

PROMOTING WELLBEING TRAINING COURSES

OCTOBER 2013
TO
MARCH 2014

To book a place on any of these courses, please complete booking form and return to;

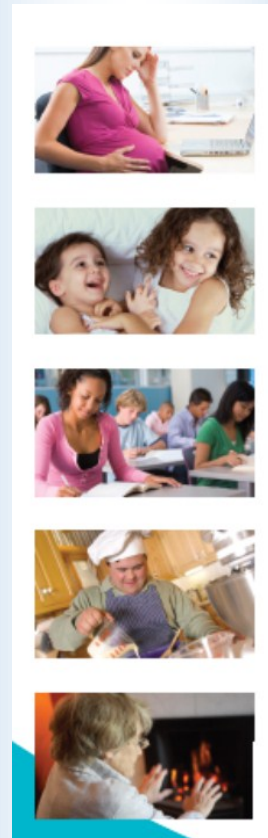
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<http://www.southerntrust.hscni.net/124.htm>



PROMOTING WELLBEING

The Southern Health and Social Care Trust's Promoting Wellbeing Improvement Department seeks to improve the health of the Southern Trust population and reduce inequalities in health between geographical areas, socio economic and minority groups. The PWB Division works in partnership with a wide range of community, voluntary, statutory and public sector agencies to maximise health and wellbeing. The PWB Division also works across Trust Directorates to embed health and wellbeing improvement into Trust policy, processes and delivery of services and care. A key role of the Division is to build the skills and capacity of others to promote health and wellbeing.

Information and advice

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

Resource provision

Leaflets and posters are available to support specific Health Improvement Initiatives.

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 SHSCT.

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.

SEXUAL HEALTH TRAINING

Sex E-learning

The aim of this training is to enable all relevant professionals to develop an awareness of the key issues in sexual health promotion and to facilitate them to deliver consistent sexual health education, support and advice in a manner that positively supports the sexual and emotional health and wellbeing of people under 25. This is an online learning structure and a support section with additional resources including references, useful organisations etc.

Essential Criteria:

Experience in working with young people and an opportunity to incorporate learning into practice.

Modules:

1. Introduction to Sexual Health and Sexuality
2. Getting to know you
3. Talking about sex
4. Sexual Development and Growth

Course Duration: 6-8 hours on-line training in total

Booking Arrangements:

Register online for free at www.sexelearning.org.uk

For further information contact:

Lyndsey Hasson, Promoting Wellbeing Team, St Luke's Hospital, Armagh BT61 7NQ T: 028 3741 2883

Email:

lyndsey.hasson@southerntrust.hscni.net

SEXUAL HEALTH TRAINING

HIV Training

Suitable for all Health & Social care Staff this programme is an opportunity to learn more about HIV, raise personal and professional awareness of HIV prevention, testing and treatment.

Issues Covered

What is HIV?, N.I. Statistics, Sexually Transmitted Infections (STIs), HIV Testing & Treatment, Prevention, Reducing stigma

Date: 8 October 2013

Venue: Boardroom, Nurse Home, DHH

Duration: 2.5 hours

Times: 9.30 am—11.30 am

Date: 2 December 2013

Venue: Boardroom, Craigavon Area Hospital

Duration: 2.5 hours

Times: 2.00 pm—4.00 pm

Date: 3 December 2013

Venue: Boardroom, nurses Home, DHH

Duration: 2.5 hours

Times: 9.30 am—11.30 am

Date: 11 February 2014

Venue: Boardroom, nurses Home, DHH

Duration: 2.5 hours

Times: 2.00 pm—4.00 pm

Date: 13 February 2014

Venue: Boardroom, Craigavon Area Hospital

Duration: 2.5 hours

Times: 9.30 am—11.30 pm

Community Development

We utilise a community development approach by involving communities and special interest groups throughout the Trust.

TRAINING COURSE OFFERED IN THIS EDITION;

Mental Health

- * Review Relax Renew Training
- * Review Relax Renew Quick Fix
- * Head First at Work
- * ASIST
- * Mental Health First Aid
- * Compassion Fatigue
- * Self Workshop—the Concept of Compassion
- * Cognitive Behaviour Therapy
- * Mood Matters

Physical Activity

- * Boccia
- * Cycle Leader National Standard Level 2
- * Walk Leader Training
- * Chair Based Activity Level 1

Accident Prevention

- * Carbon Monoxide Training
- * Identifying Fire Risk among Vulnerable Patients and Clients
- * Preventing Burns and Scalds Injuries Among Babies and Children

PPI/Child Protection Training

- * PPI Basic Awareness Training
- * Basic Child Protection Training
- * Designated Persons Course
- * CST's Holistic Health and Wellbeing

Community Development

- * CD Awareness
- * CD Approaches with Children and Young People

Sexual Health

- * HIV Training
- * Sex-E-learning module
- * LGBT E-learning module

MENTAL HEALTH TRAINING

Review Relax Renew Training Programme

This programme aims to provide participants with the knowledge, skills and tools to manage the adverse effects of pressure in their lives. It is aimed at all levels of staff. There are no essential criteria for staff to apply. This is an Interactive programme with packs for participants

Areas to be addressed:

- * Identifying the adverse effects of stress
- * Reviewing individual responses to stress
- * Coping techniques
- * Goal planning

Date: 26 November 2013
Venue: Navan Room, Hill Building,
St Luke's Hospital, Armagh
Duration: 1 Day
Time: 9.30 am – 4.30 pm

Date: 28 January 2014
Venue: Nava Room, Hill Building,
St Luke's Hospital, Armagh
Duration: 1 Day
Time: 9.30 am – 4.30 pm

Date: 25 February 2014
Venue: Boardroom, Main CAH
Duration: 1 Day
Time: 9.30 am – 4.30 pm

SEXUAL HEALTH TRAINING

LGBT E-Learning Workplace Module

Programme Content

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.

Participants have the option of completing the programme from beginning to end or saving progress and returning at another time to complete. The estimated time to complete the programme is 45 minutes however this does not include the additional reading provided.

The programme is available on

<http://lgbtelearning.hscni.net>

You will be able to create your own unique username and password which the programme will recognise each time you return.

COMMUNITY DEVELOPMENT

Community Development Approaches with Children and Young People

Suitable for all Health & Social care Staff this programme is an opportunity to learn more about community development approaches with children and young people.

Issues Covered

What are community development approaches and how can you apply these to your work?, Understanding the policy context and the importance of community development in this. What community resources are available and where to go to for support.

Date: 16 October 2013

Venue: Bainbridge Enterprise Centre

Duration: 3.5 hours

Times: 9.30 am—1.00 pm

COMMUNITY DEVELOPMENT

Community Development Awareness

The training consists of a 45 minute presentation on the benefits of using community development approaches and the support available.

The CD Workers will accommodate training requirements and can deliver the training on site at a date, time and venue that suits you.

Who should attend? All grades of staff.

For further information or to organise a training session please contact:

Carolyn Agnew, Head of User Involvement and Community Development

Promoting Wellbeing Team, St. Luke's, Armagh Tel: 028 37412519

Email:

carolyn.agnew@southerntrust.hscni.net

MENTAL HEALTH TRAINING

Review Relax Renew Quick Fix Training Programme

The Quick Fix Programme aims to provide participants with the knowledge and practical tools to manage some everyday irritations and stressors.

Objectives

By the end of the session participants will have a better understanding of:

- * How the body reacts to stress
- * Individual responses to stress
- * How coping skills are developed
- * Practical tools for everyday use.

Date: Delivered on site to staff on request.

Venue: Suitable room required

Duration: 2 ½ hours

Time: At request of team

MENTAL HEALTH TRAINING

Head First @ Work - A toolkit for a mentally healthy workplace

This programme is to support employers to create a mentally healthy workplace and enhance the knowledge and skills of line managers to manage mental health issues. It is aimed at Managers, Line Managers' & Supervisors.

In order to apply applicants must manage a team. It is an Interactive programme with packs for participants

Areas to be addressed:

- * Introduction to a mentally healthy workplace
- * Management of mental health issues in the workplace
- * Questions and answers
- * Support/resources

Dates: 14 October 2013

Venue: Nurses Home, Boardroom, Daisy hill Hospital

Duration: 1 Day

Times: 9.30 am – 4.30 pm

Dates: 19 November 2013

Venue: Nava Room, Hill Building, St Luke's Hospital, Armagh

Duration: 1 Day

Times: 9.30 am – 4.30 pm

Dates: 21 January 2014

Venue: Nurses Home, Boardroom, Daisy hill Hospital

Duration: 1 Day

Times: 9.30 am – 4.30 pm

Dates: 11 March 2014

Venue: Nava Room, Hill Building, St Luke's Hospital, Armagh

Duration: 1 Day

Times: 9.30 am – 4.30 pm

COMMUNITY SECTOR TRAINING

CST's Holistic Health & Wellbeing

This three session course looks at holistic health and wellbeing, the factors that impact on it and how it might be nurtured. The 2/2.5 hour discussion based sessions are relaxed and informal.

Who should attend?

Participants have come from a wide range of community based groups.

Date: By arrangement with the group

Time: Evening or daytime training including Saturdays can be arranged

Venue: By arrangement with the group in local premises

For further information or to arrange a course contact:

Alexandra Irwin, Community Sector Training, Promoting Wellbeing Team, St. Luke's, Armagh T: 028 37412889

Email:

cst.training@southerntrust.hscni.net

COMMUNITY SECTOR TRAINING

Designated Persons' Course

Module 5 (Recruitment, Selection & Supervision) is now provided with another two sessions for Designated Persons who are taking a role of particular responsibility for child protection in their group. The training looks at the role and responsibilities of the Designated Person and looks in detail of some more difficult case studies.

Who should attend?

Potential participants for this must be taking on the role of Designated Person for their group and must have completed CST's basic Child Protection Training or its equivalent.

Date: By arrangement with the group

Time: Evening or daytime training including Saturdays can be arranged

Venue: By arrangement with the group in local premises

For further information or to arrange a course contact:

Alexandra Irwin, Community Sector Training, Promoting Wellbeing Team, St. Luke's, Armagh T: 028 37412889

Email:

cst.training@southerntrust.hscni.net

MENTAL HEALTH TRAINING

Applied Suicide Intervention Skills Training (ASIST)

Most people considering suicide signal their distress and their intent. Training can help us see and respond to these invitations to help. It can provide the confidence to ask about suicide if we are concerned about someone's safety. It can provide us with the tools to help prevent the immediate risk of suicide. The interactive programme includes teaching, discussion, videos and skills practice.

Participants on this training often include:

- * People concerned about family or friends
- * Counsellors, teachers and ministers
- * Workers in health, welfare or justice
- * Community workers
- * Emergency service workers
- * Mental Health practitioners

Dates: 7 and 8 November 2013

Venue: Clinical Education Centre Craigavon (Beeches)

Duration: 2 Days (attendance on both days essential)

Times: 9.30 am – 4.30 pm

Dates: 14 and 15 January 2014

Venue: Clinical Education Centre Craigavon (Beeches)

Duration: 2 Days (attendance on both days essential)

Times: 9.30 am – 4.30 pm

Dates: 11 and 12 March 2014

Venue: Clinical Education Centre Craigavon (Beeches)

Duration: 2 Days (attendance on both days essential)

Times: 9.30 am – 4.30 pm

MENTAL HEALTH TRAINING

Mental Health First Aid

Mental Health First Aid (MHFA) is the help given to someone experiencing a mental health problem before professional help is obtained. The aims of Mental Health First Aid are:

To enhance understanding of mental health problems and how it can impact on individuals and society.

To develop skills, motivation, knowledge and confidence in offering help to those with symptoms of mental illness.

Mental Health First Aid (MHFA) is appropriate for anyone from a voluntary or professional background who comes into contact with the general public and is interested in learning more about mental health problems, how it impacts on individuals and how best to provide support.

Dates: 7 and 8 November 2013

Venue: Nava Room, St Luke's Hospital, Armagh

Duration: 2 Days (attendance on both days essential)

Times: 9.30 am – 4.30 pm

Dates: 3 and 4 December 2013

Venue: TBA

Duration: 2 Days (attendance on both days essential)

Times: 9.30 am – 4.30 pm

Dates: 5 and 6 February 2014

Venue: Conference Room, Port down Health Centre

Duration: 2 Days (attendance on both days essential)

Times: 9.30 am – 4.30 pm

COMMUNITY SECTOR TRAINING

Basic Child Protection Course

This course is provided by community based trainers;

- * Module 1 - Basic Child Protection Awareness
- * Module 2 - Child Protection Policy & Procedure
- * Module 3 - Children (NI) Order (1995)
- * Module 4 - Protecting yourself
- * Module 5 - Recruitment, Selection & Supervision of Staff/Volunteers
- * Module 6 - Keeping children safe on residential

Most groups take the first four Modules.

Who should attend?

This course is for community sector groups who work with children to inform them about child protection issues and help to improve their practice.

Date: By arrangement with the group

Time: Evening or daytime training including Saturdays can be arranged

Venue: By arrangement with the group in local premises

PERSONAL & PUBLIC INVOLVEMENT (PPI)

PPI Basic Awareness Training

The training consists of a 45 minute presentation on basic awareness of the benefits of Personal and Public Involvement, the policy context which drives PPI and the support mechanisms. The PPI Team will accommodate with training requirements and can deliver the training on site at a date, time and venue that suits you.

If a Service User Group is attached to division/ team/area of service it is recommended that they be offered the opportunity to attend and be included in this training as well, where appropriate.

Who should attend? All grades of staff.

For further information or to organise a training session please contact;

Sinead Hughes, PPI Officer

Tel: 028 37412523 Email:

sinead.hughes@southerntrust.hscni.net

PERSONAL & PUBLIC INVOLVEMENT (PPI)

Brief awareness sessions on the PWB Department and PPI

Brief awareness sessions on the PWB Department and PPI can also be provided on request. These sessions consist of a 15 minute overview of the support provided by the PWB Department and the basic principles of PPI and support available

Who should attend? All grades of staff.

For further information or to organise a training session please contact;

Carolyn Agnew, Head of User Involvement and Community Development

Tel: 028 37412519 **Email:**

carolyn.agnew@southerntrust.hscni.net

These sessions are provided twice a year at the Student Social Work core induction programme.

MENTAL HEALTH TRAINING

Compassion Fatigue

The aim of the course is to provide an overview of Compassion Satisfaction, Compassion Fatigue and Resilience Building therefore providing participants with the knowledge and skills necessary to reduce the secondary impact of service provision and care giving.

By the end of the training participants will be able to:

- * Define Compassion Satisfaction, Compassion Fatigue, Secondary Traumatic Stress and Burnout.
- * Examine who is at risk.
- * Identify symptoms of Compassion Fatigue.
- * Explore the three-part Brain and trauma response.
- * Complete a Compassion Fatigue/ Satisfaction Indicator.
- * Look at strategies for building resilience and prevention at individual and organizational level.
- * Learn a range of self-care techniques for individuals and teams.

Who should attend?

Occupational Health nurses, Human Resource Managers or any member of staff with caring responsibilities .

Date: 22 October 2013

Venue: Boardroom, CAH

Duration: 1/2 day

Time: 9.15 (rag) 9.30 am - 1.00 pm

MENTAL HEALTH TRAINING

Self Harming Workshop— The Concept of Compassion

A one Day workshop aimed at professionals who work with people who engage in self-harming behaviours.

Aims of the day:

- * To set the policy context
- * To examine the concept of self-punishment as it exists in the phenomena of self-harm and suicide
- * To examine how compassion, communicated by the care givers can impact on the treatment of these behaviours

Who should attend?

Staff working within Health and Social Care settings in the Southern Trust area – For example those who work in Emergency Departments, Inpatient facilities, Minor Injury Units, Primary Care settings, Mental Health settings should consider attending.

Dates: 2 October 2013

Venue: Boardroom, Towerhill,
Armagh

Duration: 1 Day

Times: 9.30 am – 4.30 pm

ACCIDENT PREVENTION

Preventing burns and scalds injuries among babies & children

This workshop will improve your awareness of the everyday dangers in the home which can lead to burn and scald injuries. It will explain why babies and young children are more vulnerable and highlight the safety products and simple behavioural changes that can prevent injuries. The issue of burns from hair straighteners will also be highlighted.

Who should attend?

Health professionals or individuals from the statutory, voluntary or community sector; particularly those who have links to families or communities. Professionals working in the education sector or hairdressing/beauty industry are also welcome to apply.

Course content includes:

- * the most common causes of burns and scalds injuries.
- * the impact of burns and scalds injuries to babies and children.
- * prevention - good practices within the home, other settings.
- * useful services and resources available in the SHSCT area.
- * other sources of information and support re: burns & scalds.
- * details of key safety campaigns - getting involved

Date: 27 November 2013

Venue: Inveigh Suite, HSSC Bainbridge

Duration: 2.5 hours

Times: 2.00 pm—4.30 pm

ACCIDENT PREVENTION

Supporting Fire Awareness and Safety in the Community

Who should attend?

Staff members, volunteers and service users based in community/voluntary groups. Particularly those who may be vulnerable or provide support to vulnerable individuals eg older people living alone in the community, anyone who may be likely to be impaired in a fire due to substance use (eg alcohol / prescribed medication), poor physical health, reduced mobility, a sensory or learning impairment or poor mental health (or a combination of these factors). During 2011/12 the number of major fires attended by the NIFRS decreased, however 173 people were rescued from major fires and 14 people died. (NIFRS Annual Report 2011-2012).

Course content includes:

- * Who in the community is most at risk of fire and the common causes of accidental fires in the home.
- * Fire prevention, detection and escape. (Good practice for your own safety and your home)
- * What is involved in a Free Home Fire Safety Check and how to use this service.
- * Why having a fire escape plan can make all the difference.
- * Other useful services available in the SHSCT area

Date: By arrangement

Venue: By Arrangement

Duration: 2-2.5 hours

Times: By arrangement

A limited number of these free sessions will be offered to community/voluntary based organisations. A minimum participation of 15 people is required. For further details contact Nina Daly, Accident Prevention Officer Tel: 028 3831 1524.

MENTAL HEALTH TRAINING

Cognitive Behaviour Therapy

Introduction to Cognitive Behaviour Therapy

Aim of the day:

This course is a 'taster' session, aimed at those staff who wish to learn something about the Cognitive Behaviour Therapy approach to problems both at a personal and professional level and in doing so build the resilience required to cope with the ever increasing demands of the Health Service.

Objectives - At the end of the day participants will:

- * Understand the power of thought.
- * Be able to identify unhelpful thinking styles.
- * Recognise and evaluate their own rules for living.

Who should attend?

Open to all staff.

Date: 17 December 2013

Time: 9.30 am - 4.30 pm

Venue: Nava Room, Hill Building, St Luke's Hospital, Armagh

2 more sessions will be organised in 2014

Facilitator:

Dr Maria Kee, Former CBT therapist and former Training Director, Northern Ireland Centre for Trauma and Transformation.

MENTAL HEALTH TRAINING

Mood Matters

Mood Matters is an award winning educational programme, developed and delivered by Aware Defeat Depression since 2000. The programme incorporates basic Cognitive Behavioural Therapy concepts, teaching participants how our thinking and behaviour can affect how we feel, physically and emotionally.

The aims of the programme are to:

- * Raise awareness of the importance of looking after our mental health.
- * Highlight the risk factors for, and symptoms of, stress and depression.
- * Help to reduce stigma by conveying the message that depression is an illness and not a sign of weakness.
- * Provide information about treatments available and promote self help strategies for regaining and/ or maintaining good mental health.
- * Provide participants with relevant literature to reinforce learning and provide a future point of reference.
- * Signpost participants to sources of support.

Who should attend? All staff

Dates: Tuesday 18 February 2014

Venue: Nava Room, Hill Building, St Luke's Hospital, Armagh

Duration: 3 hours

Times: 2pm-5pm -registration 1.45pm

Dates: Monday 24 February 2014

Venue: Boardroom, Ground Floor, CAH

Duration: 3 hours

Times: 2pm-5pm -registration 1.45pm

Dates: Thursday 27 February 2014

Venue: Boardroom, Nurses Home, Daisy Hill Hospital, Newry

Duration: 3 hours

Times: 2pm-5pm -registration 1.45pm

ACCIDENT PREVENTION

Identifying Fire Risk Among Vulnerable Patients and Clients

Health professionals or individuals from the statutory, voluntary or community sector; particularly those who have links to individuals who may live alone in the community, be impaired in a fire due to: substance use (eg alcohol and/or prescribed medication), physical health problems, reduced mobility, a sensory impairment, poor mental health.

October 2011 to April 2012 ten people died in accidental house fires in N.I. and all of them were deemed vulnerable due to their age, mobility, illness etc. ('People at Risk' consultation, NIFRS, Dec 2012)

Course content includes:

- * Profiling the client groups most at risk of fire/common causes of accidental fires in the home.
- * Learning how to identify early warning signs or near misses in the home.
- * What is involved in a Free Home Fire Safety Check and how to signpost or refer to this service.
- * Fire prevention – good practices within the home.
- * Smoke alarms – good practice.
- * Why having a fire escape plan can make all the difference.
- * Other useful services available in the SHSCT area etc.

Date: 10 October 2013

Venue: Health Education Mr, Brownlow Health Centre, Craigavon

Duration: 2.5 hours

Times: 2.00 pm—4.30 pm

Date: 20 November 2013

Venue: Board Room, Daisy Hill

Duration: 2.5 hours

Times: 9.30 am -12.30 pm

ACCIDENT PREVENTION

Carbon Monoxide Training

Carbon Monoxide (CO) poisoning claims almost 50 lives every year and a further 4,000 people are treated in hospital. This programme will increase your awareness of Carbon Monoxide and how to prevent exposure to it.

Who should attend?

Health professionals or individuals from the statutory, voluntary or community sector; particularly those who have links to families with young children, students, older people and other vulnerable groups eg housebound, individuals with a heart or respiratory condition.

Course content includes:

- * Sources of co poisoning in the home & other settings (the appliances, fuels)
- * Physical symptoms of co poisoning
- * Clues to diagnosing co poisoning
- * Gas safe registered engineers, landlords responsibilities
- * New legislation and co alarms
- * Prevention of co poisoning
- * Co safety on holiday, BBQs, camping
- * Recent incidents
- * Use and placement of audible co alarms
- * Emergency response if you have been exposed to co

Date: 13 November 2013

Venue: Recreation Room, Nurses Home, DHH

Duration: 2.5 hours

Times: 10.00-12.30

Date: 22 Jan 2014

Venue: Old Staff Room, CAH

Duration: 2.5 hours

Times: 10.00-12.30

MENTAL HEALTH TRAINING

Living Life to the Full

Living Life to the Full is a Life Skills Programme with Cognitive Behavioural Therapy Approach

It can help you sleep better, feel happier, have more energy, gain confidence, get out more and enjoy better relationships.

This free course has been developed by Dr. Chris Williams, a recognised expert and trainer in cognitive behavioural therapy, who has many years experience of developing self-help resources for people with mild to moderate depression and anxiety.

For more information on the programme please contact AWARE directly via carole@aware-ni.org or call her on 028 90357820. www.aware-ni.org.uk

This programme runs for 4 – 6 weeks and uses a Cognitive Behavioural approach to support those experiencing mild to moderate depression.

Dates: 18 October 2013 to 22 November 2013

Venue: Newry Library, 79 Hill Street, Newry

Duration: 1 ½ - 2 hours

Times: 10.00 am — 12.00 pm

Information on further courses will follow.

STOP SMOKING

Brief Intervention Training

Smoking remains one of the largest preventable causes of illness and death in Northern Ireland claiming 2,300 lives each year at a cost to the health service of over £19 million. (PHA Tobacco Control Strategy)

The SHSCT offers a range of services to support people who want to stop smoking.

Who should attend?

Any member of staff who is in contact with patients, service users and their families, is in an ideal position to offer brief opportunistic support for smokers.

Brief Intervention Training Aim

To provide participants with the knowledge and skills to offer brief opportunistic support to smokers who want to stop smoking and refer them to stop smoking services.

For further information or to organise a training session please contact;

Smoking Cessation, Promoting Wellbeing Team, St Luke's Hospital, Armagh BT61 7NQ or via email to stop.smoking@southerntrust.hscni.net

PHYSICAL TRAINING

Chair Based Activity Level 1

Who should attend?

Anyone working with older people where chair exercises can be delivered on a regular basis, for example, staff working in Day Centres, Nursing or Residential Homes or those working in the Community with groups for older people. This course can also benefit those working with people with a disability

Essential Criteria:

No previous experience required, however an interest in the promotion and delivery of physical activity is beneficial

Delivery Methods:

Lectures, Practical Sessions, Group Work, Teaching Practice, Feedback Sessions, Fun Sessions, Q and A Sessions

Course content includes:

- * Delivery of a safe and effective Chair Based Activity session for frail, older people and those with disabilities
- * Understanding the implications of physical activity and the older participant
- * Motivation techniques and leadership skills
- * Understanding & implementing Health and Safety issues

Date: 20 & 27 November 2013

Venue: St Anthony's Hall,
Brownlow, Craigavon

Duration: 2 Days

Times: 10.00am – 4.00pm

Date: 29 January & 5 February
2014

Venue: St Anthony's Hall,
Brownlow, Craigavon

Duration: 2 Days

Times: 10.00am – 4.00pm

PHYSICAL TRAINING

Walk Leader Training

Who should attend?

Adults who can deliver a walking programme on behalf of their community/group/workplace/clients. This can include settings such as education, health, councils, statutory/voluntary organisations and groups.

Delivery Methods:

- * Lectures
- * Practical sessions
- * Group work
- * Feedback sessions
- * Fun sessions
- * Question and answer sessions
- * The day will include a walk.

Course content includes:

- * Introduction to Health
- * Route planning
- * How to promote your walks
- * Registration
- * Why physical activity is important
- * Walking for Health
- * Components of a health walk
- * Walk Leader responsibilities etc.

Date: 14 February 2014

Venue: Conference Room
Portadown, Health Centre

Duration: 1 Day

Times: 10.00 am – 3.30 pm

Date: 6 March 2014

Venue: Armagh Fire Station

Duration: 1 Day

Times: 10.00 am – 3.30 pm

COOK-IT

Facilitator Training

Cook it! Is a Community Nutrition Education Programme that promotes healthy eating, good food hygiene and enhances cooking skills. It has been produced by the Public Health Agency for use in Northern Ireland and is aimed at groups where 'cost is a consideration'.

Cook it! Is delivered by Facilitators who are recruited from community and voluntary organisations and trained by the Cook it! Dietitian. It is a practical programme that can be used by many groups. Cook it! Facilitator Training is informal, interactive and practical. To become a Cook it! Facilitator you must complete both components of the training

Level 2 Award in Food Safety in Catering (*)

Date: April 2014 (To be confirmed)

Time: 9.00am – 4.30pm

Venue: PHA Boardroom, Towerhill
Armagh

**Applicants who have already completed food safety qualification within last 3 years should forward a copy of their certificate with their application*

Cook it! Facilitator Training

Day 1

Date: Wednesday 9th April 2014

Time: 9.00am - 4.30pm

Venue: PWB Training room, St Luke's
Hospital, Armagh

Day 2

Date: Wednesday 16th April 2014

Time: 9.00am – 4.30pm

Venue: Masonic Hall, The Mall West,
Armagh

To apply for a place, please complete COOK IT application form which can be requested via email to elaine.abbott@southerntrust.hscni.net

PHYSICAL TRAINING

BOCCIA

Overview:

This 3.5hr course consists of 1hr of Boc-
cia Theory and 2.5hrs of Practical.

The Course covers the following ele-
ments;

- * Background to Boccia
- * Court Layout
- * Warm-ups
- * Propulsion
- * Skills
- * Games Play
- * Rules & Classification.

On completion of the course all partici-
pants will receive a Candidate Resource
Pack as well as a Disability Sports NI
Certificate of Attendance.

Who should attend? - it is aimed at
those who intend to run regular Boccia
sessions and who would possibly be
interested in starting out on the Boccia
Coaching Ladder. Open to adults who
can deliver Boccia sessions on behalf of
their community/group/workplace or
clients. Includes settings such as edu-
cation, health, councils, statutory/
voluntary organisations and groups.

Date: 29 November 2013

Venue: Craigavon Leisure centre
Minor Hall

Duration: 3.5 hours

Time: 9.30-1pm

PHYSICAL TRAINING

Cycle Leader – National Standard Level 2

Who should attend? - Adults who can
deliver cycling programmes on behalf
of their community/group/workplace
or clients. Includes settings such as
education, health, councils, statutory/
voluntary organisations and groups.
Client/group age range is 13+. On
completion of the course applicants
are expected to:

- * Deliver a programme of health
cycles using the bicycles provid-
ed by SHSCT in Portadown/
Loughgall/Newry or Banbridge
for their community/group/
workplace/clients within 4-6
weeks of the training
- * Adhere to ALL procedures of the
Cycle for Health Scheme when
planning & delivering a cycle for
health programme

Essential Criteria - Applicants:

Must be over 18 years old and of
good health, confident cyclist, good
communications skills and confidence
to work with groups, and have an in-
terest in promoting cycling with their
community/group/workplace/clients

Date: 20 and 21 February 2014

Venue: Multi-Disciplinary Room,
Portadown Health Centre

Duration: 2 Days

Times: 9.30 am – 4.00 pm