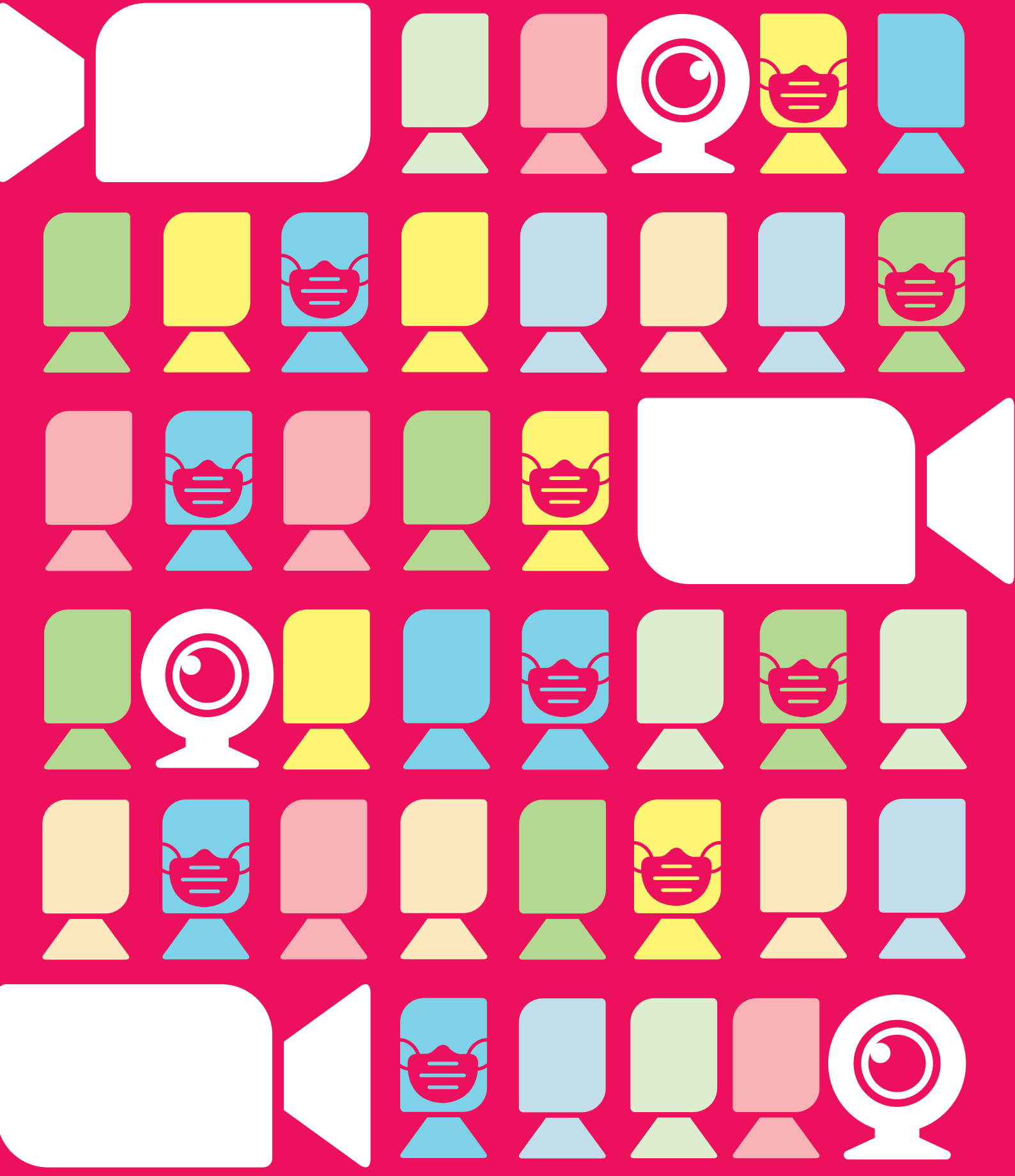


Training

October 2020-March 2021



Training

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Training

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Welcome to the Health Improvement, Equality and Involvement (HIEI) Department Training Brochure October 2020 to March 2021.

We work in partnership with other statutory, community and voluntary organisations to address health inequalities and help improve the health and wellbeing of people who live and work in the WHSCT area. We aim to build on the skills and capacity of people to deliver quality, effective health improvement programmes, co-ordinate and facilitate health improvement activities and provide health and wellbeing information and advice.

We are committed to a co-production approach and value service user and carer involvement. Please get in touch if you would like to help shape our training provision and development of new programmes so that our service becomes more responsive to your needs.

COVID-19 has presented challenges to how we deliver our services. In order to continue to offer training a number of our programmes and awareness sessions have been adapted to allow us to deliver online via zoom.

When you complete and submit an application for any of the sessions in this brochure you will receive a confirmation email if you have secured a place. This notification will include a link to enable you to access the session via zoom and some tips around how to use zoom.

Please note you will require an email address and internet access to access all courses.

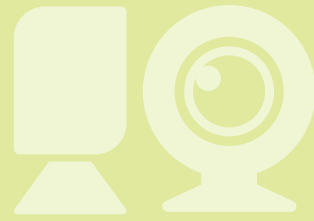
We are aware that delivery of training online may present issues for some individuals. We appreciate your understanding as we work to develop new ways to deliver our programmes safely within the current challenges presented by COVID-19.

If you are unable to use zoom for any reason, please contact us to discuss alternative support we may be able to offer.



Training

September 2020-December 2020



Arts Care 4 U

Date(s) & Time(s)

12 November 2020 • 26 November 2020 • 14 January 2021 • 11 February 2021
2-4pm

Facilitators

Jenny Elliott, CEO/Artistic Director Arts Care

Target Audience

Care Home staff and staff and volunteers working with older people and adults with learning, physical and sensory disabilities in residential settings.

Learning Objectives

To develop basic art skills to enhance the range of creative and physical activities for older and vulnerable people in care and supported living.

To teach care staff how to use a range of art and mindful, creative movement exercises, music and creative writing materials.

To improve the creative skill base of care staff and volunteers and increase their confidence in facilitating creative activities for older and vulnerable people.

To learn the benefits of older people, staff and volunteers taking part in arts, music and creative movement to improve their mental, emotional and physical well-being.

Course Content

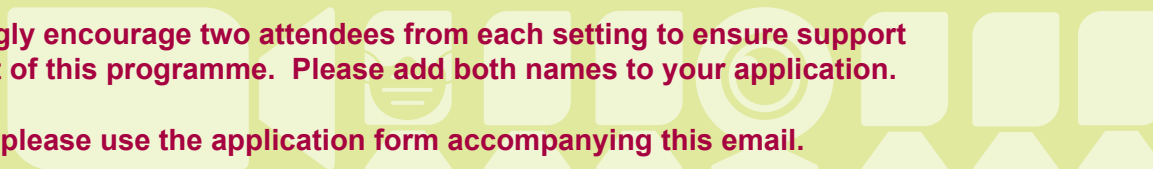
An introduction to the organisation Arts Care and the benefits of using art, music and creative movement activities to enhance the well-being of older and vulnerable people in Nursing and Residential Care and supported living.

Learning how to use the contents of the Arts Care 4 U Art Box. This includes learning how to facilitate art sessions (e.g. painting, collage, felting), facilitate a range of creative movement exercises and learn how to host a sing a long with residents and their families.

Each setting will receive a box of art, craft and support materials including a DVD of guided activities worth £250.

We strongly encourage two attendees from each setting to ensure support in roll out of this programme. Please add both names to your application.

To apply, please use the application form accompanying this email.



Training

October 2020-March 2021



Falls Prevention

Date(s) & Time(s)

24th February 2021 • 10am-12.30pm

Facilitators

Health Improvement, Equality and Involvement Department

Target Audience

Anyone working with the over 65s.

Learning Objectives

Participants will be aware of the causes of falls in older people and will be able to disseminate the learning to reduce falls in the home.

Course Content

- Statistics for falls in older people
- Why falls occur and how to prevent them
- Coping Strategies when a person falls
- How to deliver falls prevention messages to older people.



Click here to apply.

Training

September 2020-December 2020



Mental Health First Aid

Date(s) & Time(s)

10th, 11th, 19th and 20th December 2020 • 1:30pm-4:30pm (12 Hours total)

Facilitators

AWARE NI

Target Audience

Anyone over the age of 16.

Learning Objectives

- Increase knowledge and skills to recognise the symptoms of mental health problems.
- Develop skills to provide initial help
- Increase awareness of services to guide a person towards appropriate professional help.

MHFA is the help provided to a person in a mental health crisis. First aid is given until appropriate professional treatment is received or until the crisis resolves. **MHFA does not teach people to be therapists.**

Course Content

- Help enable participants recognize the symptoms of mental illness.
- Provide participants with the confidence, skills, motivation and knowledge to offer help.

Click here to apply.



Training

September 2020-December 2020



Health
Improvement,
Equality &
Involvement



Western Health
and Social Care Trust



Moving More Often

Date(s) & Time(s)

25th November 2020 • 10am – 12pm

2nd February 2021 • 10am – 12pm

Please note: This course is not aimed at trained health or exercise professionals.

Facilitators

Health Improvement, Equality and Involvement Department

Target Audience

Health and social care workers and volunteers who support frailer older people in a range of community, residential and social care settings.

Learning Objectives

- To understand the importance of moving more often in later years
- To consider practical considerations when promoting physical activity and movement with frailer older people
- To feel equipped to facilitate a range of basic activities to encourage frailer older people to move more.

Course Content

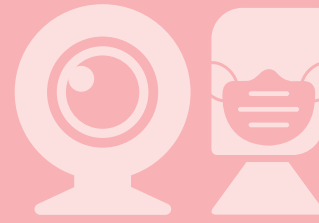
- Benefits of being active in later years
- Barriers to being active in later years
- Motivating older people to move more often
- Preparation and safety for engaging in physical activity
- Activities to promote physical activity and movement.



Click here
to apply.

Training

September 2020-December 2020



Nutrition Matters for the Early Years

Date(s) & Time(s)

4th November 2020 • 6pm-8.30pm

8th February 2021 • 6pm-8.30pm

Facilitators

Health Improvement, Equality and Involvement Department,
Community Food and Nutrition Team.

Target Audience

Managers of early year's settings (training may also benefit other staff - E.g. catering, childcare workers) and Registered childminders.

Learning Objectives

- Introduce participants to the 'Nutrition Matters for the Early Years' document, it's purpose and use.
- Provide guidance to develop an appropriate nutrition policy
- To enable childcare providers to offer healthy and nutritious meals and snacks in appropriate portion sizes
- Provide information on nutrition, physical activity and menu planning.

Course Content

Course provides nutritional guidance for feeding children under 5 years old in the childcare setting including

- Importance of good nutrition
- Balanced diet for 1-5 year olds
- Meal planning and nutrition checklist
- Allergen labelling
- Food refusal
- Children with individual dietary requirements
- Weaning and nutrition for under 1's
- Promoting good dental health
- Rewards and celebrations
- Nutrition Policy.
- Physical activity guidelines for under 5's

To register, please contact Anita Mason on 028 9536 1042 or email Anita.Mason@hscni.net.

Training

September 2020-December 2020



Towards Zero Suicide - Level 1 Awareness

Date(s) & Time(s)

Online Course • 20 Minutes

Facilitators

Zero Suicide Alliance

Target Audience

Anyone who would like to be able to recognise the warning signs and safeguard someone who could be contemplating suicide.

Learning Objectives

- Identify when someone is presenting with suicidal thoughts and behaviours
- Increased confidence in 'asking the question'
- Signposting to appropriate support and services.

Course Content

This online course is free, takes 20 minutes to complete and will teach you how to recognise the warning signs and safeguard someone who is contemplating suicide. You can access the course at any time.

If you work for the Western Health & Social Care Trust, log in to www.hsclearning.com and search for Towards Zero Suicide - Level 1 Awareness

For everyone else, visit www.zerosuicidealliance.com and take the course.



Training

September 2020-December 2020



Walk Leader

Date(s) & Time(s)

3rd November 2020 • 10am-12.30pm

20th January 2021 • 10am-12.30pm

Facilitators

Health Improvement, Equality and Involvement Department

Target Audience

Anyone wishing to set up a walking for health group as part of their work role or in a voluntary capacity.

Learning Objectives

To equip adults with the skills and knowledge to confidently lead health walks in their local community or workplace.

Course Content

- Health benefits of walking
- Motivating inactive people to participate in health walks
- Setting up a Walking Group
- Planning and risk assessing walking routes
- How to lead safe and enjoyable health walks for people of all ages and abilities.



Training

October 2020-March 2021



For more information on the work of the Health Improvement, Equality and Involvement Department please ring the number or email us at the address below.

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