



Training Calendar

**FREE for anyone living or working in County Durham
May to June 2019**

NOCN Level 2 Understanding Nutrition and Weight Management (2 days) *Accredited*		
15 th & 30 th May 2019	9.30 – 4.30	Willington Health Centre
Basic Mental Health Awareness		
21 st May 2019	1.30 – 4.30	Ferryhill Ladder Centre
24 th May 2019	9.30 – 12.30	Sacriston Surgery, Sacriston
04 th June 2019	10.00 – 1.00	Witton Gilbert Methodist Church
Energy Drinks and Sugar The Facts		
20 th May 2019	9.30 – 12.30	Healthworks, Easington
Shopping and Cooking on a Budget		
11 th June 2019	10.00 – 4.00	Ferryhill Ladder Centre
Introduction into Mindfulness <small>Maximum of 8 people on this course only</small>		
22 nd May 2019	9.30 – 12.30	Pelton Community Centre
17 th June 2019	9.30 – 12.30	Utass, Middleton-in-Teesdale
19 th June 2019	9.30 – 12.30	Willington Health Centre
Understanding Stress and Resilience		
21 st May 2019	9.30 – 12.30	Robin Todd Centre, South Hetton
Men's Health Getting Ready for Men's Health Week		
14 th May 2019	9.30 – 12.30	Healthworks, Easington
23 rd May 2019	1.30 – 4.30	Willington Health Centre
Food and Mood 2 Day Course <small>Please ensure you are available for both days</small>		
14 th & 24 th May 2019	9.30 – 12.30	Utass, Middleton-in-Teesdale
Mental Health at Work		
16 th May 2019	9.30 – 12.30	Willington Health Centre
04 th June 2019	9.30 – 12.30	Bowburn Community Centre
Dementia Awareness – Dementia Action Week 20th – 26th May “Let's Talk about Dementia”		
20 th May 2019	10.00 – 11.00	Willington, Health Centre

20 th May 2019	1.30 – 2.30	Healthworks, Easington
21 st May 2019	10.00 – 11.00	St, Pauls, Spennymoore
22 nd May 2019	10.30 – 11.30	St. Anne's Centre, Wolsingham
22 nd May 2019	1.30 – 2.30	St. Anne's Centre, Wolsingham
22 nd May 2019	10.30 – 11.30	Bullion Hall, Chester le Street
23 rd May 2019	10.00 – 11.00	Newton Aycliffe Youth Centre
24 th May 2019	10.00 – 11.00	Methodist Church, Howden – Le - Wear
Diabetes Awareness		
22 nd May 2019	1.30 – 4.30	St. Anne's Centre, Wolsingham
An Insight Into the Menopause		
28 th May 2019	1.30 – 4.30	Hamsteels Community Centre
30 th May 2019	1.30 – 4.30	Town Hall Wolsingham
Shopping and Cooking for One on a Budget (4 Session Course)		
5 th , 12 th , 19 th & 26 th June 2019	11.00 – 2.00	Ferryhill Ladder Centre
Making Every Contact Count – (MECC)		
10 th June 2019	9.30 – 12.30	Willington Health Centre
5 Ways to Wellbeing		
17 th June 2019	1.30 – 4.30	Utass, Middleton-in-Teesdale
Group Work Skills		
17 th June 2019	9.30 – 12.30	Greenhouse, Stanley
Motivational Interviewing		
20 th June 2019	9.30 – 4.30	Willington Health Centre
Communication and Active Listening Skills		
20 th June 2019	1.30 – 4.30	Sacriston Surgery, Sacriston
Suicide Awareness		
28 th June 2019	9.30 – 4.30	Horden Youth Centre, Horden

Course Information

Dementia Friends

This aim of this course is to provide a basic understanding of dementia and how it can impact on an individual and those around them. The session will explore the 5 key messages of dementia.

Diabetes Awareness

This course will provide participants with an understanding of pre-diabetes, type 1 and type 2 diabetes. It will explore prevention, detection and complications associated with diabetes and how making healthier lifestyle choices could help improve outcomes.

Energy Drinks + Sugar the Facts

Find out what are the myths and facts behind one of our nations most consumed soft drinks and what we know about them and why they could be harmful to our bodies. How much Sugar is too much?? And which sugars are “free sugars” this session will provide you with the knowhow on Energy Drinks and the Sugars we consume into our bodies and the affects it can have.

Understanding Stress & Resilience

The aims of the session are to understand how stress can impact on our lives and how we can build resilience to change or transition. The session will explore the causes, signs and symptoms of stress and how to recognise the long term effects of stress and develop strategies to prevent and reduce stress. The seven characteristics of resilient individuals will be explored to enable participants to reflect on areas where they could develop their own resilience or support others to do so.

Basic Mental Health Awareness

The aim of this course is to improve awareness about mental health and know what the signs of poor mental health are and how to support people to improve their mental health.

Objectives:

- Understand the difference between mental health and mental illness
 - Identify the signs and symptoms of mental health conditions
 - Explore our perception of situations - as everything is not always as it seems
 - Explore the key facts and myths about mental health conditions
 - Understand the impact of stigma
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Shopping and Cooking on a Budget

When you have a plan, you will cook smarter, create more focused shopping lists, and have an easier time staying within your budget. Come along to our new course and learn how to shop wisely, create budget meals and analyse healthier options for the whole family. The session will include preparing a meal for lunch. If you have any allergies or special dietary requirements please do not forget to let us know when you book.

Shopping and Cooking for One on a Budget - (4 Session Course)

Cooking for one can feel like more trouble than it's worth and it's sometimes tricky to calculate the right portion size. When money is an issue, too, motivation can wane. Come along to our course that focuses on a selection of simple, low-cost dishes that allow you to make the most of store cupboard and freezer items.

Train the Trainer Sit and Get Fit

This aim of this non-accredited seated exercise course is to provide the learner with the basic knowledge and skills to cascade a safe and effective seated exercise class in the community.

Communication and Active Listening Skills (3 hours)

This session will explore the principles of communication and mass media as well as identifying appropriate communication methods and how these can be utilised for specific target groups. Listening is one of the most important skills you can have. How well you listen has a major impact on the effectiveness of your communication, and on the quality of your relationships with others. 'Active listening' is fully concentrating on what is being said rather than just passively 'hearing' the message of the speaker. Active listening involves listening with all senses. Listening is the most fundamental component of interpersonal communication skills.

Suicide Awareness

This workshop explores the subject of suicide awareness. The course will help participants recognise the risk factors and signs of suicide and ways to help someone who is feeling suicidal.

Responding effectively to people experiencing thoughts of suicide comes with experience and practice; often we let the fear of saying the wrong thing stop us from saying anything. This workshop is for people who want to feel more comfortable, confident and competent in helping to prevent the immediate risk of suicide. The workshops will provide a safe environment to benefit from small group discussions, learning from each other, and practicing skills.

This workshop is suitable for anyone who might come into contact with someone experiencing thoughts of suicide, for example volunteers, frontline staff and community groups working with the public.

Food and Mood

The food and mood workshop is designed provide information linking our mood and health to certain foods, vitamins and minerals. We will provide the opportunity for participants to use a food diary to monitor their mood. You will be able to review your own experience of making dietary changes; the blocks which have prevented you making positive changes and steps to overcome them. We will also look at the role of serotonin, how food affects our brain and mood.

An Insight into the Menopause

Menopause is a normal condition that all women experience as they age. This short course gives an overview of the menopause, signs, symptoms, treatment and survival !

An Introduction to Mindfulness

The workshop is designed to give participants a basic understanding of what mindfulness is and how it can be integrated into our everyday lives to increase our awareness of thoughts and feelings allowing us to respond better to stressful situations. We will explore practical elements of mindfulness including mindful eating, breathing and body scanning.

Five Ways to Wellbeing (3 hours)

This course would be of benefit to everyone and would increase their own knowledge around the 5 Ways to Wellbeing. This session explores how these 5 ways can be included into everyday life to improve emotional health and wellbeing. Participants can utilise the knowledge learnt from this course for themselves, or when supporting clients.

Men's Health

On the 10th-16th June the world celebrates Men's Health Week. This is a time to bring awareness to health issues that affect men disproportionately and focuses on getting men to become aware of problems they may have or could develop, and gain the courage to do something about it.

This course will give all you guys the heads up on looking after your own health.

Training for Line Managers - Supporting Employees Mental Health. (Mental Health at Work)

Line managers and team-leaders can play a vital role in reducing stigma and encouraging staff to talk about their mental health problems. There is a need to actively build trust between staff and senior managers when it comes to talking about mental health. This course focuses on identifying mental health conditions in the workplace and how to develop and support a positive culture.

Motivational Interviewing (1 day)

This 1 day training session will develop skills in motivational interviewing as a form of collaborative conversation for strengthening a person's own motivation and commitment to change. Learners will practice conversations and develop their own confidence.

Making Every Contact Count (MECC) (3 hours)

This training course provides learners with the knowledge and skills to develop a role in health improvement within their own community. It puts the prevention of health problems and disease at the heart of Making Every Contact Count. Learners will learn how to discuss lifestyle behaviours and understand the concept of giving brief advice in the context of brief advice.

Group Work Skills (3 hours)

Working in groups is not always easy. This session will offer an introduction to group work skills with the aim to equip you with the skills required to set up and facilitate an effective group. Participants will learn facilitation skills and techniques to encourage and support a group of people to achieve their goal or objectives. It will look at the value of planning and preparation in group work, the importance of group dynamics when delivering a session, the use of activities, as well as the importance of evaluation and reflection to develop and build good practice.

NOCN Level 2 Understanding Nutrition and Weight Management (2 days) [Accredited](#)

The aim of this course is to increase knowledge and understanding around the importance of healthy eating and how this can be achieved in a variety of settings through active planning. It explores the Eat Well Guide and how this nutrition links to disease and health risks. This is an accredited course via One Awards and learners are required to compile a portfolio of evidence to complete this course.

Venues address:

Healthworks,	Paradise Lane, Easington Colliery SR8 3EX
Willington Health Centre,	Chapel St, Willington, Crook DL15 0EQ
Pelton Community Centre	Front St, Chester le Street DH2 1DE
Newton Aycliffe Youth & CC	Burn Ln, Newton Aycliffe DL5 4HT
Hamsteels Community Centre	Western Avenue Esh Winning Co. Durham DH7 9LS
Glenroyd House	Medomsley Rd, Durham, Consett DH8 5HL

Horden Youth & Community Centre	Eden St, Horden, Peterlee SR8 4LH
UTASS	9-11 Chapel Row, Middleton-in-Teesdale, DL12 0SN
Ferryhill LADDER Centre	5-7 Coniston Rd, Ferryhill DL17 8EZ
St Anne's Centre,	High Street, Wolsingham, DL13 3AA
Sacriston Surgery,	Front Street, Sacriston, County Durham DH7 6JW
Howden-Le-Wear Methodist Church	28E Bridge St, Howden-le-Wear, Crook DL15 8ES
Bullion Hall Community Centre	South Approach, Chester le Street DH2 2DW
St Pauls Centre	St Paul's Gardens, Spennymoor DL16 7LS
Robin Todd Community Centre	34 Regent Ct, South Hetton, Durham DH6 2TT
Bowburn Community Centre,	Durham Rd, Bowburn, Durham DH6 5AT
Wolsingham Town Hall	17 West End, Wolsingham, Bishop Auckland DL13 3AT

If you would like to book yourself onto a course(s) then please register onto our HITS user site.

www.hits.cdd.nhs.uk

Alternatively if you are having problems please email us on

cdda-tr.CBS@nhs.net

Or

For further information Telephone: 01388 455 244

We reserve the right to reschedule or cancel courses. Reasons for this may be, but not restricted to, low enrolment numbers, weather warnings and tutor availability.

We may be required to cancel an individual class at short notice. Wherever possible we will endeavour to offer the class at a later date.

Delivered in partnership with:

