

# Health and Wellbeing Team Training Directory 2023/2024



## **Health and Wellbeing Team**

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# INTRODUCTION



Our Health & Wellbeing Team provide a wide range of services to Northern Trust staff, schools, organisations, communities and individuals who live or work in the Northern Trust area.

We aim to build capacity to support self-efficacy and address aspects of health related to:

- Children and Young People
- Diabetes Prevention
- Farming families / Rurality
- Health literacy
- Healthy lifestyles
- Mental Health and Wellbeing
- Older people
- Physical activity
- Primary care
- Social Prescribing
- Sexual Health
- Smoking

Our team works in partnership with other agencies to:

- Develop knowledge and skills in relation to health improvement and ill-health prevention
- Reduce pressures on front line health and care services promoting more effective use of resources
- Support community and voluntary sector service provision
- Develop resources and policies to support community health and wellbeing
- Develop and deliver training to support community health and wellbeing
- Build community health and wellbeing capacity

## How to access this service:

The Health and Wellbeing Team is funded to deliver services to people who **live or work** in the Northern Trust area.

If you are interested in any of our programmes please contact us.

## How to register for a programme:

Complete the application form on page 29 and e-mail this, marked for the attention of the named programme contact to: [HealthandWellbeing.TrainingBookings@northerntrust.hscni.net](mailto:HealthandWellbeing.TrainingBookings@northerntrust.hscni.net)

You will receive a confirmation e-mail when your place is confirmed and further information will be communicated in due course.

**We politely request 5 working days notice if you are unable to attend a booked slot.**

**You/ your organisation may be charged for your place if insufficient notice is given.**

# STAFF DIRECTORY

Within the Health and Wellbeing Team we have a number of staff who specialise in themed work areas. These people are here to support planning and delivery of activity around the themes, in various settings for example, within the Trust, Schools, Communities and Youth Justice. If you require information or support on these themes please contact the relevant officer listed below.

Heads of Community Wellbeing	Team Leads
<p><b>Hugh Nelson</b>  <a href="mailto:Hugh.nelson@northerntrust.hscni.net">Hugh.nelson@northerntrust.hscni.net</a></p>	<p><b>Anne-Marie Doherty (Causeway Locality)</b>  <a href="mailto:Annemarie.doherty@northerntrust.hscni.net">Annemarie.doherty@northerntrust.hscni.net</a></p> <p><b>Doreen Bolton (Mid Ulster Locality)</b>  <a href="mailto:Doreen.bolton@northerntrust.hscni.net">Doreen.bolton@northerntrust.hscni.net</a></p> <p><b>Leah Glass (East Antrim Locality)</b>  <a href="mailto:Leah.glass@northerntrust.hscni.net">Leah.glass@northerntrust.hscni.net</a></p> <p><b>Sabrina Lynn (Antrim/Ballymena Locality)</b>  <a href="mailto:Sabrina.lynn@northerntrust.hscni.net">Sabrina.lynn@northerntrust.hscni.net</a></p>
<p><b>Public Health Approach and Autism</b></p>	<p><b>Chronic Disease and Long term conditions</b></p>
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# STAFF DIRECTORY CONTINUED

<b>Connect North</b>	<b>Connect North Link Workers (Social Prescribing)</b>
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	<b>Louise Harper (Programme Delivery Officer)</b> <a href="mailto:Volunteer.service@northerntrust.hscni.net">Volunteer.service@northerntrust.hscni.net</a>

# STAFF DIRECTORY CONTINUED

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<b>Causeway Locality</b>	
<b>Geraldine Quinn</b> (Tuesday - Friday) <a href="mailto:HealthandWellbeingTeam@northerntrust.hscni.net">HealthandWellbeingTeam@northerntrust.hscni.net</a>  <b>Amanda Logan</b> (Monday) <a href="mailto:HealthandWellbeingTeam@northerntrust.hscni.net">HealthandWellbeingTeam@northerntrust.hscni.net</a>	<ul style="list-style-type: none"> <li>• CYPSP</li> <li>• Older People &amp; Loneliness</li> <li>• Mental Health -               <ul style="list-style-type: none"> <li>• ASIST</li> <li>• Mental Health First Aid</li> </ul> </li> </ul>
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<b>Andrea Graham</b> (Monday, Tuesday & Wed AM) <a href="mailto:HealthandWellbeingTeam@northerntrust.hscni.net">HealthandWellbeingTeam@northerntrust.hscni.net</a>  <b>Sandra Watt</b> (Wed PM, Thursday & Friday) <a href="mailto:HealthandWellbeingTeam@northerntrust.hscni.net">HealthandWellbeingTeam@northerntrust.hscni.net</a>  <b>Sandra Watt</b> (Monday, Tuesday & Wed AM) <a href="mailto:Fwservice@northerntrust.hscni.net">Fwservice@northerntrust.hscni.net</a>	<ul style="list-style-type: none"> <li>• Arts &amp; Wellbeing</li> <li>• CYPSP</li> <li>• Volunteering &amp; Social Inclusion</li> <li>• Physical Activity</li> <li>• Staff financial wellbeing</li> </ul>
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<b>Niamh Neeson</b> (Monday - Friday) <a href="mailto:HealthandWellbeingTeam@northerntrust.hscni.net">HealthandWellbeingTeam@northerntrust.hscni.net</a>	<ul style="list-style-type: none"> <li>• Chronic Disease &amp; Long term conditions</li> <li>• CYPSP</li> <li>• Roots of Empathy</li> <li>• Sexual Health</li> <li>• Staff Health &amp; Wellbeing/ Tobacco Control</li> </ul>
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<b>Amy Elliott</b> (Monday - Friday) <a href="mailto:Diabetespreventionni@northerntrust.hscni.net">Diabetespreventionni@northerntrust.hscni.net</a>	<ul style="list-style-type: none"> <li>• Pre-Diabetic service</li> </ul>
<b>Farm Families</b>	
<b>Amanda Logan</b> (Tues, Wed & Thursday) <a href="mailto:Farm.families6@northerntrust.hscni.net">Farm.families6@northerntrust.hscni.net</a>	<ul style="list-style-type: none"> <li>• Farm Families Health Checks</li> </ul>

# Health Literacy Training and Resources



[Health Literacy Resource Area](#)



**Can be accessed at anytime  
via the links below**

## Overview

Health Literacy Animations:

[Health Literacy Animations](#)

Health Literacy Toolkit (for information and service providers):

[Health Literacy Toolkit](#)

Health Literacy Cue Cards (for information and service providers):

[Health Literacy Cue Cards](#)

# First Response to Mental Health



## DATES & TIMES TBC

### Overview

This is considered a Level 1/2 Mental Health Training course which aims to equip participants with the knowledge and skills to provide information and support to an individual experiencing a mental health problem or crisis.

The course covers Signs of Mental Health, Practical Skills to deal with a Mental Health Emergency and How to Maintain Mental Wellbeing.

**Please Note** Persons currently experiencing mental health difficulties or recently bereaved by suicide may find some aspects of this course difficult.

### Who Can Apply

This course is of particular interest to those working in community, voluntary and statutory settings, in contact with individuals who are experiencing mental health problems and crises, with little or no experience of Mental Health issues. This course may be considered too basic for professionals providing care within Mental Health Services in NHSCT.

Anyone wishing to discuss the appropriateness of the course for their training needs should contact the course co-ordinator through the contact below.

**Please Note** To be eligible to apply you must live within, or directly deliver a service within the Northern HSC Trust area. Places are allocated on a “first come first serve” basis on receipt of application form. There is a limit to 3 persons from one organisation/team attending the same course date.

### How to Register

**Please complete a Registration Form and return to:**

**Contact Person:** Geraldine

**Email:** [HealthandWellbeing.TrainingBookings@northerntrust.hscni.net](mailto:HealthandWellbeing.TrainingBookings@northerntrust.hscni.net)



# Mental Health First Aid



## DATES

**9<sup>th</sup> - 11<sup>th</sup> May and 8<sup>th</sup> - 10<sup>th</sup> August**  
**Online 9am - 1pm**

## Overview

This is considered a Level 3 Mental Health Training course which aims to equip participants with the knowledge and skills to provide information and support to an individual experiencing a mental health problem or crisis. An intervention model is included in this training which participants are expected to explore through group work and other training methods.

The course covers basic information on the most common mental health problems experienced in Northern Ireland – symptoms, recommended professional care available, recognised self-care strategies and appropriate ways to support an individual.

**Please Note** Persons currently experiencing mental health difficulties or recently bereaved by suicide may find some aspects of this course difficult.

## Issues Covered

- Mental Health in Northern Ireland
- Depression
- Anxiety Disorders
- Psychosis
- Substance Use Disorders
- Recovery
- Self-Harm & Suicide

## Who Can Apply

This course is of particular interest to those working in community, voluntary and statutory settings, in contact with individuals who are experiencing mental health problems and crises, with little or no experience of Mental Health issues. This course may be considered too basic for professionals providing care within Mental Health Services in NHSCT.

Anyone wishing to discuss the appropriateness of the course for their training needs should contact the course co-ordinator through the contact below.

**Please Note** To be eligible to apply you must live within, or directly deliver a service within the Northern HSC Trust area. Places are allocated on a “first come first serve” basis on receipt of application form. There is a limit to 3 persons from one organisation/team attending the same course date.

## How to Register

**Please complete a Registration Form and return to:**

**Contact Person:** Geraldine

**Email:** [HealthandWellbeing.TrainingBookings@northerntrust.hscni.net](mailto:HealthandWellbeing.TrainingBookings@northerntrust.hscni.net)

# ASIST (Applied Suicide Intervention Skills)



## DATES & TIMES TBC

### Overview

This is a knowledge and skills development course which explores attitudes towards suicide, and prepares participants to identify someone at risk of suicide, intervene to prevent immediate risk of suicide using the ASIST-specific community intervention model.

As this is Level 3 training, **all** participants on this course will be required to participate in role-plays, group work and scenarios aimed at developing skills and confidence in using the intervention model.

**Please Note** Due to the suicide specific content of this course and the expectation to undertake role-plays, some may find the course challenging. For this reason we suggest this course is usually not suitable for anyone who has been bereaved by suicide within the last 12 months (or longer and is still struggling over the loss) or anyone who has recently experienced a suicide crisis themselves. All participants must be aged 18 years or older.

### Issues Covered

- Attitudes towards suicide
- Recognising suicidal thoughts
- Estimating suicidal risk
- Applying a Suicide Intervention Model
- Resources and support available locally
- Self-care

### Who Can Apply

This course is most suitable for those working in community, voluntary and statutory settings in contact with individuals who are experiencing mental health and emotional issues and crises.

Anyone wishing to discuss the appropriateness of the course for their training needs should contact the course co-ordinator through the contact below.

**Please Note** To be eligible to apply you must live within, or directly deliver a service within the Northern HSC Trust area. Places are allocated on a “first come first serve” basis on receipt of application form. There is a limit to 3 persons from one organisation/team attending the same course date.

### How to Register

Please complete a Registration Form and return to:

**Contact Person:** Geraldine

**Email:** [HealthandWellbeing.TrainingBookings@northerntrust.hscni.net](mailto:HealthandWellbeing.TrainingBookings@northerntrust.hscni.net)



Applied Suicide Intervention Skills Training

# 'My Year of Living Mindfully' Documentary Viewing & Discussion



**DATES & TIMES TBC**

## Featuring The World's Leading Mindfulness Experts

In the midst of a global mental health crisis, millions of people have turned to mindfulness. But does it actually make us happier and healthier? In a world-first experiment, journalist Shannon Harvey recruited a team of scientists to put mindful meditation to the test. But what began as a year-long experiment soon became a life-changing experience.

## About The Documentary

Overwhelmed with insomnia and an incurable autoimmune disease, Shannon Harvey needed to make a change. But while the award-winning health journalist found plenty of recommendations on diet, sleep and exercise, when she looked for the equivalent of a 30-minute workout for her mental wellbeing, there was nothing.

Worried for the future mental health of her kids who were growing up amidst epidemics of stress, anxiety, depression and addiction, Shannon enlisted a team of scientists to put meditation to the test. Could learning to quiet our busy minds be the simple solution the world so desperately needs?

Throughout her year of living mindfully Shannon is poked, prodded, scanned and screened as she travels the world to interview 18 of the world's leading mindfulness scientists and pioneers. But after a 30,000 kilometre journey from the bright lights of Manhattan to the dusty refugee camps of the Middle East, what begins as a self-experiment, transforms into a life-changing experience.

My Year of Living Mindfully is filled with compelling stories, groundbreaking science, and unexpected insights that go to the heart of what it means to be human in the twenty-first century.

Join us on Zoom to watch the documentary and discuss with Dr Maria Kee the application of mindfulness in everyday life as we come out of lockdown.

## How to Register

**Please complete a Registration Form and return to:**

**Contact Person:** Geraldine

**Email:** [HealthandWellbeing.TrainingBookings@northerntrust.hscni.net](mailto:HealthandWellbeing.TrainingBookings@northerntrust.hscni.net)

# Smoking Cessation (Brief Intervention Awareness)



Available as e-learning through the Trust intranet or at any time in any venue or on Teams.

<http://www.hsclearning.com>

## Overview

Smoking cessation brief intervention training has been developed to equip staff with enough background knowledge to be able to provide approximately 2-3 minutes of brief advice to any smoker on the risks of smoking, benefits of giving up, ways of quitting and specialist stop smoking services available.

## Issues Covered

Brief intervention smoking cessation training has been developed to equip Healthcare and Community staff with enough background knowledge to be able to provide approximately 2-3 minutes of brief advice to any smoker on the risks of smoking, benefits of giving up, ways of quitting and specialist stop smoking services available.

NICE guidelines recommend that all healthcare practitioners deliver brief intervention to all patients/clients who smoke at every contact.

### Issues Covered

- Background statistics on smoking
- Health risks of smoking
- Benefits of quitting
- Nature of tobacco smoking cessation – means and aids
- Smokefree
- Updates on e-cigarettes and other nicotine containing products
- Further stop smoking support available

### Duration

Approximately one hour



## How to Register

**Contact Person:** Lorraine McPeake

**Email:** [Lorraine.mcpeake@northerntrust.hscni.net](mailto:Lorraine.mcpeake@northerntrust.hscni.net)

**Tel:** 028 2563 5575

# Raising the awareness of Obesity



## DATES & TIMES TBC

### Overview

“Raising the awareness of Obesity” is based on the principle that in addressing the issue of obesity, we can all make a difference. In particular, staff and volunteers working with children and young people, and their parents, carers and families, across a wide range of settings have many opportunities for positive conversations about health and wellbeing, in relation to healthy weight.

### Issues Covered

The “Raising the awareness of Obesity” course aims to help staff and volunteers to understand what impact they can have on a person’s health and wellbeing choices within the context of an opportunistic conversation. It will provide skills and build confidence to sensitively discuss lifestyle choices related to weight, in a supportive non-judgemental way.

The course will also provide a framework to offer brief information, advice and signposting based on what the parent/carer feels will best support the family.

### Learning Outcomes

The one day course will equip participants with a range of skills that will enable them to confidently, Raise the awareness of Obesity and provide brief information, advice and signposting. At the end of the session, participants should be able to:

- Understand the factors which influence obesity, importance of healthy lifestyle choices and their role in health improvement
- Identify key messages on healthy eating/healthy weight, physical activity, and mental health and emotional wellbeing
- Use communication skills that will enable them to raise the issue, open up a conversation and assess readiness to change
- Use a range of health behaviour change techniques
- Provide brief advice and information in relation to healthy eating, healthy weight and physical activity
- Signpost to appropriate local healthy lifestyle services, including community based programmes
- Understand that their role in Raising the Issue and feel confident that they can apply the training in practice.

### How to Register

**Please complete a Registration Form and return to:**

**Contact Person:** Linda

**Email:** [HealthandWellbeing.TrainingBookings@northerntrust.hscni.net](mailto:HealthandWellbeing.TrainingBookings@northerntrust.hscni.net)



## DATES & TIMES TBC

### Overview

This half day course has been designed specifically for staff working with children and young people. It has been designed and will be delivered by Dieticians in the NHSCT on behalf of the Northern Health Lifestyle Partnership. A practical and user-friendly bite-size message resource (cue cards) will be provided to those attending the training to support their work with children and young people aged 11-18 years.

### Issues Covered

The course aims are:

1. To inform attendees of the most up to date regional population based nutritional guidelines and their implication for children and young peoples health;
2. To assist attendees in confidently being able to support the children and young people they work with to live a healthier lifestyle by providing attendees with relevant background and age appropriate nutritional knowledge, basic healthy lifestyle messages and address commonly held dietary myths;
3. To ensure correct basic health and wellbeing messages are understood and can be easily incorporated alongside related themes within attendees roles;
4. To support attendees in providing correct brief nutrition advice to children and young people and where appropriate be able to signpost to other services for support.

### Learning Outcomes

- Nutrition and its impact on physical and emotional health and disease
- How to measure and categorise weight in children and young people
- Eatwell Guide: Including energy balance, hydration, vegetarian/vegan diets, portion size, food labelling
- Common nutrition myths
- Barriers to good nutrition, including: solutions, swaps and tips
- Signposting, referral pathways & reliable sources of nutritional information
- 8 Key message cue cards will be provided to support this learning and practice

### How to Register

**Please complete a Registration Form and return to:**

**Contact Person:** Linda

**Email:** [HealthandWellbeing.TrainingBookings@northerntrust.hscni.net](mailto:HealthandWellbeing.TrainingBookings@northerntrust.hscni.net)

# Walk Leader Training



## DATES & TIMES TBC

### Overview

This one day training (1/2 day if delivered by Zoom) is part of the Regional Walking for Health Initiative funded by the Public Health Agency for NI and trains adults to lead health walks in their community or workplace.

### Issues Covered

- Promoting the health benefits of walking
- Motivating inactive people to participate in health walks
- Route planning and hazard identification
- Developing local walking for health programmes
- Leading safe and enjoyable walks for people of all ages and abilities

### Who Can Apply

**Please Note** To be eligible to apply you must live within, or directly deliver a service within the Northern HSC Trust area. Places are allocated on a “first come first serve” basis on receipt of application form. There is a limit to 3 persons from one organisation/team attending the same course date.

### How to Register

**Please complete a Registration Form and return to:**

**Contact Person:** Andrea

**Email:** [HealthandWellbeing.TrainingBookings@northerntrust.hscni.net](mailto:HealthandWellbeing.TrainingBookings@northerntrust.hscni.net)

# Walk Leader Training

<b>Facilitator:</b>	Nicola Arbuckle Health & Wellbeing Manager
<b>Cost:</b>	This course is funded by NHSCT Health & Wellbeing Service and The Public Health Agency (PHA)
<b>Pre-requisite:</b>	<p>Be over the age of 18 years;            Be able to complete the <b>full</b> training;            Have a reasonable level of fitness to lead health walks;            All participants will be expected to be active as Walk Leader and commit to facilitating at least 12 walks per year as part of their work role or in a voluntary capacity.</p> <p><b>PLEASE NOTE: By booking a place on Walk Leader Training, you are agreeing to all of the above.</b></p> <p>In addition for NHSCT staff:            Be clear about how the Walking for Health programme could be delivered within a workplace, if appropriate (ie client group);            Have line manager's approval to attend, if appropriate.</p>
<b>Description:</b>	<p><b>Aim:</b> To train adults to lead health walks in their local community or workplace.</p> <p><b>Learning Objectives:</b></p> <ul style="list-style-type: none"> <li>• To understand the health benefits of walking;</li> <li>• To motivate inactive people to participate in health walks;</li> <li>• To develop Walking for Health programmes;</li> <li>• To plan and risk assess walking routes;</li> <li>• To lead safe and enjoyable health walks for people of all ages and abilities.</li> </ul> <p><b>This is a basic level course which promotes low level health walks for adults who are inactive.</b></p>
<b>Target Audience:</b>	<p>Any adult wishing to set up a Walking For Health walking group as part of a work role or in a voluntary capacity.</p> <p><b>PLEASE NOTE:</b>  <b>Free insurance cover is provided to participants leading walks in a paid or unpaid voluntary capacity.</b></p>





## DATES & TIMES TBC

Attendees must attend all 3 sessions to complete the course

### Overview

This course is to provide all the skills needed to lead groups of older people, people with disabilities or those with health conditions in “Chi me” or Tai Chi influenced exercise sessions. This course can be adapted for all abilities including wheelchair users, people with a learning disability, people with mental health problems and those with a range of health conditions. This is an Open College Network accredited course and involves completion of a short workbook and practical assessment. All days must be attended in full. Target audience: Those working with older people and people with health issues.

### Issues Covered

To learn Tai Chi influenced exercises which can:

- Reduce risk of falls
- Improve muscle strength
- Improve balance
- Improve co-ordination
- Promote flexibility
- Aid relaxation

### Who Can Apply

**Please Note** To be eligible to apply you must live within, or directly deliver a service within the Northern HSC Trust area. Places are allocated on a “first come first serve” basis on receipt of application form. There is a limit to 3 persons from one organisation/team attending the same course date.

### How to Register

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# Early Movers Training



## DATES & TIMES TBC

### Overview

This half-day training course is designed to help early years practitioners extend the physical activity opportunities to the under-fives in their care. The course helps early years practitioners develop a better understanding about the importance of early movement opportunities for the 0-5 age group and raise confidence to organise enabling environments for physical activity for the children in their care.

Participants enjoyed learning about the wide range of benefits of physical activity on babies and children in the early years and how important these are for laying the foundations for a lifetime of healthy behaviours, examining the UK Early Years Physical Activity Guidelines and discussing how these translate into practice in their settings. The practical session focused on looking at the associated learning that takes place when young children are active in physically enabling environments and are supported in this by the use of appropriate equipment for their developmental stage.

### Who Can Apply

**Please Note** To be eligible to apply you must live within, or directly deliver a service within the Northern HSC Trust area. Places are allocated on a “first come first serve” basis on receipt of application form. There is a limit to 3 persons from one organisation/team attending the same course date.

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# Boccia Award Leaders



## DATES & TIMES TBC

### Overview

This 3.5 hour course consists of 1 hour of Boccia theory and 2.5 hours of practical, 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.

On completion of the course all participants will receive a candidate resource pack as well as a Disability Sports NI Certificate of Attendance.

### Issues Covered

- Background to Boccia
- Court layout
- Warm-ups
- Propulsion
- Skills
- Games play
- Rules and classification

### Who Can Apply

**Please Note** To be eligible to apply you must live within, or directly deliver a service within the Northern HSC Trust area. Places are allocated on a “first come first serve” basis on receipt of application form. There is a limit to 3 persons from one organisation/team attending the same course date.

### How to Register

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# Moving More Often



## DATES & TIMES TBC

### Overview

Moving More Often is a one day national training programme for health and care workers and volunteers who work with frailer, older people. The British Heart Foundation National Centre for Physical Activity and Health at Loughborough University is working with a number of local partnerships to encourage frailer, older people become physically more active at a level appropriate to their own needs. We need enthusiastic people to work with frailer, older people and take part in training, which will enable them to become a Physical Activity Leader.

Physical Activity Leaders may be health and care workers and volunteers as well as exercise teachers who are trained to work with frailer, older people and promote physical activity opportunities in a variety of settings. Training for Physical Activity Leaders will be provided at locally convenient venues by your local Moving More Often programme.

### Issues Covered

- Walk With Me - provides an opportunity to work with individuals to set physical activity goals to increase participation in regular assisted walking
- On My Own - comprises a range of activities and exercises that individuals can do on their own in their own homes or in communal areas of residential homes, day centres or hospital wards
- Out and About - looks at ways exploring opportunities in the local community to be more active such as parks, museums, gardening centres, anywhere of interest that will provide an opportunity to be active and follow an interest at the same time.

### Benefits of Becoming a Physical Activity Leader

- Broaden your own knowledge and understanding
- Increase your own skills and confidence as well as others
- Enhance your own role in the workplace
- Enable frailer, older people to retain their independence and the capacity to perform everyday tasks
- Take up a new interest and meet new people
- Engage those you work with in quality experiences and new opportunities for activity and learning

And at the same time – have some fun!

Once you have completed your training you will also receive support from your local partnership including Moving More Often trainers, managers as well as opportunities for additional training.

### How to Register

**Please complete a Registration Form and return to:**

**Contact Person:** Andrea

**Email:** [HealthandWellbeing.TrainingBookings@northerntrust.hscni.net](mailto:HealthandWellbeing.TrainingBookings@northerntrust.hscni.net)

# Chair Based Exercise



## DATES & TIMES TBC

Attendees must attend all 3 sessions to complete the course

### Overview

This fully accredited course has been designed for those who understand the value and rewards of bringing physical activity to the frail, older people and those with disabilities. The Chair Based Activity course is designed to enable potential leaders to work to the session structure outlined on the course while also allowing them freedom to inject their own personality and above all make exercise fun!

As well as all course materials Lifedock also provide a support system ensuring that Chair Based Activity leaders never feel left on their own once they have completed the training.

### Issues Covered

#### **This course will enable attendees to:**

- Deliver a safe and effective Chair Based Activity session for frail, older people and those with disabilities
- Understand the implications of physical activity and the older participant
- Employ motivation techniques and leadership skills
- Understand and implement Health and Safety issues

There are no pre-course requirements necessary.

The Lifedock Chair Based Activity Course is accredited by the Northern Ireland Open College Network.

### Who Can Apply

**Please Note To be eligible to apply you must live within, or directly deliver a service within the Northern HSC Trust area.** Places are allocated on a “first come first serve” basis on receipt of application form. There is a limit to 3 persons from one organisation/team attending the same course date.

### How to Register

**Please complete a Registration Form and return to:**

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# HIV Awareness Training



October 2023

November 2023

January 2024

Exact dates to be confirmed

2hour course delivered online

## Overview

HIV Awareness training is aimed at all health and social care staff and provides a good opportunity to learn more about HIV, AIDS, how HIV can be transmitted, up to date statistics, testing and treatment, prevention and reducing stigma and discrimination for people living with HIV.

## Who can apply?

**Please Note** To be eligible to apply you must work within the Northern HSC Trust. Places are allocated on a “first come first serve” basis on receipt of application form. There is a limit to 3 persons from one team attending the same course date.

## How to Register

Please complete a Registration Form and return to:

**Contact Person:** Niamh

**Email:** [HealthandWellbeing.TrainingBookings@northerntrust.hscni.net](mailto:HealthandWellbeing.TrainingBookings@northerntrust.hscni.net)



# Traffic Light Training



**12th September 2023**

**10am– 2pm**

**Venue to be confirmed**

## Overview

Participants in this practical course will gain skills to identify, understand and respond to a broad range of sexual behaviours in children and young people, ranging from behaviours that are typical and developmentally appropriate to those that are harmful or problematic and signal the need for follow up and support.

## Who can apply?

**Please Note** To be eligible to apply you must work within the Northern HSC Trust. Course is suitable for professionals working with children and young people aged 0-18years.

## How to Register

**Please complete a Registration Form and return to:**

**Contact Person:** Niamh

**Email:** [HealthandWellbeing.TrainingBookings@northerntrust.hscni.net](mailto:HealthandWellbeing.TrainingBookings@northerntrust.hscni.net)

# Sexual Orientation & Gender Identity



**Tuesday 27th June 2023 10am-12noon**

## Overview

The key aims of this training are;

- To provide clarity on appropriate language and terminology
- To raise awareness of the key barriers to accessing support and services
- To raise awareness of key health and other inequalities
- To raise awareness of the provision of support services for LGBTQ+ people and their families
- To have an understanding of practical improvements of practice
- To gain more confidence in supporting LGBTQ+ people

## Who can apply?

**Please Note To be eligible to apply you must live within, or directly deliver a service within the Northern HSC Trust area.** Places are allocated on a “first come first serve” basis on receipt of application form. There is a limit to 2 persons from one organisation/team attending the same course date. A waiting list will be held for further dates.

## How to Register

**Please complete a Registration Form and return to:**

**Contact Person:** Niamh

**Email:** [HealthandWellbeing.TrainingBookings@northerntrust.hscni.net](mailto:HealthandWellbeing.TrainingBookings@northerntrust.hscni.net)



# E-LEARNING OPPORTUNITIES



## Online

### HIV & Pregnancy: Education for Healthcare Professionals

This free resource aims to enhance health care professionals' knowledge and awareness of reproductive care for men and women affected by HIV. In addition to key medical information, the resource includes 'actors' presenting real life stories based on qualitative research with men and women living with HIV.

The full course (modules 1 - 6) will take approximately 3 hours to complete.

Module 1 - HIV awareness

Module 2 - Living with HIV

Module 3- Choices and risks for conception

Module 4 - Diagnosing HIV during pregnancy

Module 5 - HIV care during Pregnancy

Module 6 - Maternity care in the context of HIV

<http://www.qub.ac.uk/elearning/hiv-and-pregnancy/>

# PANTS



**Available on Request to your community/organisation/team**

## Overview

The PANTS campaign awareness training aims to empower parents, guardians and professionals to have age-appropriate conversations with children aged between 4 and 8 to protect them from sexual abuse.

Whilst it's never the responsibility of a child to keep themselves safe from sexual abuse, talking PANTS helps children to understand they have a right to safety and supports them to recognise when something isn't okay and how to tell someone.

The key messages for children are:

- P** – Privates are privates.
- A** – Always remember your body belongs to you.
- N** – No means no.
- T** – Talk about secrets that upset you.
- S** – Speak up, someone can help.

## Who can apply?

These workshops are FREE to anyone working with or supporting families and children in the community.

**Please Note To be eligible to apply you must live within, or directly deliver a service within the Northern HSC Trust area.** Places are allocated on a “first come first serve” basis on receipt of an application form.

## How to Register

**Please complete a Registration Form and return to:**

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## Course/Workshop Details

Course/Workshop name: \_\_\_\_\_  
 Preferred date: \_\_\_\_\_  
 Venue: \_\_\_\_\_  
 Time: \_\_\_\_\_

## Applicant Details

Name: \_\_\_\_\_  
 Organisation: \_\_\_\_\_  
 Dept/Team: \_\_\_\_\_  
 Job Title: \_\_\_\_\_  
 Telephone: \_\_\_\_\_  
 Email: \_\_\_\_\_

Please specify any dietary, access or other requirements:

\_\_\_\_\_

## Approval of Application

Are you accountable to a  
 Manager/Management Y  N

Line Manager  
 Name: \_\_\_\_\_  
 Job Title: \_\_\_\_\_  
 Address: \_\_\_\_\_

Tel: \_\_\_\_\_  
 Email: \_\_\_\_\_

I confirm that I live/deliver a service within the Northern HSC Trust Area

Please tell us how this training will better enable you to undertake your role?

## ATTENTION - CONDITIONS OF APPLICATION (Please read carefully)

**Receipt of your application** does not guarantee you a place, some places are on a first come basis others are criteria based. An email will be sent on receipt of your completed registration and will clearly state whether you have a place or are placed on the waiting list.

**A confirmation** of place e-mail will be sent out **ONLY** when we can confirm allocation of a place- no later than 2 weeks prior to training

**By submitting** your application you are in agreement to undertake all evaluations associated with the training applied for.

**By accepting** a place on the training you are committed to attending the full duration of the course, failure to attend for the duration will result in your Line Manager (if applicable) being contacted and may incur a charge to you/your organisation.

**Non-attendance** without 5 days' notice will result in your Line Manager (if applicable) being contacted and may incur a charge to you/your organisation. It can also lead to you not being offered free places on future training within the Health & Wellbeing Team.

**Places are limited** to 3 persons from one organisation/team attending the same course date.


## HOW TO APPLY

Please refer to the course description for details of the contact person then forward form for their attention - [HealthandWellbeing.TrainingBookings@northerntrust.hscni.net](mailto:HealthandWellbeing.TrainingBookings@northerntrust.hscni.net)

Our Vision

**To deliver excellent integrated services in partnership with our community**

If you would like to give feedback on any of our services please contact:  
**Email:** [user.feedback@northerntrust.hscni.net](mailto:user.feedback@northerntrust.hscni.net)  
**Telephone:** 028 9442 4655

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