pm- 4.30pm

## Aimed at:

Those working with older people, people with disabilities or mobility problems.

## Course Aim:

This course is a mix of theory and practical to enable participants to facilitate Boccia sessions.

## Learning Objectives:

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



New  
Course



# Domestic Abuse and its Impact on Children

## Dates & Venues

8 & 9 January 2015, Ashleywood House,  
Ardmore, Derry/Londonderry

26 & 27 February 2015, Omagh Enterprise Centre

## Facilitators:

Avert Training

## Duration:

Two day course

## Aimed at:

Those who work with children, young people and families in a range of settings (e.g. teachers, social workers and other allied health professionals, police etc.)

## Course Aim:

This course is especially suitable for practitioners who might be in a situation where domestic abuse is disclosed by a child. Participants will learn how to deal with disclosure of domestic abuse and what to do in such a situation. Learning will take place through practical exercises, group discussion, role-play, case-studies and video clips.

## Learning Objectives:

**Day 1: Basic Awareness of Domestic Abuse for Practitioners**

**Day 2: The Impact of Domestic Abuse on Children**

The training will include:

- What domestic abuse is and the effect on the child and family
- How to deal with disclosure
- Your organisation's policy and how to document the event
- When and how to refer onto specialist agencies
- Domestic abuse first aid



New  
Course

# Mental Health First Aid

## Dates & Venues

4 & 11 September 2014, Lecture Theatre, Education Centre,  
South West Acute Hospital, Enniskillen

2 & 9 October 2014, Roe Valley Arts & Cultural Centre, Limavady

6 & 13 November 2014, Tara Centre, Omagh

5 & 12 February 2015, St Columb's Park House,  
Derry/Londonderry

5 & 12 March 2015, Tara Centre, Omagh

## Facilitators:

Health Improvement Officers and  
Aware Defeat Depression

## Duration:

Two day course

## Aimed at:

Adults wanting to increase their knowledge/skills in  
providing initial support for someone with a mental  
health problem.

## Course Content:

Mental Health First Aid (MHFA) is the help provided to a  
person developing a mental health problem or who is in a  
mental health crisis. The first aid is given until appropriate  
professional treatment is received or until the crisis resolves.

The aims of MHFA are:

- To preserve life where a person may be a danger to themselves or others
- To provide help to prevent the mental health problem becoming more serious
- To promote the recovery of good mental health
- To provide comfort to a person experiencing a mental health problem

**MHFA does not teach people to be therapists**, rather it teaches:

- How to recognise the symptoms of mental health problems
- How to provide initial help
- How to go about guiding a person towards appropriate professional help

**Participants receive a certificate and a MHFA handbook on completion of the course.**

# ASIST (Applied Suicide Intervention Skills Training)

## Dates & Venues

12 & 13 November 2014, Aisling Centre, Enniskillen

21 & 22 January 2015, Verbal Arts Centre, Derry/Londonderry

28 & 29 January 2015, Tara Centre, Omagh

## Facilitators:

ASIST Trainers

## Duration:

Two day course

## Aimed at:

Statutory, voluntary and community sector.

## Course Content:

ASIST is a two-day, skills-building workshop that prepares caregivers of all kinds to provide suicide first aid interventions. Professionals, volunteers and informal helpers all need to know how to help persons with thoughts of suicide in ways that increase their suicide safety. 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 risk 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

Participation in the full two days is required. Enjoy small group discussions and skills practice that are based upon adult learning principles. Experience powerful videos on suicide intervention. Feel challenged and safe. Learn suicide first aid.

# SafeTALK

## Dates & Venues

10 September 2014, Verbal Arts Centre, Derry/Londonderry

1 October 2014, Station Centre, Omagh

3 December 2014, Aisling Centre, Enniskillen

4 February 2015, Verbal Arts Centre, Derry/Londonderry

## Facilitators:

SafeTALK Trainers

## Duration:

9.30am – 1.00pm

## Aimed at:

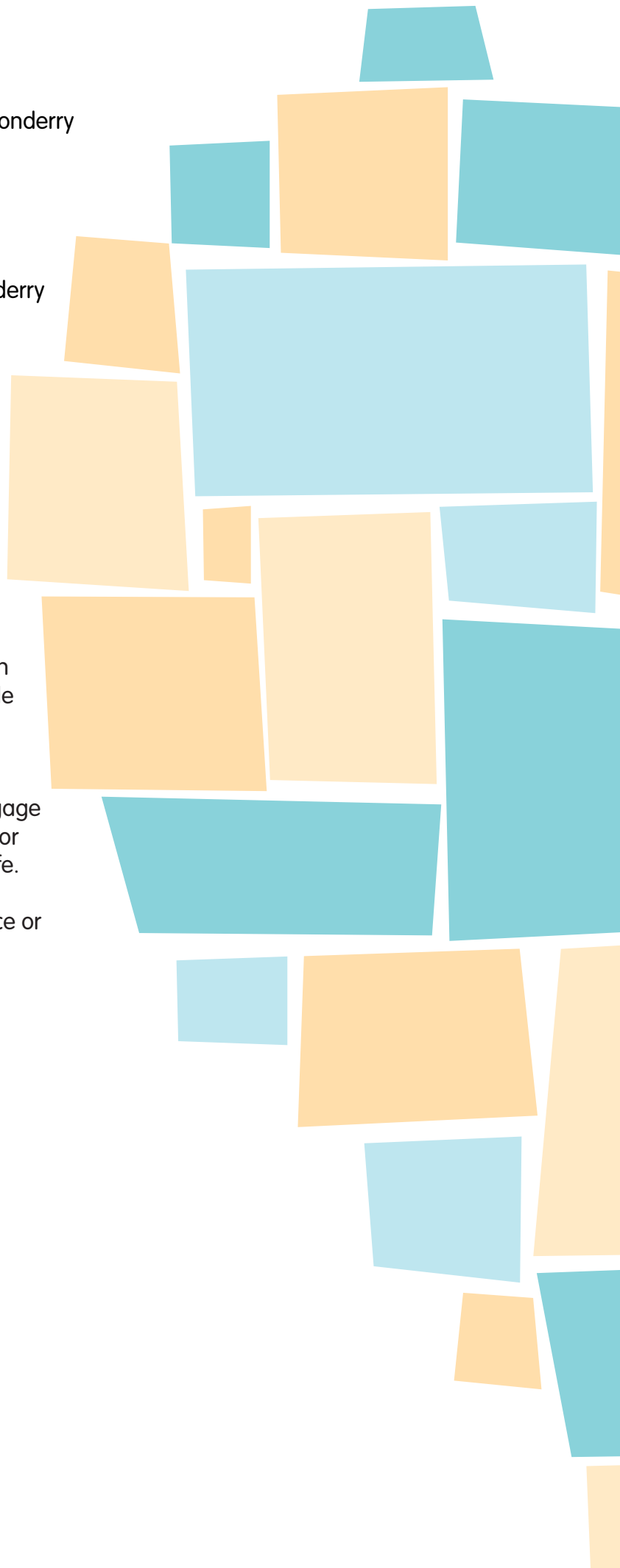
Individuals aged over 16 years.

## Course Content:

SafeTALK is a free 3.5 hour training workshop which raises general awareness on how to prevent suicide in our community.

The workshop 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.



# Walk Leader Training

## Dates & Venues

30 September 2014, Post Graduate Centre, Tyrone County Hospital, Omagh

15 October 2014, Melvin Sports Complex, Strabane

## Facilitators:

Health Improvement Department

## Duration:

One day course

## Aimed at:

Community or workplace.

## Course Aim:

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

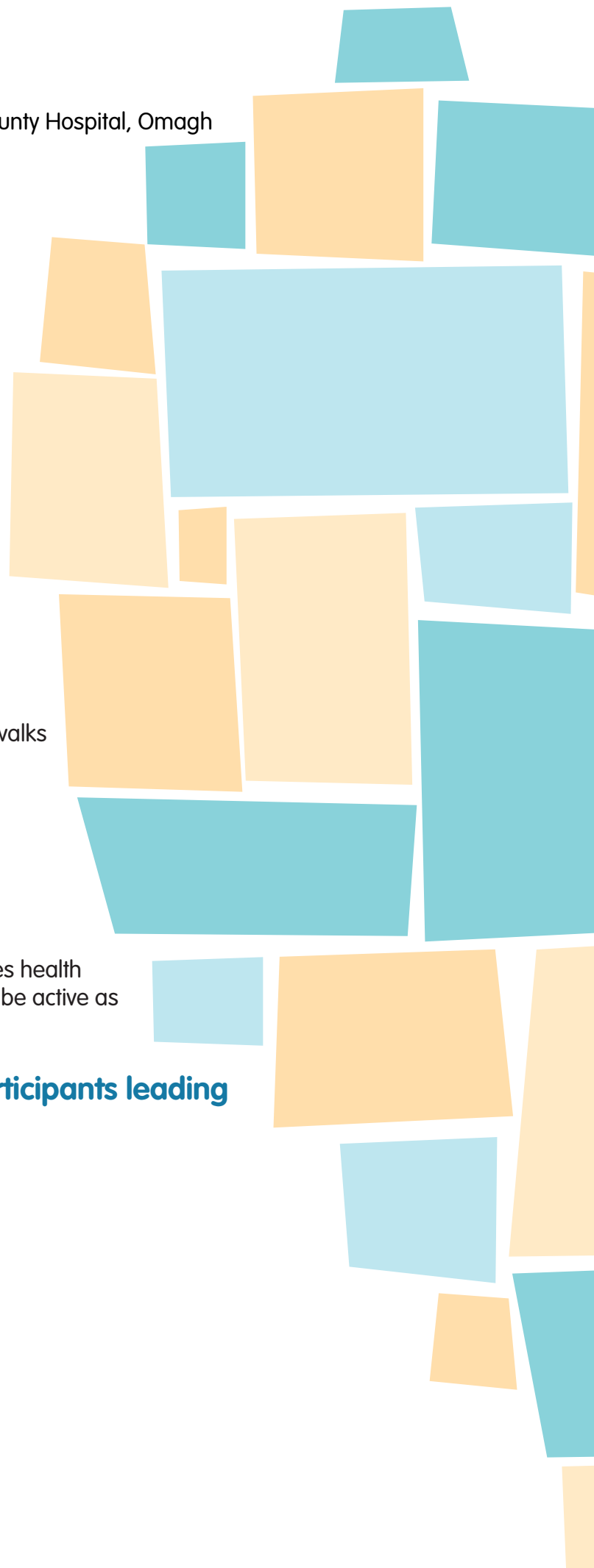
## Learning Objectives:

- 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 assess walking routes

## Course Content:

Please note this is a basic level course which promotes health walks specifically. All participants will be expected to be active as Walk Leaders within three months of attendance.

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



# CEOP/ThinkUKnow Internet Safety Training for Trainers

## Dates & Venues

21 October 2014, Aisling Centre, Enniskillen

22 January 2015, St Columb's Park House, Derry/Londonderry

## Facilitators:

Health Improvement Department

## Duration:

One day course

## Aimed at:

Practitioners whose roles directly or indirectly involve the protection of children and young people (teachers, police officers, social workers, youth workers etc).

## Course Content:

The course enables practitioners to directly deliver CEOP's ThinkUKnow programme to Key Stage 3/4 children (ages 11-16). The training will increase their understanding of many of the most popular applications young people are using in the online and mobile environment. The course covers many issues that children and young people face online and signposts to initiatives and organisations for help and support.

CEOP ThinkUKnow training is FREE. However, in order to be eligible to attend you **MUST** be able to produce the following:

- Access NI certificate or equivalent
- A letter on headed notepaper from your organisation stating your role, duration in the organisation and the use of CEOP training in relation to your role
- A form of photographic identification i.e. passport or driving licence
- Be willing to deliver at least one course for your organisation by 31st May 2015.

**ThinkUKnow training is also provided by the Social Services Training and Development Team. If you are N.I.S.C.C. Registered (Social Workers and Social Care Workers) please apply for this training via the Social Services Training and Development Team. You can call the Riverview Office (028 712 72131) or the Omagh Office (028 8225 2222) for information.**

# Inclusive Skills

## Date & Venue

14 October 2014, Omagh Leisure Complex

## Facilitators:

Disability Sports NI

## Duration:

1.30pm – 5.00pm

## Aimed at:

Those working with children with physical, sensory and learning disabilities or mixed groups of disabled and non-disabled children.

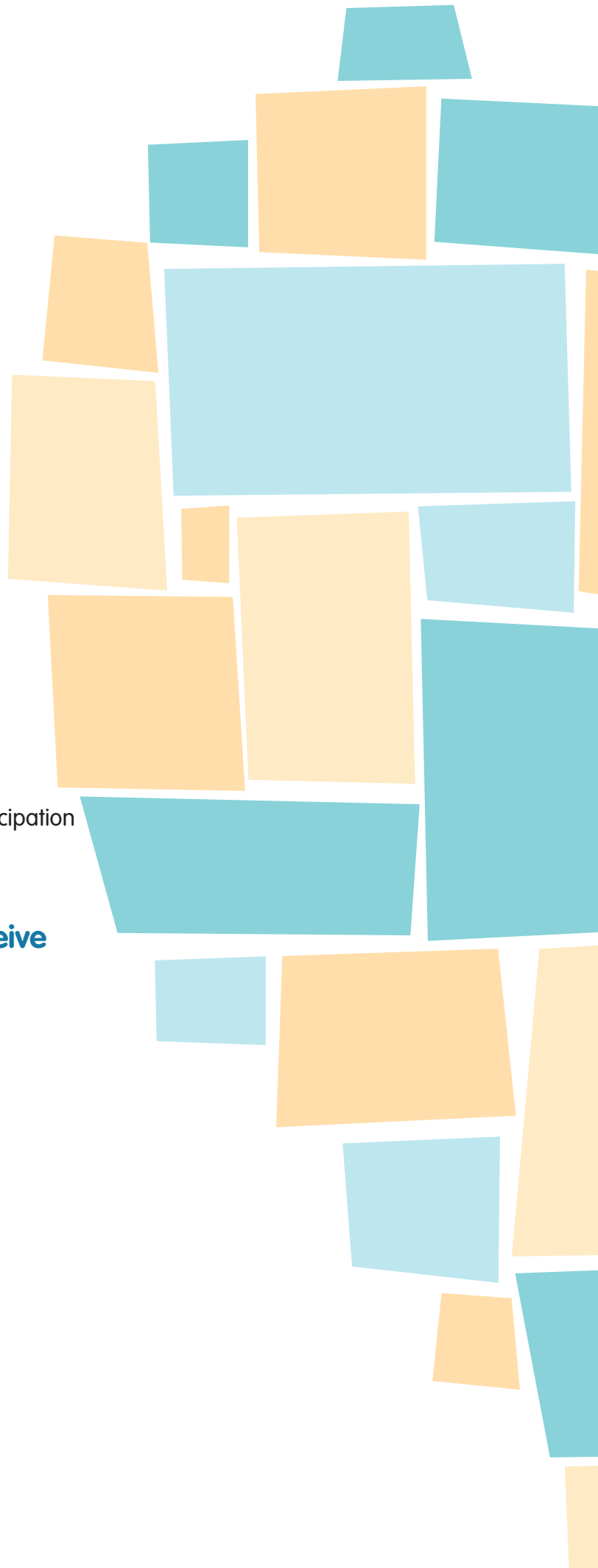
## Course Aim:

To gain knowledge to facilitate basic activities relating to core skills (movement, throwing, catching and striking) for children with physical, sensory or learning disabilities.

## Learning Objectives:

- To participate in practical demonstrations relating to core skills.
- To consider how to adapt activities to promote participation of children with disabilities.

**On completion all participants will receive an 'Inclusive Skills' resource pack.**





# Inclusive Games

## Date & Venue

11 November 2014, YMCA, Derry/Londonderry

## Facilitators:

Disability Sports NI

## Duration:

1.30pm – 5.00pm

## Aimed at:

Those working with children or adults with physical, sensory or learning disabilities or mixed groups of disabled and non-disabled children or adults.

## Course Aim:

To gain knowledge to run activity sessions in a range of inclusive games/sports in which disabled and non-disabled children or adults can participate.

## Learning Objectives:

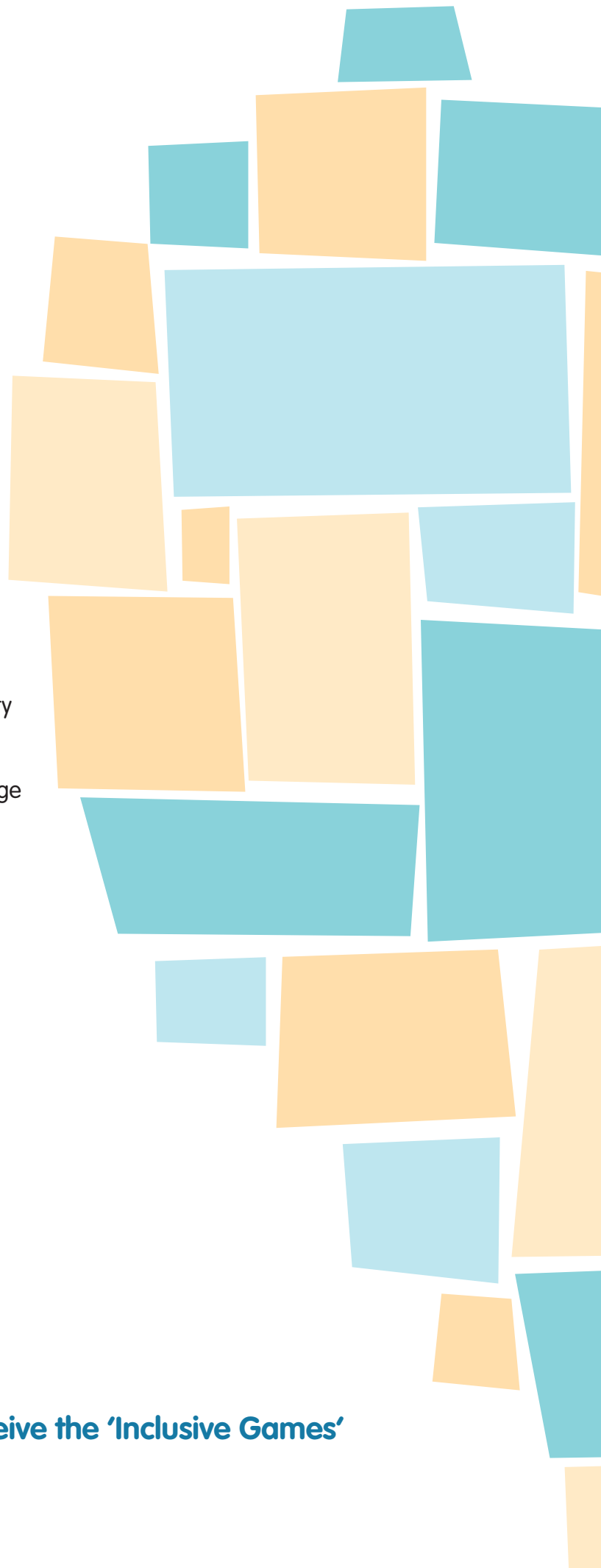
- To participate in practical demonstrations in a variety of inclusive games
- To learn how to adapt games for people with a range of disabilities
- To consider issues of inclusion and participation

## Course Content:

Inclusive games included in the course are:

- Boccia
- Goalball
- Table Top Games
- New Age Kurling
- Zone Hockey
- Zone Football
- Tee Rounders

**On completion all participants will receive the 'Inclusive Games' resource pack.**



# On Your Feet

## Date & Venue

26 November & 3 December 2014, Omagh Enterprise Centre

## Facilitators:

Lifedock

## Duration:

Two day course

## Aimed at:

Those working with mobile older people, people with a learning disability or adults with mental health problems.

## Course Aim:

For participants to gain an Open College Network Level 2 accreditation in 'On Your Feet' social dance.

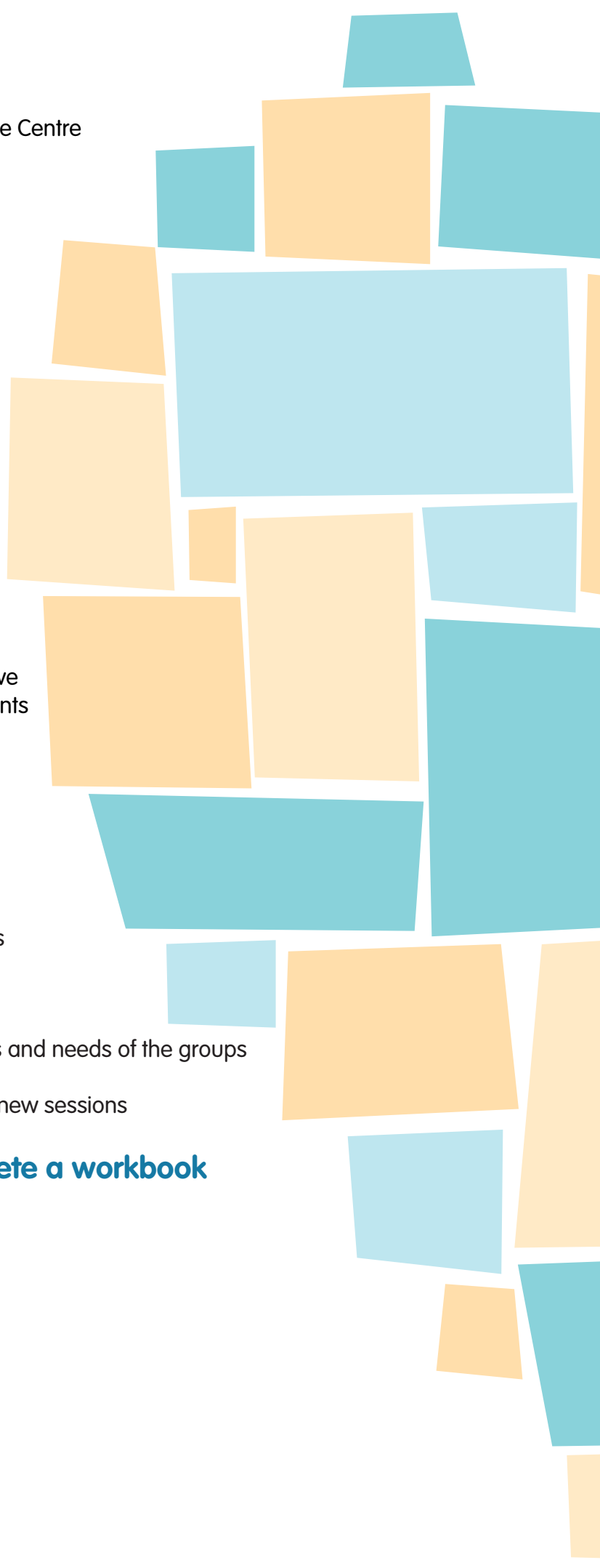
## Learning Objectives:

To be qualified to devise and deliver safe and effective exercise sessions combining simple dance movements with a strong social emphasis.

## Course Content:

- Deliver safe and effective exercise sessions
- Benefits of physical activity
- Employ motivation techniques and leadership skills
- Health and safety issues
- How to adapt the session according to the abilities and needs of the groups
- Learn how to break down, lead and choreograph new sessions

**Participants will be required to complete a workbook & practical assessment.**



# Chair Based Activity (Part 2)

## Date & Venue

17 & 24 September 2014, Omagh Enterprise Centre

## Facilitators:

Lifedock

## Duration:

Two day course

## Aimed at:

Those working with frail older people, people with limited mobility and people with special needs.

## Course Aim:

For participants to gain an Open College Network Level 2 accreditation in Chair Based Activity (Part 2).

## Learning Objectives:

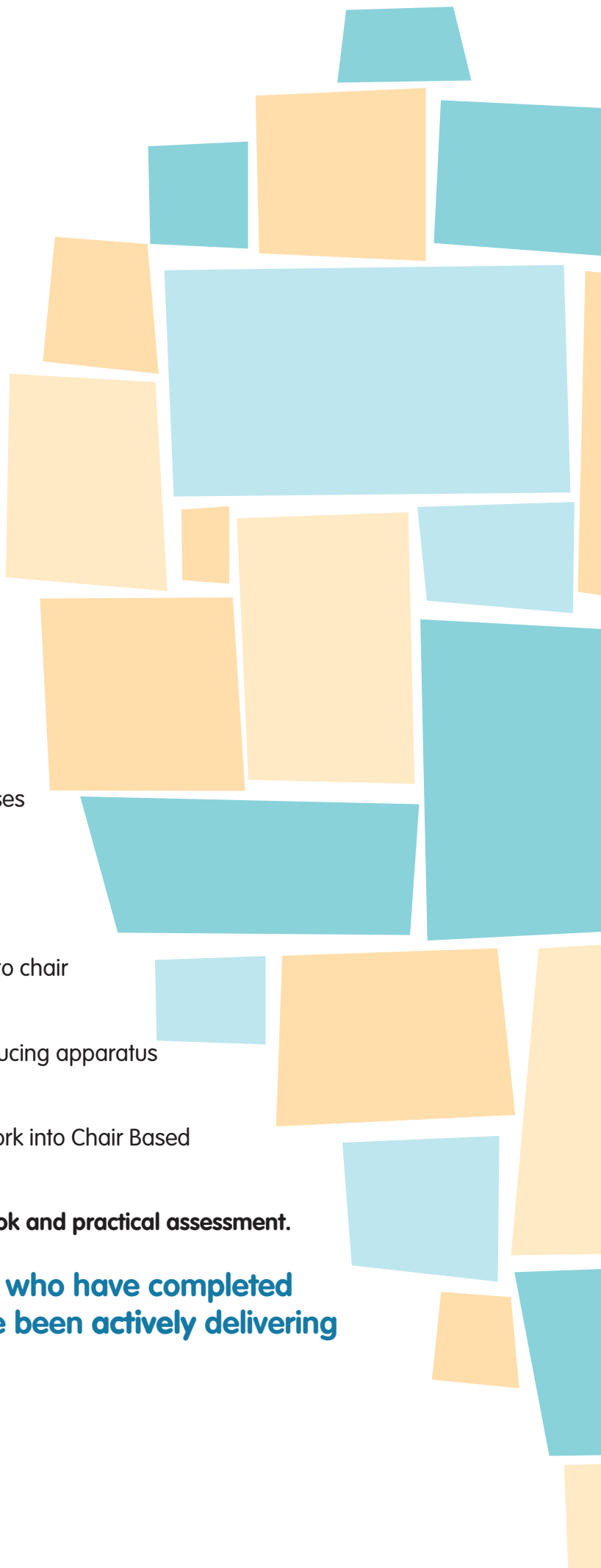
To be qualified to integrate standing work, resistance (strength) work, use of apparatus and relaxation techniques into chair based activity sessions.

## Course Content:

- Describe and demonstrate specific standing exercises
- Identify alternative seated exercises and when they should be used
- Explain the benefits of relaxation, identify relaxation techniques and how to introduce relaxation time into chair based activity sessions
- Understand the benefits and safety issues of introducing apparatus into Chair Based Activity
- Explain how and when to incorporate resistance work into Chair Based Activity sessions

**Participants will be required to complete a workbook and practical assessment.**

**This course is restricted to participants who have completed Chair Based Activity Part 1 & who have been actively delivering chair based activity sessions.**



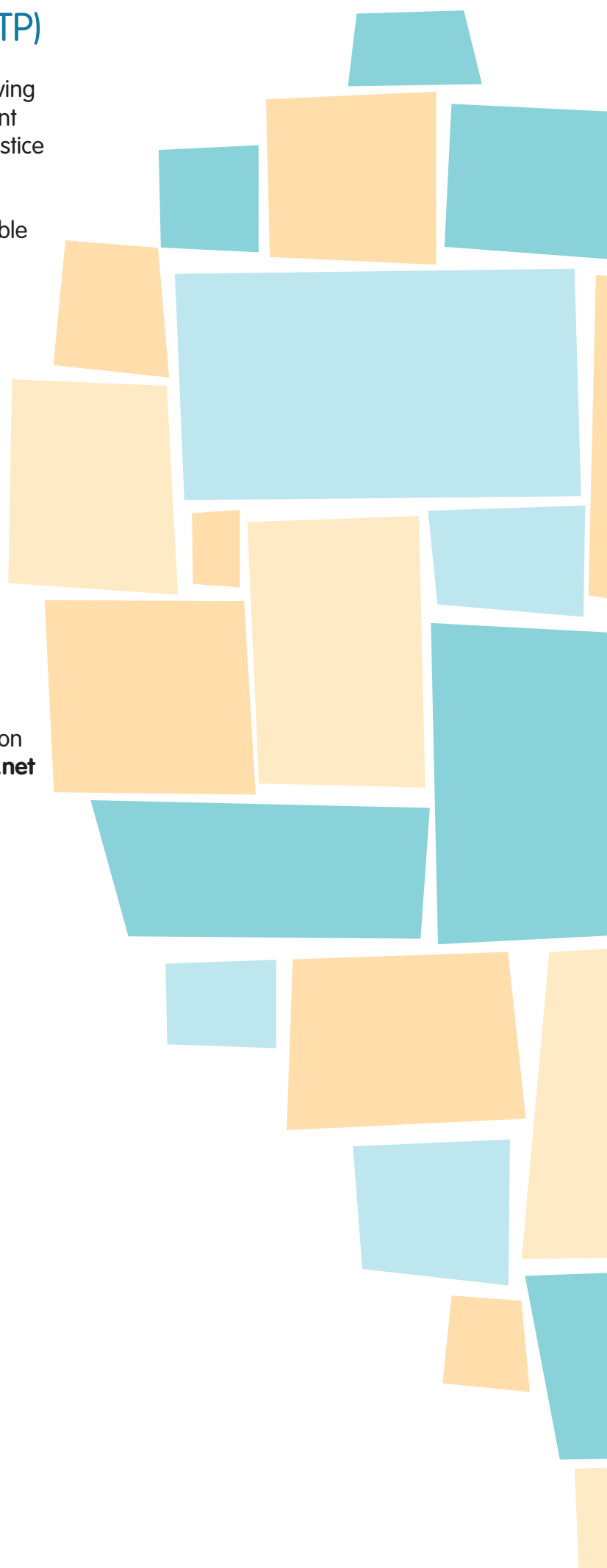
# Drugs and Alcohol Training (DATP)

DATP provides training opportunities to individuals living and working in the Western Trust area, who represent community/voluntary, health, social care, criminal justice and youth organisations.

A wide range of drugs and alcohol training is available including:

- Drugs and Alcohol Intervention Training (6 week programme)
- Alcohol and Pregnancy
- You, Your Client and Blood Borne Viruses
- Foetal Alcohol Spectrum Disorder
- Hidden Harm Training
- New Drugs in Our Community - What We Need to Know (Emerging Drugs Of Concern)

For further information regarding training please contact the Drugs and Alcohol Training Programme on **028 7186 5236** or email **[da.tp@westerntrust.hscni.net](mailto:da.tp@westerntrust.hscni.net)**



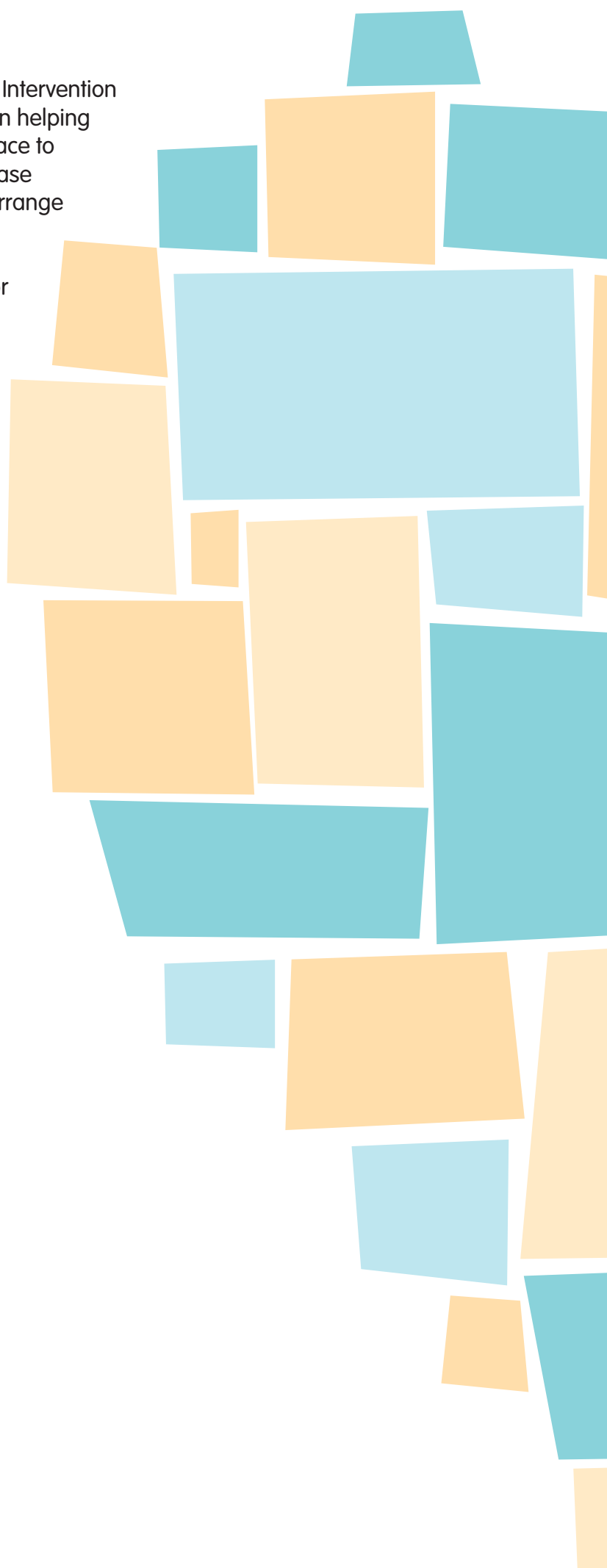
# Smoking Cessation Service

WHSCT Smokefree Service – please refer to the Brief Intervention Training on the WHSCT Intranet for update training on helping smokers to quit. The Smokefree Team also provide face to face training to staff in all other sectors as well – please contact Health Improvement on **028 7186 5127** to arrange training for yourself or your team.

For further information on training being delivered for staff in your area please contact:

Mary Campbell (Northern Sector)  
**028 7186 5127**

Kathleen McManus (Southern Sector)  
**028 8283 3488**



# Being Breast Aware

Individual group sessions for Trust staff, workplaces or communities are available on request for a minimum of 10 people.

## Facilitators:

Sandra Semple, Health Improvement Department

## Duration:

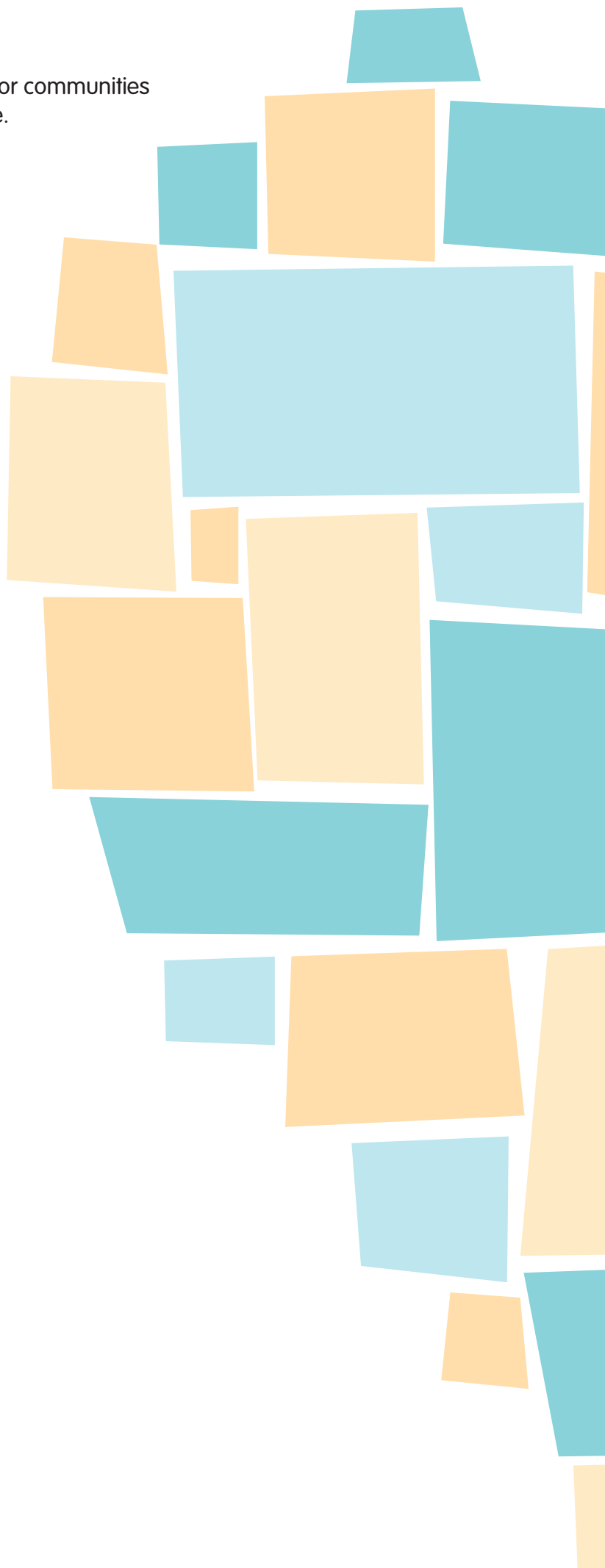
One hour workshop

## Aimed at:

Women of all ages.

## Course Aim:

The aim of the information session is to teach women to become breast aware by checking their breasts on a regular basis and to know the signs and symptoms of breast cancer. The importance of attending for breast screening and cervical screening are also covered during the session.



# The Best Start in Life

## Date & Venue

25 February 2015, Silverbirch Hotel, Omagh

## Facilitators:

Health Improvement Department

## Duration:

9.00am - 1.00pm

## Aimed at:

Those working with children 0-5 years or parents of children 0-5 years e.g. Surestarts/ Health Visitors and Childcare providers.

## Seminar Aim:

To raise awareness of the key health issues which affect children from conception to age 5 years.

## Learning Objectives:

- Breastfeeding
- Nutrition (weaning and feeding under 5's)
- Infant mental health
- Physical activity guidelines for 0-5 years
- Alcohol & smoking-impact in pregnancy and early years
- Accident prevention in under 5's



# Seminar



# Nurturing our Children in the Early Years

## Date & Venue

7 November 2014, Lecture Theatre 1, MDEC,  
Altnagelvin Hospital, Derry/Londonderry

## Facilitators:

George Hosking OBE, WAVE Trust

## Duration:

9:30am - 12:30pm

## Seminar Aim:

To outline and review the latest research around the impact of the early years to the child and subsequent society.

## Learning Objectives:

- Role of early years in brain and emotional development and how it relates to violence and anti-social behaviour
- Understanding of the latest research and evidence based learning
- The Importance of nurturing
- Developing parent/ child attunement and empathy
- Resolutions to help achieve positive outcomes for children, families and wider society

## Seminar Content:

Research has shown that support for parents during their baby's first year can significantly increase the proportion of babies who form secure relationships with their parents and this has lasting benefits for their subsequent development.



Seminar

# Resilience Under Pressure

## Dates & Venues

9 October 2014, City Hotel, Derry/Londonderry

23 October 2014, Silverbirch Hotel, Omagh

## Facilitators:

Marie Dunne, Health Improvement Department

## Duration:

7.00pm - 9.00pm

## Aimed at:

General public

## Seminar Aim:

We are all under increasing amounts of pressure both at work and in our personal lives. Some days we can cope well with a range of demands and at other times we can feel a bit overwhelmed and unable to cope. This 2 hour interactive workshop aims to help us to recognise and build on our inner resources in order to deal more effectively with stressful situations.

## Learning Objectives:

- Define Emotional Resilience
- Examine the impact of stress in our everyday life
- Introduce you to a range of practical strategies to help build your own personal resilience
- Inform you of the range of support available



# Seminar